



THE LION'S TALE

THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS
"THE ROAD GOES ON FOR EVER"
MAY 2004

It's a busy time at the club over the next few months. The Bluebell Trail 10 makes its first and hopefully not last appearance on the racing calendar. If the work put in to organise it is any yard stick then it should be a great success. As is the Beginners course which is a credit to the club. Good luck to all that have signed up, persevere and I can assure you it will pay dividends. See inside for these forthcoming events. The Pub Crawl, the Mid Summer Bash, tickets are going fast, last year this was great fun. And then we have the Pub Relay which is always fun. This year we are going to invite the rugby lads and lasses. Let's all support these events and if all you have done so far is run with us, now is a good time to try what we are really good at. Ben will be holding right arm training sessions and I will make sure that there is a very friendly non runner leg. Then somewhere in the middle of this lot we have to fit in the Summer Handicap.

Cheers.....Roger



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BLUEBELL TRAIL 10

Congratulations to Mary, Roger and everyone else who put so much time and effort into making the Bluebell Trail 10 so successful.

Here are a few of the comments made by competitors as they finished the race:

"Best multi terrain event ever!"

"Really great run"

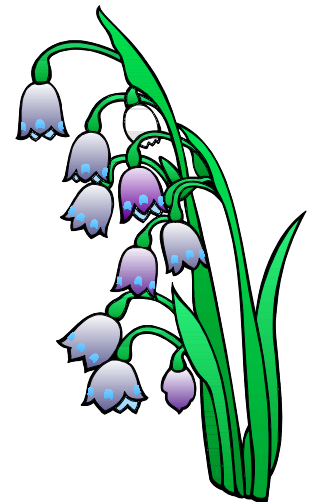
"Well marshalled"

"River crossing is a novelty!"

"Glad I didn't have to do it in bad weather!"

Fantastic!

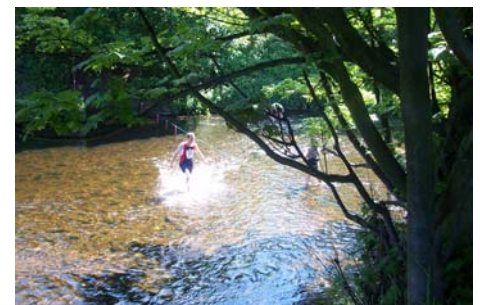
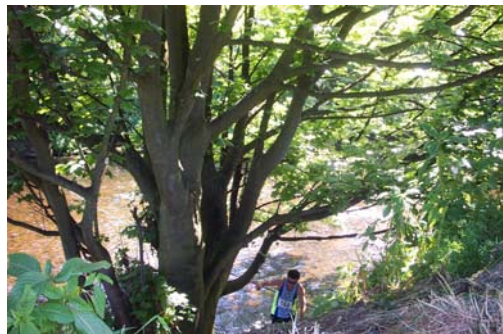
"What a day!"



Articles for June's newsletter by Friday 18th please.

Newsletters will be available on Monday 21st & posted out Thursday 24th

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



Welcome to everyone who has joined the Beginners Course!

The beginners Course started on 6th May with a record 38 people turning up!

Roger gave a welcome speech and then Lynne took everyone through a great warm up followed by running and walking drills on the rugby pitch.

Dawn and Debbie are organising this year's event and are promising three sessions a week - Thursday, and a weekend run from Heath and a Monday night run from Sainsbury's in Brighouse.

Everyone has been split into three groups. The faster group tends to consist of people who have run before but are returning after an absence. The other two groups are following a structured run / walk programme and, by week 3, were making fantastic progress as evidenced by their 4 mile run on Saturday.



Part of the group who went out on Saturday 22nd May



Team leaders Debbie and dawn

WWW.Stainlandlions.com



Don't forget to check the website regularly! We are a big club now, getting bigger all the time and, although we try to get communication right – it isn't always easy. Let Steve Boyer have details of any news or events that are going on or any other points of general interest so he can post them on the website.



Shop!

Don't forget your Stainland Lions merchandise!

Stainland Lions vests (as featured in the photo below) are available from Heather and Andrew (price is heavily discounted for new members but in any case they are great value for money)



Car Stickers – as pictured below are priced at £1 each (a bargain!) available from Steve Boyer.



Long Sleeved tops – as modelled below by Alan & Steve are also available from Heather and Andrew.



JOE PERCY 10K

The Joe Percy 10 k is an annual club pre entry invitation race run by Longwood Harriers from Thurstonland Cricket club on Wednesday 23 June.

