



Lucy had said that I was going to lead our club to glory at the Joe Percy, and so nearly was she right about the club and glory, not my leading. We just keep missing out on a bit of glory though I am sure it will come soon.

Congratulations to those who won the Summer Handicaps. There were, some quick times and it always needs somebody to pull something out of the hat to actually get over the line first. Personally my handicap was, to say the least, completely and utterly correct as it turned out.

If you are going on holiday have a great time and I hope to see you all at the Pub Relay.

And the road goes on for ever or so it feels when you are suffering.



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**Articles for August's newsletter by Friday 21<sup>st</sup> please.**

Newsletters will be available on Monday 24<sup>th</sup> & posted out Thursday 27<sup>th</sup>

Email articles to: Newills@blueyonder.co.uk Or post to Karen (see member list).

## JOE PERCY 10K

On a bitterly cold and windy Wednesday evening in June, 37 Stainland Lions turned up to run in this Grand Prix event. Two of us didn't finish but the others were tremendous, achieving our best ever (I think) result - 4<sup>th</sup>. It was agonising though to realise we were just 9 points short of a trophy position! Surely next year!



Congratulations to Andrew Wiggins who finished 6<sup>th</sup> overall to lead the Stainland A team in followed by Steve Farrar, Toby Underwood, Colin Hughes, Steve Knight, Darren Sugden, Paul Biddolph, Chris Bottomley, Marl Tweed and Chris Walker.

Our B team finished 9<sup>th</sup> overall and consisted of Bob Ambler, Andrew Brewer, Steve Newill, Alan Gibson, Simon Hogan, Mark Preston, Cathy Mitchell, Lynne Davies, Duncan Greaves and Peter Bedwell.

With some clubs struggling to field one full team we were proud of the fact that we not only had a C team but a few spares as well! Congratulations also go to the rest of our finishers - Clive Siddal, Stephen Guilifolye, Richard Fawthrop, Tracey Yearsley, Zena Buckwell, Mary Cowling, Eileen Hillier, Roger Northrop, Susan Siddall, Garry Kettle, Nigel Greenwood, Lesley Henderson, Helen Kettle, Judith Greenwood and Carol Lord.

Just to round off the results here's where all the teams finished:					
1	Holmfirth Harriers	264	7	Longwood Harriers	712
2	Halifax Harriers	265	8	Halifax Harriers - B	835
3	Meltham AC	463	9	<b>Stainland Lions - B</b>	<b>1030</b>
4	<b>Stainland Lions</b>	<b>472</b>	10	Meltham AC - B	1146
5	Denby Dale Travellers	647	11	<b>Stainland Lions - C</b>	<b>nk</b>
6	Holmfirth Harriers - B	665			



## Stainland Lions Road Runners 2004 Summer Handicap

Here are the results from the Summer Handicap held on Thursday 15<sup>th</sup> July. **Congratulations to this year's winner Geoff Mathews.** The full course was 6.05 miles and the beginners course was about 5 miles. The handicap times were calculated by reference to recent 10k races e.g., Joe Percy and Helen Windsor.

Thanks to Melanie for helping me with the timings and the calculations – I'm glad there weren't any more running!

Lucy

SUMMERHANDICAP 2004	h/cap	Time taken	Position	H/cap time	position on handicap
Geoff Mathews	11:30	55.26	1	43.56	7
Sue Aitken	01:00	55.45	2	54.45	24
Pat Pitts	01:30	56.17	3	54.47	22
Simon Hogan	12:45	56.26	4	43.41	6
Phil Stapley	-10.00	56.40	5	66.40	33
Joanne Hirst	-8.00	56.55	6	64.55	32
Alan Lashbrook	06:00	56.57	7	50.57	17
Liz Timmins	01:00	57.20	8	56.20	26
Clive siddal	11:30	57.28	9	45.58	11
Lesley Henderson	04:15	57.30	10	53.15	22
Chris Bottomley	17:15	57.41	11	40.26	3
Lynn Davies	11:30	57.47	12	46.17	12
Chris Walker	16:30	57.51	13	41.21	4
Diane Waite	13:00	58.04	14	45.04	8
Darren Sugden	20:30	58.15	15	37.45	1
Chris Tetlow	09:00	58.15	15	49.15	14
Mary Cowling	09:00	58.19	17	49.19	15
Alison Adams	00:30	58.22	18	57.52	28
Eileen Hiller	08:00	58.27	19	50.27	16
Alan Gibson	12:45	58.30	20	45.45	10
Colin Hughes	20:00	58.37	21	38.37	2
Steve Guillifoye	13:30	58.56	22	45.26	9
Richard Graves	12:00	59.10	23	47.10	13
Paul Chadaway	06:00	59.17	24	53.17	36
Judith Greenwood	03:30	59.40	25	56.10	25
Diane Rafferty	-10.00	60.10	26	70.10	35
Susan Siddal	09:00	60.18	27	51.18	18
Roger Northrop	09:00	60.29	28	51.29	19
Maggie Blaylock	-8.30	60.33	29	69.03	34
Stephen Newill	17:45	60.39	30	42.54	5
Claire Wood	08:30	60.44	31	52.14	20
Steven Boyer	08:00	60.47	32	52.47	21
Karen Newill	02:00	62.00	33	60.00	29
Carol Lord	05:00	62.24	34	57.24	27
Sam	-8.00	62.45	35	70.45	37
Marilyn Greenwood	05:00	68.00	36	63.00	30
Richard Gwildak	05:00	68.00	36	63.00	30

