



Inside this month's Newsletter:

Cross Country News..... 2
 Calderdale Way Relay.... 2
 Grin n bear it!..... 2
 PANTS to Running..... 3
 New Member Profile..... 4
 House Warming Party..... 4
 Alternative Handicap race..4
 Adrian's Puzzle Time..... 4
 ½ m Training Programme 5
 Social Events:
 - Halloween Party..... 6
 - Annual Dinner..... 6
 - 40th Birthday parties..... 6
 - World Athletics Champs.6
 - Velodrome Trip..... 6
 Hola from Spain..... 6
 Highlights from the meeting...7
 Race Reports..... 7
 Less Bounce! 8
 Closing Comments..... 8
 Glossary of Terms 9
 Grand Prix10

Articles for October's newsletter by Friday 15th please.

Newsletters will be available on Monday 18th & posted out Thursday 21st

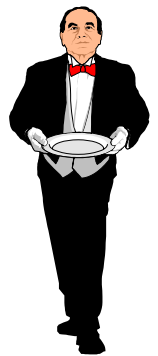
Email articles to: Newills@blueyonder.co.uk Or post to Karen (see member list).

Social Events

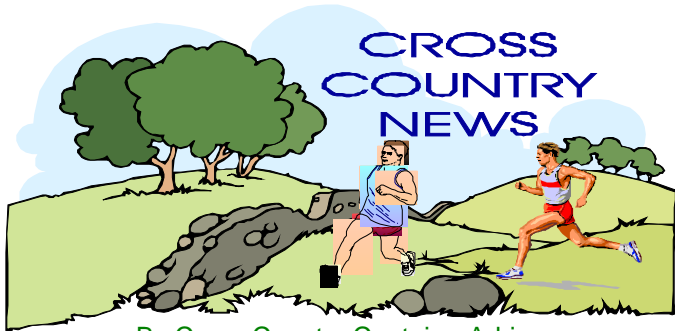
There's loads of stuff going on in the next few months so I thought I'd highlight some of them here. There are more details within the newsletter. Remember these events are open to all club members - new and established, young or old, fast or slow - EVERYONE. If you want to get involved in anything just ask. You will be welcomed with open arms.



- 2nd Oct Liz & Joe's house warming from 3pm onwards at 296 Reinwood Road, Quarmby, Huddersfield. Bring a bottle
- 9th Oct Penny's 40th Birthday party at Heath
- 17th Oct Manchester Velodrome trip - See Melanie
- 29th Oct Halloween party at Heath - children welcome
- 30th Oct Tracey's 40th Birthday party at North Bridge Leisure centre
- 28th Jan Stainland Lions Annual Dinner at The Auctioneer
- 20th Mar Yes it's back on - Barcelona Marathon trip



S
a



By Cross Country Captain - Adrian

The following decisions were arrived at at the West Yorkshire Winter League meeting on Friday 3rd September:

- The league will consist of the same 8 teams as last year
- The dates and venues for this season's fixtures will be as follows:
 - 14th November Dewsbury
 - 5th December Idle
 - 9th January St. Bedes
 - 30th January Pudsey
 - 27th February Skipton
- All races will start at 11:00am

There was very little room for negotiation on the dates. Chris Smith gave us a narrow list of possibilities and a lot of "horse trading" with regard to other races occurred. So, apologies to anyone who has a clash of commitments (especially Judith!)

For the first time for ages there was a surfeit of clubs willing to stage a race so we won't be hosting an event this season – just when Greetland S&CC had got into the Good Beer Guide! Those of you who like the Great Outdoors will appreciate the changing and toilet facilities at Dewsbury.

The presentation night will be on Friday 11th March – probably at Idle Working Men's club again (with more food and an improved PA system). Unfortunately this is the night before Dent but the only other option given was the night before Conniston, which seems to be attracting more club support than Dent nowadays.

If you can't run because of injury, several of the clubs would appreciate help with marshalling – please contact Adrian.