The club has changing facilities, food after the race and a bar!!!

They describe the course as two lap potentially fast and undulating, so no problems to anyone who has run at Stainland.

Scoring is simple with the first ten runners for each club to count.

There is a trophy awarded for the winning club and commemorative awards to the members of the first three teams.

Now this year we are running this as one of our grand prix events, so I would like to get at least THREE teams entered.

I keep telling Andy at Longwood how amazing we are, but although we are no longer bottom I am not sure he believes me that we are getting ready to win.

So lets prove him wrong.

The club pays for entry ,chance of exercise and beer, what more could you want?

So please let me know if you want to run, at the moment my list of runners is:

- Roger Northrop - the chair is ready to lead his club to glory!!!
- Alan Gibson
- Alan Lashbrook
- Andrew brewer
- Stephen Guilfoyle
- Ellie Elliot
- Carol Lord
- Stephen Newill
- Karen Newill
- Simon Hogan
- Nick Mitchell

If you haven't seen me recently or don't know who I am ,I will be at the June meeting or can be contact on [lucy.walter @tiscali.co.uk](mailto:lucy.walter@tiscali.co.uk).

Alternatively if you let any of the committee know you want to run they will pass the info on for me.

I will have maps and directions for anyone running nearer the time.

Social Events

By Diane



Timber lodge

There are still some places available for the Ingleton away weekend on 17/18th Sept. Please see me if you are interested.



Hebden Bridge Pub Crawl

Meet at 8pm at Square one. Penny is organising the route (of pubs that is, not a run). Everyone welcome, beginners, partners etc.

Mid-Summer Bash – 19th June at Heath

Dawn & Penny are again organising the Summer Bash. It will be held on the 19th June at Heath from 8pm. There will be a live Ceilah band and supper is included in the £7.50 ticket price. Everyone welcome. Tickets available from Dawn and Penny – catch up with them on any club night.



The famous Stainland Lion's Pub Relay



There seems to be a theme to most of our social events doesn't there? The date has been set for the Annual Stainland Lions Pub Relay. It is Saturday 21st August – don't miss this – it's one of the best events of the year! Roger is organising the route but basically team of 5 people each run a leg between two pubs. More details nearer the time.

James Herriott 9

For anyone thinking of doing the James Herriott 9 in July (it's part of the Grand Prix) you might want to know that Bolton Castle is very near by and may be worthy of a family visit. See the leaflet on the notice board at Heath or visit their website at www.boltoncastle.co.uk

Highlights

from the meeting
By club secretary - Alison



1. Events & Training

June Away run- Taken by Simon Hogan
Meet at Cock & Bottle Pub @ Southowram at 6.45pm. Approx 6 m run

July Away run-Taken by Lynne Davies. Mythomroyd – details to follow nearer the time.

August away run –Penny & Geoff - Luddendenfoot

Bluebell Trail 10m – 23/5/04 10am from Heath Rugby Club
Let Mary or Roger know if you can marshal. Only requirement is that you need to have a mobile phone on the day to stay in touch. So far 67 pre entries. Gary Kettle kindly volunteered to do the time keeping. Roger will let marshals know where they are standing shortly.

Joe Percy 10k – 23/6/04 7.30pm Thurstonland CC
Team event. Let Lucy know if you are to run for the club. Entry cost met by club. Supper afterwards.

James Herriot Trail Run-9 miles 25/7/04. Next Grand Prix event after Joe Percy. Scenic off road race. If enough interest from Club Diane will look at getting a bus/minibus for transport.

2. Social Events

Ingleton Lodge Weekend- Please let Diane have your cheque if you are still interested in going. We have some places left. Cost £20 per person. £10 deposit needed to secure a place. Contact Diane if you want more info. Weekend 17/18 Sept

Girls & Boys night out!-Having had single sex nights out it has been proposed that we should get together!!
Proposed date is Friday 4/6/04 around Hebden Bridge. Meet at Square 1 pub (opposite cinema) at 8pm. All welcome – just turn up on the night.

Summer Ceilah –Organised by Dawn & Penny. Saturday 19/6/04@ Heath Rugby Club. Tickets cost £7.50 each which includes supper. Let Dawn know if you want tickets .They will be limited and on a first come first served basis.

Annual Pub Relay –To be held at Heath on Saturday 21/8/04. Will start in the afternoon with the relay event and finish into the evening with a BBQ .Looking to invite the Rugby Club to join in.