This year we also held a separate handicap race over a 5 mile course for those who joined the club as beginners in April. Congratulations to Susie and Robert who each received a commemorative cup

Beginners Summer Handicap 2004 (Ladies)	h/cap	Time taken	Position	H/cap time	position on handicap
Susie Castell	0.00	55.05	1	55.05	3
Donna Chapman	5.00	55.10	2	50.10	1
Helen Learoy	5.00	58.02	3	53.02	2
Lorraine Ackroyd	0.00	56.11	4	56.11	4
Marian Rushworth	0.00	58.13	5	58.13	5
(Men)					
Robert Lush	5.00	56.15	1	51.15	1
Jonathan Taylor	0.00	51.42	2	51.42	2

All the cups from both competitions will be engraved and formally presented at the annual dinner next January.



Here's a new and, what I hope will be, regular feature.

## Product review.

Why not tell us what you wear, buy or use to run?



Thanks to Steve Boyer for this first review which features his choice of running shoe.

I'm a heavy and clumsy runner and have had loads of trouble with my Achilles tendons and ankles. The cure for me is the Asics Gel Kayano. This isn't a cheap shoe and retails at £105 in the shops, but if you shop around on t'Internet you can pick it up a lot cheaper. My last pair I managed to find at [www.ontherun.co.uk](http://www.ontherun.co.uk) for £79.99 including P+P. Once you've worn these beauties you are spoiled for life as they are very plush and quite light. I've even bought another pair for 'leisure' use, I like them so much.

Well recommended!

Here's some details from the web site about the shoe and a picture:

### Gel Kayano X '04

This shoe just keeps getting better and better! To celebrate the 10th Anniversary of the Gel Kayano Asics introduces the BioMorphic Fit Technology. This reduces excess loading resulting in better fit, less irritation, injury reduction and enhanced performance.



Asics have taken all their best technologies, improved them and drawn them together in one shoe to meet the most demanding of runner's needs. The cushion and control system brings together Duomax and a new dual density Trusstic, with both fore and rearfoot cushioning, AHAR heel and Duosole forefoot for flexibility - a shoe that stands at the pinnacle of technology.

Category - Structured Cushioning

Price: £79.99





## **Carbo Corner from: Mrs Gwizdak's Kuchnia - (Marilyn's Mum's Kitchen)**

My mother taught me how to cook from an early age and for about the first ten years of my life I was lead to believe that it was one of the only skills I would ever need. However, it did give me a love of good food and cooking.

Now I don't have the time to aspire to the Domestic Goddess thing, but when I throw a dinner party I can really pull out all the stops! (Then again, we always drink copious amounts on these occasions so I don't think people remember what they have eaten. (They just enjoy themselves and I get a reputation for being a good cook)

I have some excellent recipes for Lemon Sherry Chicken, Pork Loin with Prunes, a really mean Boeuf Bourginone, etc (just ask if interested) but I thought I might share with you some of the food I was brought up on. This could be of interest to you all as - have any of you noticed that for such a small country, Byelorussia always have a proportionally large number of strong athletes? So perhaps you are what you eat!... (A cabbage? – no just forget that)

The reason why you have been lumbered once again with my ramblings is because last week Karen asked me if I would like to contribute a recipe for the Newsletter – so you can blame her for this waffle (no it's not going to be the recipe for a Polish version – so you don't have to pronounce it with a 'V').

For those of you who think this is boring, just remember that runners can partake of good food, wine and real ale without spreading sideways like normal people. As some of you may have heard me comment, I run partly so that I can eat chocolate and drink what I like without turning into a 5 by 5 womble (or should that be vomble?).

### **Bigos – Polish Hunter's Stew**

A wonderful supper dish, often served in my family at large gatherings as a starter before a buffet meal - a good alternative to chilli or curry.

As a boy my father would collect wild mushrooms for this dish and the men would hunt the ancient forests near Puczenowieczy for such things as wild boar and rabbit and this dish would have been traditionally served on a feast day. Easy to cook and all done in one pot so it is easy to serve a lot of people.

However, whilst we do not have the gruelling task of catching wild boar to make this dish, I must warn you that a visit to Halifax Indoor market is compulsory for some of the ingredients. Suddenly hunting wild boar does sounds more appealing and a better option than the latter, but that's unfortunate. You cannot buy imported Wieska or Kolos Ukranian Rye Bread elsewhere.