We've finally got our 3rd place trophy from last season. We will bring it down before training on the night of the next meeting (Oct 7th) and to the meeting afterwards so those of you who "sweated blood" to help win it can see the fruits of your efforts and perhaps be inspired for the forthcoming season.

If any new members are considering running Cross Country this season you will be more than welcome. We meet on the Sunday morning at 9:30 at Heath. If you wish to go direct to the venue please contact me for details.

None of these races are suitable for running in road shoes – studded off road or trail shoes, but not spikes, are needed to avoid bad grip and possible injury.



Calderdale Way Relay 2004 Sunday 12th December

Yes, it's coming round to that time of year again. For those of you unfamiliar to this race it is a 60 mile race split up into 6 legs. There are two runners on each leg and thus 12 people in a team. Stainland intend to enter 3 teams again this year. Apologies if I get the details wrong but I think Colin will be captaining the men elite team (see note below), Gary will be captaining a mixed ability team and Karen (me) will be captaining another mixed team. Please see one or all of us if you are interested in running either in the race itself or just want to join in the weekend training runs (which are great fun). On race day the routes are not extensively marshalled so it is important that you learn the one you intend to do – that's why we tend to run them as Sunday training runs, starting about now through to December.

Men's elite team – note from Colin

I need to know who is available, who wants to run etc for the fast team. What I would like to do is pick the team and have the people go out on their respective legs well before the day. Picking a team early allows the other team captains to know who is available for the other teams etc

Mixed team – note from Karen

I'd like to start taking people out on the various routes pretty soon. I'm running at the Castle Howard 10k this Sunday but will aim to get a run organised for 10th October. Please let me know if you are

- a) interested in running one of the legs (and which one)
- b) interested in doing the training runs – and which legs do you want to do.



Note from Eddie Rayner re "Grin 'n' Bear it"

I'd like to publicise this race to all Lions about a race on Saturday October 9th. I did this event last year in a group of 3 & it was great, & I am helping organise it this year. Very relaxed - only about 150 participants, free hot meal, tea, coffee, biscuits at the finish & good feed stations around the course (bars, drinks, fruit etc.) - good people - good atmosphere. Good practice for anyone entered in KIMM etc. It is mainly fell but some track (Pennine Way type etc.)

Details

'Grin 'n' Bear it', Saturday October 9th - start 10am
15 or 25 miles

Start: Langsett Barn, Langsett, A616 Penistone (grid ref SE21140040)

Route description & checkpoint information supplied on receipt of entry

Map & compass required (safety rules) - Dark Peak 1:25000 as well as waterproofs

Full safety & marshalling by Woodhead Mountain Rescue Team
Hot meal, tea / coffee at finish & finishers certificate

Anyone interested see Eddie or Charlotte on a Tuesday at Red Lion or ring :Eddie - work - 01484 321000, Home - 01422 377474, Mobile 07798 853314,
or e-mail me e.rayner@planet-group.co.uk

Thanks very much - see you there ! - Eddie



PANTS TO RUNNIN'! –

by Marilyn Greenwood



Down with knickers and obvious VPLs: This is a brief report on the virtues of THE STRING (*Brief as in garment - as I don't know the meaning of conciseness*)

First of all thanks Debbie for your excellent report on bras, it will help us all to keep abreast – keep abreast of what you may ask? Well just keep a breast!

Let me expand (gosh wouldn't that be nice in that area?). I continue, since I started running I have had no problems with running bras until recently. My old ones were a bit washed out and my favourite one had a large curry stain on it. Before you start thinking 'what goes on at No 23 – eating curry in their undies?' I have to tell you that this was an unfortunate encounter involving Ed, a leaking bin liner and a pile of clean laundry.

So, I decided to acquire new running bras. At 32C and therefore not very well-endowed, I supposed, perhaps foolishly, that designers know what they are doing. So even when I opened the box and was quite puzzled, I still went ahead and wore them even though they looked more like Madonna in Concert circa '95 than your average running bra. So off I went dressed in my running togs, armed like Queen Boudicca underneath.