3. AOB

Beginners Courses-Started 6/5/04. Very well attended with 38 new runners. Good feedback.

4. Kit

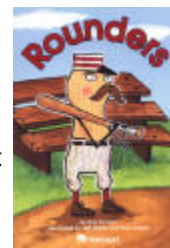
Long sleeved vests now in stock along with short sleeved. (Short cost £5 for first & £7.50 for second).See Andrew or Heather Brewer for orders.

5. Raffle

Won by Phil Stapley.

Any one for Speed Training?

Lucy is organising a game of rounders which will masquerade as a speed training session. It is hoped that we can play on one of the rugby pitches at Heath. It is being arranged for Thursday 1st July (meeting night). Further details at the June meeting.



What's on at the Piece Hall By Melanie



I have a brochure for what's on at the Piece Hall over the summer and I wondered if anyone was interested in going to the following. I am happy to get tickets and to see if there is any group discount. The bits in " " are from the brochure. Please let me know if you are interested. **Thanks, Melanie**

"Killer Queen"

Saturday 17th July, 7.30 pm for 8pm
Queen Tribute Band

"Now in their eleventh year and winners of the best tribute band 1999, Killer Queen give a show which demands to be seen and heard."
Tickets £14, concessions £11

Last Night of the Proms

Saturday 24th July, 7.30 pm for 8pm
"The nationally acclaimed Airedale Philharmonic Orchestra, conducted by Jon Anderson, presents a night of pomp and circumstance as they perform a programme of popular classics and celebratory music. Bring along a scrumptious picnic and enjoy a balmy summer's evening of delightful and uplifting music". I went to one of these at Leeds and it was brill - but a warm jumper and an umbrella are also recommended!
Tickets £9.50, concessions £7.50

Summer Shakespeare

Heartbreak Productions present
"Macbeth", Wednesday 4th August, 7.30pm
"The Comedy of Errors", Thursday 5th August, 7.30pm

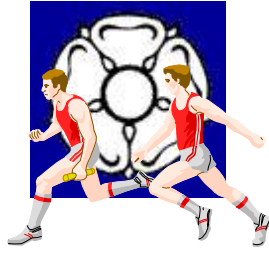
Off the Wall

Pink Floyd tribute band
Saturday 7th August
"The definitive Pink Floyd tribute band, with an even more spectacular light show".
Tickets £14, concessions £11.



Yorkshire Vets News

By Eric Heaton



Next race and the 4th one in the Grand Prix is at Haw Park Woods, Walton, near Wakefield at 11.00 am Sunday 30th May 2004. It is described as trails through woods and along the old Wakefield/Barnsley canal towpath. I have not run this race before but someone who has says that it is not too demanding. Changing and registration (£2) is at Walton Sports and Social Club, Shay Lane, Walton. I have full details for those fancying a run.

June is a busy month with the 5 mile road championship at Haworth on Thursday, 10th June at 7.30 pm, the 5th Grand Prix event at Starbeck, Harrogate (highly recommended) on June 22nd at 7.45 pm and the Fell Championship at Old Town near Hebden Bridge on Saturday 26th June at 3 pm. So there is something for everyone. Early notification is given of the Road Relay Championship to be held at Esholt on Sunday 11th July 2004. Unfortunately I will be on holiday then but it would be nice to put a few teams in. Teams consist of 4 runners in the male over 40 category and 3 runners in the male over 50's and 60's and any female vet team. Let me know if you are interested in forming a team please.

Stainland Lions are currently 16th team out of a total of 36 teams in the 2004 Grand Prix. This is just with 3 members turning out! (Bob Ambler, Mark Tweed and myself) Please consider running these events. They are all low key but highly enjoyable. More often than not there is a social gathering after each event and everyone is made to feel welcome. I know that the organisers of the Yorkshire Vets are very keen in attracting new clubs and runners.

Eric Heaton



Race Reports

Well despite numerous pleadings I have received a total of 0 race reports this month so I'm afraid you'll just have to put up with one of mine. Serves you right – you have only yourselves to blame!

Vancouver Marathon – 2nd May 2004

By Karen

Before I start properly let me say that, despite what Richard Graves may tell you, this course is NOT FLAT!!!!!!!