For those of you who share my 'Halifax Market Phobia', a good tip is to slip in the side door just below the fish market and the stall is within easy reach. This helps to avoid passing and smelling those 'Greasy Spoon Cafes' frequented by what I am convinced is the official meeting place for the Halifax Smoker's Club.

Also, you will be spared that horrible open butcher's counters with their buckets of bones and the odour of disinfectant. (Just a tip, this area cannot be avoided if you wish to purchase the best white Stilton in the area at Pickles cheese stall. This is so excellent it is worth running the gauntlet.)

Here we go yet again; I may have to serialise this recipe because, as usual, I have drifted off at a tangent – this must certainly be a pre-cursor to some debilitating mental disorder, or just plain Alzheimer's, but I do this every time I write – as many of you know from experience.

So, read next month's exciting edition of the Newsletter for the actual recipe and instructions. I am fed up now and I have to go out.

NB: If Poland win a lot of gold medals for athletics in the Olympic Games, I will make this for the Club. A sort of Stainland Lions version of the Derby Dale Pie?



### **Norland Scarecrow Festival**

**2<sup>nd</sup> - 8<sup>th</sup> September 2004**

Norland village is perched high on the hill above Sowerby Bridge near Halifax.

We are holding our fourth Scarecrow Festival. This year's theme is 'Famous People'. Come and meet the England squad of '66, Sir Jimmy Savile, Neil Armstrong, Charlie Chaplin, Tony Blair, George Bush, Cleopatra, and Harry Potter along with a host of other celebrities. We are expecting over 70 scarecrows.

Vote for your favourite scarecrow

- Adults trail quiz
- Childrens trail quiz
- Childrens colouring competition
- Collectors badges & keyrings
  - Themed merchandise
- Hot roast pork butties, French fries, ice-creams
  - Afternoon teas
  - Free carpark,
- Local pubs with hand- pulled beer
  - Grand Draw Raffle





## Race Reports

Absolutely inundated with them this month – thanks to all contributors!

Firstly I have two reports of the 5k fun run on 24<sup>th</sup> June at Beckett Park, Leeds.

### [A Beginners Report](#) *By Lorraine Ackroyd*

If someone had asked me 2 months ago if I would like to take part in a 5K race I would have been horrified!

However, there I was at the start line at Beckett Park to take place in my first ever race, the Leeds University annual 5K fun run in aid of Jane Tomlinson's appeal – and I must say how very proud I felt.

It's all down Debbie, Dawn & Karen, who over the last six weeks have spent time training us, patiently!

I would like to say a massive thank you as the outcome of my race was purely down to the training – helping me feel both physically and mentally prepared.

On arriving at the University the atmosphere felt quite 'low key' it was raining and cold, there were no crowds and at this point not many runners

Nearer the start time everyone arrived and I found myself walking over to the start line, suddenly the atmosphere lifted and everyone was very excited.

We were off!! I managed to pace myself just right and found running for the 1st few minutes as though I was 'floating' people were clapping and cheering us including my husband and little boy who were waiving me on frantically!!

I found the next part of the course an easy run, very flat and slightly down hill through some woods, still going strong (well for me anyway not having stopped as yet) we were taken to the outskirts of the University I could recognise some of the houses on the main road that we had driven past earlier so I knew I had come quite a way.

On route the Marshall's were very supportive, cheering us on and telling us what a good effort we had made – personally I found this a massive help.

So at the finish line I made the race in 32 minutes having only stopped once and my place out of approx 400 entrants was no. 202

After queuing for my first ever goodie pack – T Shirt/Certificate/Free Drink, we took some photo's (the beginners group/Debbie & Dawn) and began discussing how far we would like to run next time!!

### [The second report is by Avril Smith](#)

About 12 ladies from the new beginners took part on a rather dull and damp evening, but much to our surprise we all managed to complete it between 29 and 40mins!!!

We were all so shocked that it was so easy, not even as hard as our Monday and Thursday training runs, and that must be due to the effort that you Dawn and Debbie have put us through, and we all thank you very much for that.

We took some photographs which will be available for viewing on the website soon!

Needless to say that this has spurred us all on to better things, and look forward to doing the 10k run in October.

Here are some of the names of some of the ladies who took part. Lorraine, Angela, Fennella, Julie, Sabrina, Marion, Lizzie, Diane, Jane, Liz, and myself Avril

We were all looking forward to the 'Goody Bag' but only received a bottle of water and a T-Shirt. No doubt we will all be wearing our 5k T-shirts at the next training session

Cheers and thanks again for all your help.

### [Huddersfield Race For Life – Sunday 20<sup>th</sup> June](#) *By Judith*

I did the Huddersfield Race For Life this morning. Well over 2000 lady runners and walkers completed the 3 mile course around Greenhead Park in support of breast cancer.

Lesley and myself ran with my daughter-in-law Sally and her sister Carol. We met up with Helen and Sue and also Lynn – one of the new beginners. We set off at a steady pace, having to weave in and out of other runners as it was very congested.

I did mention to Sally and Carol there was only one hill (this is a Stainland Lion talking!), failing to say we had to do it three times. Lesley and myself had a speed finish the last 100 yards. A very good run.