However, these things left me with lacerations and excoriations that would bring tears to a glass eye.

Now I didn't say anything about this at first and kept it to myself. The reason being that I had convinced myself that it was because of my mature years (a thing I do not wish to dwell on too much). But suffice to say, that when you leave your forties things happen to your body more rapidly and one morning I woke with a roll of crepe paper on my pillow. Then I blinked again, had a closer look and realised it was my arm. My skin is going I thought, excess friction from clothes will just wear it out, hence the chest injuries whilst running.

Then recently on a long run, the Yorkshire Off-Road Marathon Course, wearing half a roll of micropore tape on my upper regions to no avail and totally fed up, I decided to break my silence. I realised I was not alone! Thanks to Pat, Judith, Helen and Mary (who's young and had the same problem – yippee (sorry Mary), I am sorted. The solution, I have been well informed, buy your sports bras from Matalan or ASDA.

I had bought Berlei Shock Absorbers and these should have stayed on the car they came off as they were ruining my bodywork. I considered all the thousands of sporty women all over the world who are slowly being skinned alive wearing these 'Weapons of Mass Destruction'. Had I uncovered the source? I looked on the label to see if they had been made in Iraq, I needed proof before ringing the Weapons Inspectorate!

On a more normal note, after taking my medication, this also reminded me that when I first started running, I bought a few pairs of Berlei Shock Absorber running knickers. You know, high leg, seam free, wicking.. and since a young Sally Gunnell was sprinting up a hill on the box, naturally this would make my legs go faster, wouldn't it?

(Hey, Sally's running to seed a bit don't you think? Shame for an Olympian; wouldn't you think she would want to stay in a bit better condition? Perhaps that's a bit cruel, 'cos she does seem a lovely lass. Anyway, she has been dumped from the Berlei Knicker Boxes now - how the mighty are soon toppled.

I don't think these marketing people fully exploit potential though do you? As Sally is getting older and now post-childbirth and all the other things that can wreck a woman's bladder, she could earn a fortune if they showed her as a veteran hurdler on the front of their incontinence knickers!)

I'm sure I've missed my true potential, anyway back to the point. These Shock Absorber Knickers I bought way back were also a pile of rubbish - do I ever learn? Two miles into a race these pants got the notion that I was a Sumo Wrestler and rather than anything else, they actually slowed me down as I waited until the coast was clear so that I could have a good rummage and sort myself out.

So then I tried thongs – just a bit too thick up the back separating the gluteus maximus to put it politely. I did not find these comfortable at all!

Then a couple of years ago I discovered 'low-rise strings'. All you need is the essential cotton triangle and the rest is best if less. Can be purchased at Debenhams (pretty ones for everyday wear) and six packs from M & S for running. Buy a size larger than normal – this gives more play – or should I say *more give*, before I start sounding like an Anne Summers Party Promoter. (To be honest I have never been to one, so remember me when your invites go out).

Believe me these are incredibly great to wear! I admit that for me they do not feel as feminine as lacy french knickers or the like and if I say I have never 'looked back', I would be lying. I did this with two mirrors and now I remove Ed's glasses when I am walking around with not much on or, if he is reading a book, I have started to walk backwards out of the bedroom.

As for comfort, as an unfortunate who fell prey to the obstetrician's 'poultry shears', with a episiotomy that resulted in a savagely scarred perineum, if I can wear them so can you!

So no more VPL's? Okay?

Note from Karen – *I do not, in any way, mean to suggest that the photo looks like Marilyn in a thong but you can imagine how difficult it was to get an acceptable graphic from the internet to accompany this article. The things I've seen on the internet whilst trying to find this picture! – all in the name of running club journalism of course.*



New Member Profile

Name: Douglas Moody

Age: Geriatric 55



When did you start running and why: Nov 2000 - overweight 13.5 stone - retired (semi)

What made you join Stainland Lions: I enjoyed the events at Christmas and the Bluebell 10 and decided I should join a club and "put a bit back".