We (me and Stephen, Lucy & Walter) arrived in Vancouver on the Wednesday before the marathon. The weather was quite warm, probably too warm to comfortably run in but we were confidently informed that it would break and be dull and drizzly on the day (and it was!). We went to the expo the day before. Very disappointing really if you are comparing it to the London expo. Very small and not many freebies. For some reason they were giving out loads of men's and ladies disposable razors – Stephen is planning to sell his stash on ebay! We are wore England T-shirts advertising "Stainland Lions on tour" as made by Lucy and these attracted some favourable attention (Stephen was stopped by a passing motorist who asked for his autograph – she thought he was David Beckham – I know!). Anyway at the expo they promised to mention us all at the start of the race.

The race itself started at 7:30am at a big stadium called the Plaza of Nations. On stage to entertain us were 2 (lady) Mounties and a woman singing a few songs ending with the Canadian National anthem. They then mentioned all the different countries represented by the competitors. Amusingly Stainland was mentioned as a country in it's own right (they also had a flag for each country but had had difficulty finding one for Stainland!).

We took about 3 minutes to cross the line. Don't know how many people there were but it was comfortable. You have room to run but there were enough people around to make you feel part of the race. The first 7 miles were a loop around some industrial areas, primarily to separate us from the half marathoners who didn't do the loop. There was an out and back bit which was good because you got a chance to see the front runners. At 9 miles there was great excitement because we went passed the cruise ship terminal and got our first glance of the ship we would later board for our Alaskan cruise. The pretty course followed the coast line for the next few miles, including going passed our hotel which provided a welcome loo stop for Lucy!

At 12 miles we entered the very beautiful Stanley Park. The marathoners had the flattest route through the park, thankfully, but Lucy and Walter and the other half marathoners had a wicked hill to climb (was Richard's name mud or what? – He had previously told us it was a nice flat course!). We emerged from the park at mile 16 – at this point I was still on for about 4hours 30minutes but the effects of a three day stomach bug were starting to show (so to speak).

By 18 I was really beginning to slow up, especially as we approached the enormous but impressive Burrard Bridge. I seem to remember a barefooted man overtaking me at this point. The thought made us all wince! Going down the bridge at the other side was lovely! The course then went into a very upmarket part of town that seemed to be a bit of a holiday home area called Kitsilano – very nice. Big posh houses and quite a lot of crowd support – just at the point you needed it.

This was another out and back bit. Bizarrely at mile 21 there were stewards handing out 8 hour Tylenol pain relief tablets! The 22 mile marker was missing (or I didn't see it) which was a bit upsetting. I was down to a run and walk pace by now and everything was hurting. Thinking about the sponsorship kept me going though.

The race finished by having to climb over the Burrard Bridge again (thanks to Stephen who literally pushed me up the hill!). Lucy and Walter met us at about the 41k point and kept assuring us we were nearly at the finish (heard that one before!) but there is was! We crossed the line in 5 hours and 14 minutes – thanks to Stephen for helping me round the whole course and to the announcer who gave us a big welcome and thanked us for coming all the way from Stainland (wherever that was!) to do the race.

After the race there was enormous amounts of food and drink put on for the runners. I can't normally eat straight after a race but there were doughnuts – everyone has their price – I managed to forced a few down! Had to rush though – we had a boat to catch!

Overall a very well organised race with friendly marshals, good T-Shirt, medal and loads of food afterwards in an exciting, beautiful city full of friendly and welcoming people. What more could you want?



A quick note from Sue Siddall – “thinking about London I met Tracy Morris in the ladies toilet in January at the Brass Monkey half marathon in York when she set a new ladies course record and she won Snake Lane 10 in Pocklington in Feb, only beat me slightly on each occasion ;-)

Could tell then she was meant for better things!!”



**Fancy doing a marathon?
Fancy doing one abroad?
Fancy going to Barcelona next year?**

Lucy and I are planning a club trip to run the Barcelona marathon and 1/3 of a marathon (14kms) next year. There aren't many details available at the moment except the date – 20th March 2005.

Great timing if you want to train with friends doing London. Great city to visit. Loads of sights to keep non-runners amused. Cheap flights available.

If you are interested please let Lucy or me know because we may be able to get some discounts if a lot of people are interested in the trip.

Runners and non-runners are all welcome and the fact that there is an alternative to the marathon should broaden the appeal.

Here's what the website says about the race:

THE CITY

Undoubtedly, Barcelona is a gem of a city, with Gaudi's unfinished cathedral, the Picasso Museum and a marvellous regenerated waterfront as enough reasons to want to spend a weekend there.