Next year Huddersfield are having two events, one on the Saturday and one on the Sunday, I'm sure it's because it's always over subscribed. A good first run to do and a good cause to do it for.

We did have a heavy downpour at the end of the race but most of the runners had already finished. An excellent goody bag and medal received.

Thanks to all who sponsored me.

### [Twas on the 9<sup>th</sup> of June.....](#) *By Alan Lashbrok*

I'd just like to share with you all one of my favorite races. The race is sponsored by Nike and organized by Blaydon Harriers on the North East. First you have to translate the race instructions because they're written in the Geordie dialect, 'so if ya divan knaa wor tha gannin on aboot, ya kin ask any gadgie and be telt'. It contains strange references to things called 'netties' which I'm reliably informed are toilets to us civilized southern folk!

It's not the most picturesque of courses but it does have a great atmosphere, great goodie bag, beer, an excellent T-shirt, tripe and black pudding for all finishers, and of course it's very own race song. There are numerous prizes presented including a 'Me and Wor lass' (fastest male and female partnership), and various 'Gadgie' (old folk/vets to you an me) prizes depending on your age group.

The race is based around the lyrics of Geordie Ridley who first sang it back in 1862 in the Balmbra's Music Hall in Newcastle. The course takes in what remains of the landmarks mentioned in the song which originally referred to a local horse race meeting which was held on an island in the middle of the Tyne. But, in 1916 a riot broke out when a winning horse was disqualified, along with accusations of race fixing, and the races were never held again. Until, that is, in 1981 when Dr Jim Dewar of Blaydon Harriers resurrected the race, this time the only risk of a riot are runners trying to get entry into this ever increasingly popular race. Jim went on to organise the annual Blaydon race ever since but sadly, a few days after this year's event, Jim was unexpectedly found dead in his armchair at the age of 69, just one year short of the race's 25<sup>th</sup> anniversary.

The 5.7 mile race is always run on the 9<sup>th</sup> of June, as per the song, and now attracts about 4000 runners (a bit of an increase from the 200 or so which started the first one back in '81!). It contains a good mix of club athletes, and plenty of fun runners. One of the good things about this race is that all club runners are given a section of the start area ahead of the fun runners so club runners aren't hampered by fun runners and pantomime horses etc!

Runners assemble outside at the 'Balmbra's' public house ' in the Big Market area of central Newcastle (just as the travellers by bus did for the Blaydon Horse Races back in 1862).

**"Aa went to Blaydon Races Twas on the ninth of Joon,  
Eighteen hundred and sixty-two on a summer's afternyun,  
"Aa tyuk the bus fra Balmbra's and she was heavy laden..  
"Away we went along Collingwood Street - that's on the  
road to Blaydon.**

The race is always started by the Lord Mayor of Newcastle, using Jackie Brown's 1862 hand bell, (mentioned in a later verse) which sends the runners on their way to the finish at Blaydon and hence the famous chorus.....all together now....no slacking at the back.....

**"Oh me lads, ye shud a seen us gannin'  
Passin the folks upon the road just as they were stannin'  
Thor wis lots o lads and lasses there aal wi smilin' faces,  
Gannin along the Scotswood Road ti see the Blaydon  
Races."**

The course weaves it's way out of Newcastle towards Elswick and Scotswood and the industrial north bank of the Tyne. For runners it's a flat fast course but unfortunately for our 1862 travellers it wasn't so smooth....

**"We flew past Armstrong's factory an' up te the Robin  
Adair,  
Just gannin' doon te the railway bridge - the bus wheel flew  
off there,  
The lasses lost thor crinolines an' the veils that hide thor  
faces,  
Aa got two black eyes an' a broken nose in gaan te  
Blaydon Races."**

W.G. Armstrong first established his armaments works in Elswick in 1847. By the time Ridley wrote the song fifteen years later the success of 'Armstrong's factory' was transforming the area as a rapidly expanding workforce were housed in terraces North of Scotswood Road.

By the end of the century the population of Elswick had risen from 1800 to 60,000 and Scotswood Road flourished, becoming famous for its 44 pubs- one on every street corner- such as the 'Robin Adair'

**"When we got the wheel put on, away we went agyen,  
But them that had thor noses broke, they came back ower  
hyem,  
Some went to the dispensary, an' some to Dr. Gibbs,  
An' some to the Infirmary to mend thor broken ribs."**

Apparently, Dr Gibb (1824-1916) was originally a House Surgeon at the Old Infirmary from 1849 to 1854, later setting up a private practice. His consultation fee for rich and poor alike was 2/6d and, which must have made him popular enough to mention in the song!

The lyrics go on with renditions of the chorus in between..