Tell us something funny, embarrassing or secret about yourself: Following a lady marathon runner - being asked "why for 5k", explaining - and discovering inquisitor was boy friend (work it out!)

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy?: Whoever organises the handicap / league system

What is your worst habit(i), behaviour(ii) or vice(iii): i) see above ii) can't remember!! iii) combination of 1 & 2

Favourites

Food: Guinness **Drink:** Guinness / Cava / Champagne

Film: Anything with Alex Guinness involved

Music: Astrid Gilberto / Black & White Minstrels

Pastime (apart from running): Travel

Book: Spanish Civil War (sad!)

Talents & Skills (own up to what you are good at, electricians, plumbers, cooks, car mechanics, landscape gardeners etc): Absolutely nothing - drinking apart

What are your running plans for the coming year (goals, races etc): Decent marathon - preferably Empuries or Valencia (free beer at finish)



House warming



Liz and Joe are having an Open House

Saturday 2nd October
From 3pm

296 Reinwood Road
Quarmby
Huddersfield
HD3 4DS

Tel:01484 640741

Everyone welcome



Alternative handicap race Proposal by Colin

I would like to put forward the idea of having a "Blind handicap" race,

The concept being a course is picked and people then have to predict what time they will finish in. This is a completely open race for all abilities as it is their prediction of their running time that matters.

Everybody sets off together, the only thing no one can have on them is a watch. The winner is the person who finishes nearest to their predicted time.

So all are equal, the course will be a multi terrain course of about 10k.

I would like to know if a handicap of this type would interest people. In reality everybody has the same chance.



Answer to August's puzzle

Solve these apt anagrams:

- a) IS NO MEAL (one word) - **Semolina**
- b) WOMAN HITLER (6-2-3) - **Mother-in-law**
- c) DEBIT CARD (3,6) - **Bad credit**
- d) RACING TIPSTER (8,5) - **Starting Price**

September's puzzle:



When the whole numbers are written in words which is the first number which contains the letter "a"



Half Marathon Training Programme for beginners

I have been asked, by some of our newer members, to include a beginners half marathon training schedule in the newsletter. I know a few of you have decided to do the Brass Monkey or Four Villages half marathon. See Lesley for entry forms or go to www.ukresults.net - I have checked and entry forms for both events are on this site. A word of warning though, enter now because the Brass Monkey especially gets full very quickly. Good Luck.

This training schedule first appeared in the October 2002 newsletter. It's a 12 week programme for the absolute beginner. Obviously you are already doing much more than this but it does indicate how far you should be doing on your long weekend run and it also proves that, despite what you think, YOU CAN DO IT! – Good luck everyone.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	 1		 1	 1			 2	5
2		 2		 2			 3	7
3		 3		 3			 4	10
4		 4		 4			 5	13
5		 4		 4			 5	13
6		 4		 4			 6	14
7		 5			 5		 7	17
8		 5		 5			 8	18
9		 5		 5			 8	18
10		 5		 5			 10	20
11			 5			 5		10
12		 4			 4			8

Social Events

By Diane



Stainland Lions Halloween Fancy Dress Party



This will be held at Heath on Friday 29th October 2004. All members, friends and children are welcome. Tickets are available from me or Dawn for £1 each. The price includes a pie and pea supper and entertainment. There will be prizes for the best fancy dress.

Donations of raffle prizes will be gratefully received. As usual these could be bottles of wine, boxes of chocolates, soft toys, or anything else.

Stainland Lions Annual Dinner

After the huge success of previous events the annual dinner will again be at The Auctioneer Restaurant in Brighthouse on Friday 28th January 2005. The price is £18.45 per head which includes a disco until 1pm. You are welcome to bring your own wine for which a corkage charge of £2 will be made. The event is open to members and partners (but no children please). Tickets are sold on a first come first served basis. Cheques for the full amount should be made payable to Stainland Lions and passed to either myself or Carol Lord.