THE RACE

Up to 4000 runners in a first class marathon with sights that include the waterfront and the Ramblas. It's a pretty flat course these days with a time limit of 6 hrs.

More details will be posted as they become available



Just a quick note to advise that entries for the Huddersfield Race for Life event on 20th June have closed as the capacity has been reached.



Entries are still available for Manchester on 6th June, Bradford on the 4th July, York on the 14th July and Harrogate on the 21st July.

Sorry to be the bearer of bad news if you were hoping to do Huddersfield. Check out the website at www.raceforlife.org



The club has received letters from two retiring members. I thought it would be nice to pass these on to you.

The first one is from Dave Provis and reads as follows:

“Dear Carol, Sorry about the late payment of my subscription, as you possibly know an extended heel injury has kept me away from the club for a long time and I get out of touch.

I’ve been unable to run further than 3-4 miles (slowly!) without pain for the last two years and I guess it’s time to bow to the inevitable; running has given me a lot of fun & friendship in the past so it’s hard to let go!

So I formally resign from Stainland Lions Running club but give everyone my best wishes.

Make the most of it while you can!

Best wishes

Dave Provis”

The second one is from Pauline Clarke and reads as follows:

“Dear Carol

Annual Subscriptions

Sorry for being so lax!

I now live in Norfolk (still having post re-directed from Huddersfield!), so as I am no longer in the area I shall have to terminate my membership.

Thanks for all the hard work helping me train for the 2003 London Marathon – I miss the Tuesday and Thursday sessions. Contrary to popular belief it is NOT flat in Norfolk!

Best wishes to all – say Hello to Mark Preston if he is still around.

Yours sincerely

Pauline Clarke.”



Photo Gallery

Hi Karen - Thought this might be a good one for inclusion in your next Newsletter - Caroline after 4m 22secs! Cheers David



Carbo Corner



Liz is taking a break this month so here’s a couple of low fat Weightwatchers recipes

Low Fat Hummus

25 g sesame seeds
2 clove garlic
120 g low-fat soft cheese
1 tablespoon olive oil
170 g cooked chick peas

Put all the ingredients in a food processor and whiz until smooth.

Delicious with pitta bread.

Assuming 6 portions this is 2 points per serving.

Low Fat guacamole

1 small onion
1 clove garlic
1 piece of root ginger (0.5 inch)
1 medium avocado pear
2 tablespoons low fat plain fromage frais
zest and juice of a lime or lemon
2 tablespoons of fresh coriander
1 tsp ground coriander
½ tsp chilli powder
1 tsp ground cumin
1 large tomato de-seeded and chopped

Whiz onion, garlic and ginger in a food processor until finely chopped. Add herbs and spices, avocado, fromage frais and lime/lemon juice and zest. Whiz until smooth.

Stir tomato into the mixture. Season to taste with salt and pepper.

Put in a bowl, cover with cling film and chill for at least 30 minutes.

Great with Chilli if you are being bad and carrot sticks if you are being good!

Assuming this makes 4 servings, each will be 2 points and it tastes fabulous!

If you have any favourite recipes please send them to me and I’ll put them in the newsletter to share with other members.



Here's some cruel gossip from our webmaster Steve Boyer. I haven't printed the name to protect the young blond lady member in question.

It's a bit cruel but
Last night (Thursday) we were out running and stopped for a breather. A certain lady member was complaining about all the greenfly and I said that in two weeks there wouldn't be any Greenfly, just millions of Ladybirds. To this she asked, "Why, do they turn into Ladybirds?" Talk about a blonde-moment. We fell about the place!

She saw the funny side of it all and proceeded to tell me about another of her blonde-moments when her fiancée was telling her that Water Polo is played in a swimming pool. She thought it was really cruel to make the horses go in the water!

Steve



Answer to last month's Puzzle Time.

Which well known English word contains five successive vowels when spelled in one of its two possible ways?



This month's Question:

This month's question is:

Give 3 one word anagrams for the following:

- a) dirty room
- b) voices rank on
- c) lithe acts



Some of you may know that Nigel and Sally are selling up and moving to Spain this summer.

They would like you to join them at a farewell party at Bar 11, on Friday 30th July for a Spanish themed (fancy dress welcome), Spanish food party from 8pm onwards.

Everyone welcome



A race report just in from Debbie....(Thanks very much Debbie – I appreciate it).

The 2004 Beaverbrooks Blackpool 10K Fun Run took place on Sunday 9th May 200, It was a lovely day for a race, not too hot and not too cold, just right.