**Noo when we gat to Paradise thor wes bonny gam begun,  
Thor wes fower-and-twenty on the bus, man, hoo they  
danced an' sung;  
They called on me to sing a sang, aa sung them 'Paddy  
Fagan'.  
Aa danced a jig an' swung my twig that day aa went to  
Blaydon**

**We flew across the Chain Bridge reet into Blaydon toon,  
The bellman he was callin there - they call him Jackey  
Broom  
Aw saw him talkin to sum cheps, an' them he was  
pursuadin',  
To gan an' see Geordy Ridley's show in the Mechanics  
Haall at Blaydon**

And finally the last verse of the Blaydon Races refers to a heavy storm which occurred in 1862 that caused the Blaydon Races to be called off because the racecourse (on an island in the middle of the Tyne) became waterlogged (The going must have been pretty heavy in the Tyne!).

**"The rain it poor's aw the day, an myed the groon'd quite  
muddy,  
Coffy Johnny had a white hat on - they war shootin' "who  
stool the cuddy?"  
There wes spice stalls an' munkey shows, an aud wives  
selling ciders,  
An' a chep wiv a happeny roond about shootin' noo, me  
lads, for riders."**

Coffy Johnny was a local character with reputation as a bare knuckle fighter, and he was an ardent fan of hunting and horseracing. His joke 'who stole the cuddy' was a reference to the lack of horses on race day caused by torrential rains making it difficult to get the horses across to Blaydon Island where the races were then held.

The finish at Blaydon is a good as it gets anywhere, and typical of the North East with cheering crowds lining the route to the line. This year the race was won by Julius Kimtai of Kenya in a time of 27 mins,15 secs, and the last runner home was in 1hr 35mins.

**MY TRILOGY OF RACES - A Traverse across the North of England**  
*By Alan Gibson*

**Freckleton – Joe Percy – Weskham**

Sometimes you have very strange ideas and running three competitive races over a 6 day period when the first race is the hardest of all of them, then that is strange.

**Freckleton ½ Marathon 20<sup>th</sup> June**

On a warm Sunday afternoon with the effects of the club's celidah night and drinking not to distance a memory I lined up in a small event in a town called Freckleton boasting a 40-year pedigree of half marathons. In 1968 the journal read - Steven Carr's a signalman from Preston challenged the great Ron Hill in at the time where a big field was 12 runners. Freckleton now is a much larger event with over 1500 runners competing on the day the half marathon comprising a whole series of events including 5 a side tournament and an egg and spoon race.

When we arrived they had the best laid out car parking arrangements I have ever seen at a run, symmetrical rectangular spaces all laid out in best white lining paint. For the runners with families there was a fair and several other events.

Back to the run, we set off in bright sunshine, rounded the running track and off into the village of Freckleton, decked out in summer bunting, the run then progressed over pretty hedged country lanes, disused railway lines and at the highest point we could see in the distance Blackpool Tower. The most memorable experience on the run was at the 7 mile point when we circumferenced a village green on a balmy afternoon watching the locals play cricket at the other end of the green there was the welcome site of a water station this was an excellent day. An excellent day and a time of 1:45:40

**Joe Percy 10 K 23<sup>rd</sup> June**

Then 3 days passed and we traverse to the Pennine Hills. Carol and I, turned up on a cool, wet and windy June night which so typifies a British summer.

Carrying aching tied limbs, especially in my legs from the labours of Freckleton, I watched the majority of blue & red vest's from Stainland, disappear into the distance. Gradually I found my rhythm and with the accompaniment of Simon Hogan, I managed to pick up the pace and move progressively up the race field. Personally, I always find this a difficult run, because Honley not too distant away, was where I went to school. Farnley Tyas always reminds me of those cold wet winter days back in the late 1970's, when we had to run because it was too severe to play football.

On balance this was probably my best Joe Percy and I was pleased with the time. However what a day for the club; 4th overall, it's the first time we have been 4th from the top and not 4<sup>th</sup> from the bottom.

**Weskham 10K 26<sup>th</sup> June**

A further 3 Days and this time traversing even further east onto the Vale of York to a pretty little village called Weskham. This is the first time this even has been run, so I can safely say with my time of 46:17, this is the best ever achieved by a Stainland Lion. I can personally recommend this course if you are looking for a fast time and it is truly lovely. The village is picture postcard, and you move out of the village on pleasant tracks through the woods. The surface is well compacted so it make for easy running; I really enjoyed the running and hit another PB. All in all an excellent week of running.

**A race report by Kath Mitchell**

(Answers on a postcard for this one please – I'm sure Kath told me which race this was but she didn't write it on her report and you know what my memory is like! Any guesses? – Ed)

Well, I finally did it! My first 6 mile race for Stainland Lions and I really enjoyed it, the atmosphere and everything.

I started off too fast as usual so for the first couple of miles I was a bit out of breath and thought "that's it – I'm gonna be crap!".

It was that hill at the beginning that got me and trying to keep up with all them tall people.

Judith had told us about the race on the way there and got Lynne and I quite nervous (as if I wasn't nervous enough). Poor old Chris (my hubby) had to put up with me in a foul mood all day.