For the benefit of newer members the format of the evening is drinks, dinner, speeches and prize giving, raffle and dancing. Dress code is smart casual and it is event definitely not to be missed.



40th Birthday celebrations

Don't forget Penny's 40th Birthday party at heath on 9th October and Tracey's at North Bridge Leisure Centre on 30th October.

World Athletics Championships – Finland

Remember the World Athletic Championships in Paris? I have the blurb for Finland 2005 (6-14 August) and wondered if anyone fancied coming along? I have asked TF Tours, who we went to Paris with, for details of any special offers that they might do for us for the first weekend of the Championships.

I have looked on the internet and it is possible to buy group tickets (unlike Paris) and tickets for two days athletics and for both sessions are 78 euros (£60 for two whole days sport), or 140, or 180 euros. We can book flights direct (BA does them for £180) so we will be able to get them cheaper with a bit of searching around.

Please let me know if you are interested. - **Melanie**



Manchester Velodrome Trip By Melanie



You will remember that I booked the velodrome for Sunday 17th October 4pm to 5pm and the most that they can take is 15 cyclists. I have had more than 15 people interested. I have asked the Velodrome if we can have another session adjacent to the one we already have but they are booked up at the moment. We are first reserve. So please could you confirm that you are still interested in going before I have to disappoint others. I will need a cheque for £7.40 (either made payable to me or to Barclaycard), bike size (how tall you are not your inside leg) and whether you want to hire shoes (and if so what size). Please could you confirm asap if you are still interested. Our address is 6 Copley Lane, Halifax HX3 OTT. **Thanks. Melanie**

Gary W (paid), Chris W (paid), Eddie R (paid), Walter (paid), Karen N, Steve N, Roger N, Vicki P, Andy S, Andrew B, Mark P, Andy W, Zena B, Richard G, Mick W (paid)

Reserves

Fiona W, Paul C, Martin S, Michelle's hubby and friend(s).
my cousin Steve H



Hola! From Spain by Nigel & Sally

I've had a lovely email from Nigel and Sally who, as most of you know, recently relocated to Spain. They wanted me to pass on their thanks for the leaving gift presented by the club. They report that it takes pride of place in their hallway for all

to see. The hallway will be a reception room eventually for the holiday let they are setting up and the first thing guest's will be seeing will be the picture of their Yorkshire root's.

They are learning a bit of Spanish but are finding it hard to loose the Yorkshire twang!

Here is their gossip from Spain.

"Its too hot to run at the moment, well that's what we are sticking too. Nothing to do with being semi-retired in our 30's and getting too many siestas!. Unlike you we haven't had monsoon weathers, its not dropped below 35 and the highest its been since we got here was 42. We are running according to Nigel in October in the rambles. They are dried up river beds that surround all this area. I will be speed running as its not unknown for them to have snakes and scorpions in them!. We have been out on our mountain bikes but like Yorkshire there was a hill to start with and a hill to finish.

Living's cheap out here, for a drinking club like Stainland Lions the local brew would appeal. 10 litres of wine for 10 euro's (£7). Tinto, rose and white. Although we passed on the white as it looked like tesco's own brand of washing up liquid. Also being true to form we are trying to drink it within a week but we are struggling due to having to stop for our afternoon naps.! Holding a pub relay may also be hard here as the village only as 1 pub. Also the danger aspect as I am sure Jez would definitely get lost! But 1 things for sure the weather would be guaranteed sunny.

We have seen people running but they tend to appear at about 10pm when its cooled down!! Those we have seen during the day have their nipples strapped down, that did make us wonder whether Stainland Lions were doing it right?? It doesn't look anything special just a black piece of tape. But i suppose your main concern over there would be whether you could run in your wellies??