Steve, Ellie and me arrived in plenty of time to register, then went for a coffee. We had managed to park right next to the start of the race, so went back to the car to finish getting ready, then back to the hotel to queue for the toilets.

We got to the start with about 5 mins to go, we started off quite near the front, Ellie's idea, not that it made any difference to me.

About 4000 people were running, some in fancy dress, it was a good atmosphere, I would recommend this race for total beginners of any ability. The course is out and back, from the Hilton Hotel at the North Shore along the front past the tower, the piers and the pleasure beach then you turn round and head back, the race finishes on the prom in front of the Hilton Hotel.

I think for the total beginner it would be great, its a fairly flat course, lots of people were running and walking so I think anyone would be able do it and not find it too hard.



Editor's Closing Comments

Just about got the newsletter out in time – it has been quite tight this month. Thanks to all the regular contributors – Alison for the minutes, Diane for the social events, Adrian for the quiz and Eric for the Yorkshire vets news. Thanks also to other regular contributors like Lucy for marathon and general training and Liz for Carbo corner. These people who contribute so regularly really do make writing the newsletter so much easier and I am very grateful to them. Could I ask other members to occasionally put pen to paper and submit articles – it does get hard to come up with new news. I know I nag every one every month but this is your newsletter so why not help write it? By the way of course – if anyone else is interested in submitting a regular monthly column please do!! Always happy to hear from you. Starting from next month we will be featuring articles from the Heath newsletter as our two clubs become more integrated and they will be featuring any events (like the pub relay) from ours that their members may be interested in. Well that's all for this month.



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 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 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. Winter / Summer Handicap

Run in January and July and open to all members. The route is roughly six miles (we'll do a practise a week beforehand). People are set off in order of speed so the slowest person goes first. The fastest person often sets off over 30 minutes after the first and so it's a race everyone has an equal chance of winning. Great fun and a great social event – bring a prize and you get to take one home. See Karen or Lucy for more information.





Dates for your Diary

	DATE	EVENT	CONTACT/DETAILS
	23/05/04	Roundhay Park Race for Life 5k	Runners World
	26/05/04	John Carr Series 5k (Race 3) Esholt	Runners World
	30/05/04	YVAA Walton	Eric Heaton
★	04/06/04	Hebden Bridge Pub Crawl	Diane
	16/06/04	West Yorkshire (Fire Service!) 5	Runners World
★	06/06/04	Belgium ½ m	Debbie C
	06/06/04	Morecambe 10k	Runners World
	06/06/04	Barnsley 5k	Runners World
	06/06/04	SRC Saddleworth Fell Race	March 04 Newsletter
	09/06/04	Aakash Roberttown 7	Runners World
	10/06/04	YVAA Haworth	Eric Heaton
	13/06/04	Edinburgh Marathon / Relay Marathon	Lucy
★	19/06/04	Mid Summer Bash	Penny & Dawn
	20/06/04	Bramham Horseless Horse Trials	www.ukresults.net
	22/06/04	YVAA Stabeck	Eric Heaton
GP	23/06/04	Joe Percy	Lucy
	24/06/04	Jane's appeal women's fun run 2004	Heath notice board
	26/06/04	YVAA Oldtown	Eric Heaton
	30/06/04	Otley 10 mile road race	www.ukresults.net
GP	June	Summer Handicap	
	04/07/04	Tough 10 mile (Skipton)	www.ukresults.net
	06/07/04	Rochdale 10k	www.ukresults.net
	07/07/04	Helen Windsor 10k	www.ukresults.net
	11/07/04	SRC Cross Keys Relay	March 04 Newsletter
	18/07/04	Pudsey 10k	www.ukresults.net
GP	25/07/04	James Herriott 9	www.ukresults.net
	25/07/04	Summer Tough Guy	Steve B
★	30/07/04	Sally & Nigel's leaving do	Sally & Nigel
GP	August	Littleborough 5k	
	15/08/04	Yorkshire women's 5k fun run (Wakefield)	www.ukresults.net
★	21/08/04	Annual Pub Relay	Roger
	21/08/04	Tywyn Race the Train	Runners World
	11/09/04	Slovenia Alpine Marathon	
	17-18 Sept	Ingleton Lodge	Diane
GP	September	Yorkshireman ½ Marathon	
	Sept 04	Berlin Marathon	Lucy
	18/09/04	Timberlodge, Ingleton	Diane
	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 =