I set off with Tracy and told her I was just gonna do my best and I think I did, I was pleased anyway. 48 minutes I think it took me. I ran with Lynne for a while. I mentioned that we'd run up this hill before and she said "If you can talk, get running" so I did.

I got a nice steady pace going and managed to take over a few more people, not sure where they were from, not that I cared much – I just wanted to pass them. As I finally saw the finish line and heard people cheering I started to up my pace and was glad to finish. I've got the bug now so I'll do some more races if I can find time.

Thanks to Lynne for taking and bringing me home. Gonna have to go now – got customers to serve.



I have just been over to Triangle Tri-Bike-Run Specialists in Horsforth Leeds and they said that if we put something in the news letter they will give club members 10% off on production of membership cards. The shop is Triangle, Tri-Bike-Run Specialists, Horsforth, Leeds, LS18 4QD, Tel 0113 295 0477, they are very nice and friendly, they will give you advice without obligation.



## New Member Profile

**Name:** Jennifer Robertson

**Age:** 39

**Occupation:** Photographer

**Email Address:** photographykyle@tiscali.co.uk



**When did you start running and why:** Joined a running club when I was 12 years old - rubbish at everything else!

**What made you join Stainland Lions:** Looked on website saw lots of smiley faces.

**Tell us something funny, embarrassing or secret about yourself:** Got knocked over. Flat on my back - live on TV - whilst photographing the Spice Girls.

**If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy?:**

Anyone who can cook!

**What is your worst habit, behaviour or vice:** Getting carried away.

## Favourites

**Food:** Cheese **Drink:** Cold beer

**Film:** Notting Hill

**Music:** Different one each week

**Pastime (apart from running):** Squash

**Book:** Anything with pictures.

**Talents & Skills (own up to what you are good at, electricians, plumbers, cooks, car mechanics, landscape gardeners etc):** Taking photographs and eating.

**What are your running plans for the coming year (goals, races etc):** To run three times a week without injury - reach a standard good enough to compete.



There are now about 34 members who have expressed an interest in next year's club trip. Lucy hopes to have prices in time for August's meeting (5<sup>th</sup> August) after which a mini "Barcelona" meeting will be arranged to discuss details. We are aiming to make a booking before the end of August so please make sure you either contact Lucy or attend the meeting if you are interested.



**Training: not rocket science,**

**but trickier than you think**

by Debbie Boyer

Debbie has put the following text together, mainly for the benefit of the beginners who, I know, will be interested in the content but also as a reference point for us all. More information is available on the [www.runnersworld.co.uk](http://www.runnersworld.co.uk) website which is an excellent source of information on all aspects of running. If you already subscribe to the magazine there are also some extra "members only" areas of the site. You can also enter races on line which saves loads of time and hassle.

**1. Mix running and walking** Few people can run a full mile the first time out the door, so don't even try. You'll get discouraged and quit. Instead, mix running and walking. Run for 30 seconds, walk for 90 seconds, and repeat this nine more times for a total of 20 minutes. When you can comfortably run/walk for 20 minutes four times a week with this 30/90-second pattern, change your run/walk ratio to 45/75 and repeat the four-times-a-week pattern. Next comes 60/60, then 75/45, then 90/30. Eventually you'll be running for several minutes at a time between walking breaks, and then - hallelujah! - you'll be able to run for 20 minutes without stopping

**2. Take the 'talk test'** Always run at a relaxed and comfortable pace. This isn't the Olympics - it's a lifelong fitness quest. To check your effort level, start a conversation with your training partner. You should be able to speak without gasping or feeling out of breath. If you can't, then slow down.

**3. Go farther, not harder** Once you reach the magic 20-minute mark, build up to 30 minutes (then 40, 50 and 60). Don't make the mistake of trying to get faster - don't try to run your 20-minute course in 19 minutes. Increasing endurance is your first priority.

**4. Be a tortoise, not a hare** We don't have to retell the old children's story here. Running works just like the tortoise-and-hare race. It rewards the patient (with weight loss, steady progress, less stress, more energy and a host of health benefits) and penalizes the overeager (with injuries, burnout and the like). This isn't a sport for sprinters. Be slow, not sorry.

**5. Don't compare yourself with anyone else** Check out the apostrophe in RUNNER'S WORLD. There must be a billion runners out there, so we could certainly call this magazine RUNNERS' WORLD. But we don't, and this is because we realise that there's only one runner who really counts - you.

So don't feel bad if you see someone who's faster, thinner or smoother-striding. Running is your activity – make it work for you, and don't worry about anyone else.

### Shoes: the most important purchase you'll make

**1. Buy the real thing** Get a quality pair of running shoes; not tennis, aerobics or cross-training shoes, but shoes made specifically for running. Expect to spend between £50-£70 for a good model from a serious manufacturer.

**2. Go to a specialist running shop** When you're looking to buy, don't head for the major sports chain on the high street. Go instead to a shop that specializes in running footwear. At a specialist running shop, you'll find a wide selection of shoe models and sizes, as well as trained salespeople who are themselves runners and who understand the particular needs of beginners.