Anyway must dash as I have a business to build ha ha. More later
Sally, Nigel and Bradley



Highlights

from the meeting
By club secretary - Alison



New Members

9 new members this month

Carol mentioned that the Clubs membership is ever increasing:-

2002	- 95
2003	-127
2004	-150

Events & Training

October Away Run (12th Oct) – Moorings, Sowerby Bridge (Lynne Davies)

Chester Zoo 10k – Oct 17th Grand Prix event

Some discounted entry to Zoo for racers. See Lesley for entry forms or link via John Schofield web site

Social events

Gary raised a comment that many of the social events organized for members tend to be supported by the same crowd of people. Whilst we cannot force people to attend more emphasis will be placed on encouraging new members to join in. The idea of invitations to events may be considered and in the future tickets may be sold for events so a better idea of numbers can be gauged for catering purposes.

Auctioneer Annual Dinner-

Diane is starting to check dates for next year's event. A proposed date of 28th Jan 2005 is likely to be the date. Venue can accommodate 120 comfortably and max 140. Based on past attendance levels this should accommodate sufficient members. More details to follow. Tickets will be sold and cost will be £18.45

Possible future trips

Roger asked for any ideas for club trips. Suggestions were:-

- Velodrome Cycling at Manchester
- Skiing at Xtreme @ Glasshoughton
- White water rafting

More details to follow

Grand Prix 2005

Alan L is starting to look at setting up next years GP. He proposed to ask for volunteers to form a sub-committee to elect next years races. Entry forms will be drawn up for people to complete who wish to enter

Boxing Day Fun Run

Roger is to start organizing with the help of Steve N

Sandwiches on Club Meeting Night

Despite Melanie's efforts to get this off the ground the Club stewards have now informed her that this will not be possible. So unfortunately it looks like any one who is in danger of passing out during the meeting will have to bring their own butties!!

Running Track @ Golcar

Tony White came to update the Club on the proposals for the running track.

I now have details of the latest progress courtesy of Alan G

- the current position is Keith Appleyard JSBP Architects, confirmed a planning application had now been submitted for the Golcar Track, together with notes on coach parking and the proposed lighting for the track.- Michael Beadow - Huddersfield Pride, confirmed a grant would be available for the site subject to the support Strategic and Leisure Developments Kirkless Council- Leeds Road Playing fields Track, is now exclusively to be reserved for the use of Huddersfield Town FC.- Plans, of the proposed site were passed around during the meeting.
- Tony asked whether we could write another letter of support for the running track, he asked us to confirm the increased membership of the club as this would show the increased demand for the facility.

6. Raffle

Won by Lesley H



Sunday 12th September 2004

The Yorkshireman Full Marathon by Claire Wood

Probably not the most sensible way to embark on a first marathon but hey, it seemed like a good idea at the time! Picture the scene; High on a bleak and miserable hillside, dark outside, with the rain lashing down, Mary, Diane, Tracey and Claire huddle together, all wondering what the hell they are doing.

For the first seven miles Mary and I actually ran in the fleeces we had worn whilst registering as the cold was too intense to take them off.

Tracey's partner, Adrian, met us at all the checkpoints and some places in between with a car boot full of every imaginable provision. So, our team had its own support car - very Lance Armstrong! Big thanks to Adrian from all of us - always nice to see a familiar, friendly (and handsome) face when you are flagging!

The course was both beautiful and interesting, if not a little tough because of the rain. It takes in the whole gamut of conditions and surfaces. We ran through bogs up to our knees, along the road, uphill, down hill, across fields, along the conduit, under viaducts, over moor land still full of bilberry bushes and, the most memorably part, down among the ferns by the beck on Ogden golf course. There were a couple of moments here when I thought the race was about to become some sort of strange triathlon involving river swimming. Anyway we survived and didn't get too lost (thanks to previous recce with Colin)

We viewed the marathon as a training run for future races (Diane for Cardiff and Mary and I for Dublin). We decided to use tactics which would ensure an injury free finish. We walked/jogged up nearly all the hills and when running we kept to a good pace which allowed us to chatter all the way round. (no change there then!)

Spirits were high until around mile 21 then, to be honest, only the thought of a big bowl of stew and chunky bread back at the finish line which kept us going. (Strange, what tricks racing plays on the mind - I don't really like stew!)