**3. When you shop for shoes, do these three things:** (1) go late in the day, when your feet are their largest (feet swell during the day and during running); (2) bring along the socks you'll wear while running; and (3) have both feet measured by a salesperson, even if you think you know your shoe size (one foot is often larger than the other, and you'll need to be fitted for the larger foot).

**4. Be fastidious about fit** The running shoes you buy must fit properly to work properly. A good-fitting running shoe will feel snug but not tight. There should be room at the front of the shoe to allow your feet to spread during running. Press your thumb into the shoe beyond the big toe; it should fit between the end of your toe and the end of the shoe. In the rearfoot, your heel should also fit snugly so the shoe will hold your foot securely.

**5. Take the shoes for a test run** Most running shops will allow you to jog around in the shoes you're considering. Do so. As you run, pay attention to how your toes feel: are they sliding forward? Do they feel pinched together? Also, notice your heels: are they sliding out of your shoe slightly? In general, are the shoes comfortable? If not, try another pair.

### Apparel: not just a fashion statement

**1. Use thin layers** Sweat moves more easily through two thin layers than it does through one thick layer. A well-designed layering system keeps you warm and dry during the colder months, yet still allows freedom of movement.

**2. Make it breathable** Cotton is great at soaking up sweat, but it's also great at holding on to it. A soaked T-shirt will stick to your body, and cotton's coarse, rough fibres may chafe your skin. Breathable, synthetic fabrics, such as CoolMax, wick perspiration away from your skin and out to the next layer of clothing or to the outer surface, where that moisture can evaporate quickly, with the desirable result of keeping you cooler in hot weather and warmer in cold weather.

**3. Consider the weather conditions you'll be running in** If you rarely run in rain, sleet or snow, you don't need a waterproof jacket. If winter temperatures in your area rarely drop below zero, you may only need one layer, so buy a good

one. And unless you live in the Scottish Highlands, you probably won't need more than two or three layers on your upper body and one or two layers on your legs.

**4. Don't overdo it** Many runners make the mistake of overdressing when it's cold outside. A good rule of thumb is that you should feel slightly cold during the first mile or so of your run. If you feel toasty right after heading out the door, you're probably going to get too hot later on.

**5. When the sun shines, protect your skin with a dark shirt** Dark-coloured clothing absorbs UV light, protecting your skin better than light-coloured clothing, which lets light through. You may feel a little warmer in a darker shirt when the temperature soars, but sun protection is more important.

### More from Debbie next month



**Answer to June's Puzzle Time was:**

Which Scottish football league teams play at:

- a) Dumfries – Queen of the South
- b) Perth – St. Johnstone
- c) Paisley – St Mirren
- d) Kirkcaldy – Raith Rovers



Here is this month's question:

Which three numbers come next in this sequence:  
3, 3, 5, 4, 4, 3, 5, \_\_, \_\_, \_\_



### Editor's Closing Comments

*OK, so I had a bit of a rant last month – it seemed to work though – I've had a whole raft of articles this month and I'm sure you'll agree it makes for a much more interesting read.*



*Next month I hope to include an article from one of our founder members - Marjorie Howard (I'll be in touch Marjorie) and the second part of Marilyn's recipe! Plus more training tips from Debbie, nutrition tips from Lucy, quiz questions and answers from Adrian, news about Barcelona, a report about the pub relay, the latest Grand Prix table, all your race reports and an intriguing article about underwear from Marilyn! It's all happening so please keep your articles coming then I won't have to throw a paddy.*

*Enjoy your running .*

*Karen*



# GLOSSARY OF TERMS

Every month we welcome new members at the monthly meeting but invariably the new members aren't there. It suddenly occurred to us that perhaps no one told them there was a monthly meeting. Perhaps also there's loads of other stuff you don't know about the club? With this in mind I thought I'd create a page in the newsletter that gives everyone basic information about the club. When we run, where we run from, what sort of mileage, where to get information from, when the meetings are, what the AGM is for, what the annual dinner is and so on. This page will be much the same every month but I'll add topical bits such as cross country. Hope you find it useful.

## 1. How to join

You can get an application form from our website at [www.stainlandlions.com](http://www.stainlandlions.com) or from our club secretary (Alison) or club treasurer (Carol).



Carol



Alison



## 2. When we run

We have four main sessions a week and informal sessions at the weekend. Again details are on the website but in case you don't have access to it they are as follows:

- Monday, 7:00pm from Sainsbury's car park (Brighouse). Easy run. Very suitable for beginners but everyone is welcome. Average 5 miles
- Tuesday, 6:45pm from Red Lion pub at Stainland. Can be quite hilly (being Stainland!). 6 – 7 mile run.
- Thursday, 6:30pm from Heath Rugby club. This is the main club night. Up to three groups go out, fast, medium and beginners. Runs range from 5 – 8 miles. Everyone welcome. Suitable for beginners.
- Thursday 6:45pm from Red Lion pub Stainland – for those who want a more testing run than the flatter routes from Heath
- Sunday 9:00pm from Heath. Contact Melanie for details. In addition other weekend runs are usually planned on a Thursday night and may be posted on the website (if people let Steve know that is!). Usual weekend runners are Judith, Karen, Lucy, Carol so give one of them a ring if you want more info.



## 3. Our website

Already mentioned above – the address is [www.stainlandlions.com](http://www.stainlandlions.com) Steve Boyer looks after it so let him know if you want anything posted. Loads of useful information so definitely worth a browse.



## 4. The newsletter

Well as you are reading it no need to explain much. Please please please feel free to send me any articles you like on a general running theme. Don't worry about spelling and presentation (mine's not that good anyway) I'll make it look ok before publishing. They are published every month. If you are a full member you'll either get an emailed copy or a paper copy handed out or posted out to you.



Karen

## 5. Monthly Meetings

We have our monthly meetings on the first Thursday of every month. They are held at Heath Rugby club after a shortened Thursday night run. They usually start about 7:45 and last about an hour. You can get a drink at the bar. All members are welcome to come along. They are quite informal – you won't have to stand up and say anything – unless you want to that is! It's a good way to finding out what's going on. We have a monthly raffle. Tickets are £1 at the meeting. Whoever wins the prize supplies one the following month. If you want to put something on the agenda contact Ellie.



## 6. Social Events

This is the stuff we Stainland Lions are famous for. Diane is the social secretary and whilst she comes up with some great ideas herself for events (see her regular column in the newsletter), please feel free to speak to her about any ideas you may have and she will be only too happy to help with the arrangements.



Diane

## 7. Grand Prix

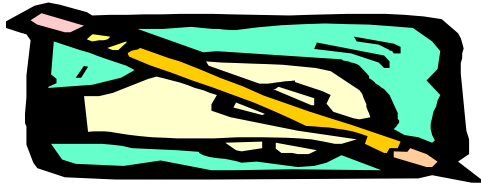
This is our annual club competition / league. At the beginning of the year we pick a number of races – 10 for example over varying distances, roughly one per month. You try to run at least 8 of these races. Everyone is sorted into one of three divisions, depending on their fastest (or estimated) 10k time. You score points depending on where you finish in each race compared to others in your division. It's managed by Alan Lashbrook so he'll give you more information. Results are posted on the website and in the newsletter and there's a trophy for each divisional winner.



## 8. Pub Relay

This is a club event that we run annually in the Summer. This year it will be held on 21<sup>st</sup> August. Basically you turn up at Heath. Everyone is sorted into mixed ability teams (so it doesn't make any difference if you are fast or slow). The first runner from your team runs from Heath to the first designated pub (the rest of the team travel by car). On arrival the runner drinks a pint (men) or ½ (ladies) of the drink of their choice then runner number 2 sets off and so on. The winners are the first team back at Heath then we all have a party & BBQ. See Roger for more details..





## Dates for your Diary

	DATE	EVENT	CONTACT/DETAILS
GP	25/07/04	James Herriott 9	<a href="http://www.ukresults.net">www.ukresults.net</a>
	25/07/04	Summer Tough Guy	Steve B
★	30/07/04	Sally & Nigel's leaving do	Sally & Nigel
	01/08/04	Harrogate town centre 10k	Runners World
	03/08/04	YVAA Pudsey	Eric Heaton
	08/08/04	Askern Ringways 10 (Doncaster)	Runners World
	08/08/04	Darlington 10k	Runners World
	08/08/04	YVAA York Acorn & Rowntrees	Eric Heaton
	11/08/04	Frank Godson Saddleworth 6	Runners World
	15/08/04	Blackburn 10k	Runners World
	15/08/04	Yorkshire women's 5k fun run (Wakefield)	<a href="http://www.ukresults.net">www.ukresults.net</a>
	18/08/04	Martin Holroyd 10k (Huddersfield)	Runners World
★	21/08/04	Annual Pub Relay	Roger
	21/08/04	Tywyn Race the Train	Runners World
	29/08/04	Norland Moor 7	Runners World
GP	31/08/04	Littleborough ~Lions Fun Run 5k	Runners World
	11/09/04	Slovenia Alpine Marathon	
	12/09/04	YVAA South Leeds Stadium	Eric Heaton
★	17&18/09/04	Ingleton (Timerlodge) Lodge	Diane
GP	September	Yorkshireman ½ Marathon	Mary
	05/09/04	Netherthong 10k (Holmfirth)	Runners World
	05/09/04	Wild Races Kielder Forrest 10k	Runners World
	05/09/04	Lancaster ½ marathon	Runners World
	26/09/04	YVAA Honley	Eric Heaton
	02/10/04	SRC Autumn Leaves Fell Race	March 04 Newsletter
	27/11/04	Wesham 10k	Website
	20/03/05	Barcelona Marathon / 1/3 marathon	Karen / Lucy

**Note: Lesley has entry forms for most of the above races.**

Red = Social Events. Green = Races Yellow = Cross Country Blue = Away Runs Meetings / away runs =