The best part was the support from Stainland Lions 1/2 marathoners when we got back - much appreciated and congrats to us all! See you there next year!

[Robin Hood Nottingham Marathon](#) [12th September 2004](#) *By Clive Siddall*

Despite both desperately needing Grand Prix points from the Yorkshireman to keep our mid table positions Susan and I set off bright and early for Nottingham instead. We had entered the race a long time before with some of the Halifax Ladies, Susan the "half" as part of her training for Dublin and me the "full" just to see what it was like . I had heard that after London it was the best organised Marathon in the UK and I wouldn't have much argument with that, it certainly had all the trappings of a big event.

The weather on Saturday had been grim and we had every expectation that Sunday would be just as bad however we were pleasantly surprised when we got there the only real problem being a strong wind in the second half of the marathon. The first half was excellent with about 7000 runners weaving there way through the centre of Nottingham supported by large crowds. In common with other dual races both half and full runners followed the same first half with the course splitting at about 12.5 miles. If you are doing the whole marathon there is always something quite odd at the split when you realise that many runners are finishing but your pain is only just really kicking in. We were down to about 1000 runners and the support was much less evident from then on.

I had a naive ambition about a personal best and set off far too quickly, after 6 miles I really thought it was my day!! By mile 19 all that had changed and the steady trickle of people passing me started .

At about this point we came to the most depressing part of any course I have come across. This involved nearly 3 lengths of the 2km Rowing lake at The National Water Sports Centre. The course came over the brow of a hill and you could see inform of you a steady snake of people going up and down this lake . You soon realised you'd be here for at least 45 minutes and to make it worse 2 lengths were into a very strong head wind. Anyway at 21 miles I got a dose of the Paula Radcliffe's and had to stop and walk for about half a mile, another similar problem at 24 miles meant the PB was just a dream and a staggered home just over 4 hours (4.07) to a large cheer from the assembled Halifax Ladies . It later transpired that they had been waiting for me for about half an hour , how embarrassing.

I think Susan and the others all enjoyed the half and all in all it was a good event although we didn't see any other Lions. If you are thinking of doing it next year my advice would be to stick to the half and choose a full Marathon elsewhere.



Send your worn out bra to the Less Bounce Sports Bra Amnesty and they will give you £3 off a new sports bra. They will also send your old one to Africa.

www.lessbounce.com for more details.

Karen - I can almost feel the "caption competition" from the blokes with what the old bras might be used for in Africa...



Editor's Closing Comments

There's still a few articles I haven't had chance to follow up this month – apologies again. I will get round to you Marjorie – although please feel free to submit an article in the meantime. I'm sure all our members would be interested in your running stories past and present.



No room for lots of things this month – no “dates for your diary but most of the social events are covered elsewhere in the newsletter. The Barcelona trip looks like it could be back on. Check out www.barcelonamarathon.com and watch this space.

Don't forget to get your London Marathon entries in – closing date is October. Forms available from major sports stores.

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 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 Alison.



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. Cross Country

The cross country season is almost upon us (it'll soon be November!). Stainland Lions is part of the West Yorkshire Cross Country League with 7 other clubs – you can see the results on the www.idleac.com site. Basically we take part in 5 XC races, 1 per month on Sunday mornings starting in November, each hosted by a different club. The races are about 4-5 miles long. Everyone is welcome, irrespective of ability. The only rule is that you must wear a club vest – so get your order in with Heather now! More details will appear in the newsletter as they become available.



Here's the latest Grand Prix Table

Stainland Grand Prix 2004		Jan	Feb	Apr	Jun	Jun	July	Aug	Sep	Oct	Nov		(*=dnf)
		Club Winter H/Cap (4th)	Dewsbury 10k (1st)	Guisley Gallop (11th)	Joe Percy	Stainland H/Cap	James Herriot Trail 9m (25th)	Littleborough 5k (31st)	Yorkshireman 1/2M (12th)	Chester Zoo 10k (17th)	XC	Counting Events	Points Total
Pos.													
Division 1													
1	Chris Walker	15	12	11	13	14	-	15	15			7	95
2	Darren Sugden	12	16	<u>17</u>	15	13	<u>17</u>	-	-			6	90
3	Chris Bottomley	-	-	15	14	15	16	<u>17</u>	-			5	77
4	Duncan Greaves	7	7	13	7	-	-	14	<u>17</u>			6	65
5	David Waite	11	9	-	-	-	15	12	16			5	63
=6	Simon Hogan	9	6	10	9	<u>17</u>	-	11	-			6	62
=6	Stephen Newill	13	14	-	11	10	-	-	14			5	62
8	Alan Gibson	8	8	9	10	12	-	10	-			6	57
9	Steve Farrar	16	10	12	<u>17</u>	-	-	-	-			4	55
10	Nick Mitchell	<u>17</u>	15	16	-	-	-	-	-			3	48
=11	Clive Siddell	-	-	8	6	16	-	13	-			4	43
=11	Andrew Smithson	14	13	-	-	-	-	16	-			3	43
13	Mark Preston	-	11	14	8	-	-	-	-			3	33
14	Andrew Brewer	10	-	-	12	-	-	-	-			2	22
15	Ian Wood	-	<u>17</u>	-	-	-	-	-	-			1	17
16	Richard Graves	6	-	-	-	11	-	-	-			2	17
17	Toby Underwood	-	-	-	16	-	-	-	-			1	16
Turnout %		70.59%	70.59%	58.82%	70.59%	47.06%	17.65%	47.06%	23.53%	0.00%	0.00%		
Division 2													
												Events	Total
1	Diane Waite	13	13	13	-	13	13	13	-			6	78
2	Alan Lashbrook	7	7	-	-	<u>14</u>	12	11	<u>14</u>			6	65
3	Alison Farrar	11	<u>14</u>	<u>14</u>	-	-	<u>14</u>	-	-			4	53
=4	Carol Lord	10	6	7	11	9	-	7	-			6	50
=4	Susan Siddell	-	9	8	12	11	-	10	-			5	50
=6	Ellie Elliot	8	12	10	-	-	-	12	-			4	42
=6	Mary Cowling	-	8	9	13	12	-	-	-			4	42
8	Eric Greenwood	9	10	11	-	-	-	8	-			4	38
9	Caroline English	<u>14</u>	11	12	-	-	-	-	-			3	37
10	Tracy Yearsley	12	-	-	<u>14</u>	-	-	-	-			2	26
11	Steve Boyer	-	-	6	-	10	-	9	-			3	25
12	Tony McManus	-	-	-	-	-	-	<u>14</u>	-			1	14
	Ben Willard	-	0*	-	-	-	-	-	-			0	0
	Luan Underwood	-	-	-	-	-	-	-	-			0	0
Turnout %		57.14%	64.29%	64.29%	28.57%	42.86%	21.43%	57.14%	7.14%	0.00%	0.00%		
Division 3													
												Events	Total
1	Judith Greenwood	4	7	<u>8</u>	7	7	7	7	7			8	54
2	Leslie Henderson	5	-	-	<u>8</u>	<u>8</u>	<u>8</u>	<u>8</u>	6			6	43
=3	Karen Newill	<u>8</u>	6	-	-	5	-	-	<u>8</u>			4	27
=3	Debbie Boyer	-	-	7	-	-	6	6	-			3	19
5	Claire Wood	-	<u>8</u>	-	-	6	-	-	-			2	14
6	Lucy Hodgson	6	5	-	-	-	-	-	-			2	11
7	Heather Brewer	7	-	-	-	-	-	-	-			1	7
	Lynn Carlin	-	-	-	-	-	-	-	-			0	0
Turnout %		62.50%	50.00%	25.00%	25.00%	50.00%	37.50%	37.50%	37.50%	0.00%	0.00%		