



THE LION'S TALE

THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS

""THE ROAD GOES ON FOR EVER""

DECEMBER 2005



Comments from the Chair

What a day we had on Sunday at the Calderdale Way Relay! Not only did we have a perfect day weather wise, in which to enjoy the various legs, but the success of our Mixed A team was absolutely fantastic. The cheer that greeted the announcement at the Rishworthian's was amazing and I'm sure envied by many of the other competing teams. To finish 2nd in such an event is a great achievement and I congratulate each and every one of you. Having 5 teams take part is an excellent representation of our club and has certainly made the other clubs sit up and take notice. Just think we used to struggle to get even one team together!

This has been a hugely successful year for Stainland Lions and with the membership growing on a weekly basis, we are sure to build upon this success over the years ahead.

I wish you all a really Happy Christmas, a peaceful New Year and continued running success.

Penny Fleming



*Congratulations to all those who ran in
the Calderdale Way*

2nd Place — a major achievement!



Grand Prix 2006

Could all those Club members wishing to take part in next year's Club Grand Prix let me know asap. I just need your name and recent or predicted (if not run one before) 10k time.

You can email your entries to me at alan@lashbrook47.fsnet.co.uk or catch me at the next club night (shouldn't be difficult at the speeds I run at!).

The races have been chosen and proposed to the committee and these are as follows: -

Jan 15th - Club Winter Handicap
Feb 26th - Huddesfield 10k
Mar 11th - Dentdale 14m
Apr 8th - Meanwood Trail
May - Sandal Castle 10k
Jun - Joe Percy 10k
Jul 16th - Idle Trail
Aug - Norland Moor Trail
Sep 21st - Ron Hill 67th Birthday 5k
Oct - Harewood Trail 10m
Nov - Guy Fawkes 10m
Dec - The Stoop Fell race

The committee have also kindly agreed to allow me to form a new 4th Division for this coming year, providing there is sufficient participation to warrant it. This means that I will be able to group your abilities better and make the Divisions a little more competitive.

And finally, good news for all you Divisional runners up, the committee have agreed to recognise the 2nd and 3rd place runners up positions with an individual keepsake trophy, which will also be presented for competitors in this year's competition.

So, if you've not already entered, 'Lets be hav'in you'!!!!

Alan Lashbrook

Committee Meeting Minutes

24th November 2005 8pm

Present:

Penny Painter	Avril Smith
Alison Farrar	Geoff Matthews
Mary Cowling	Chris Walker
Carol Lord	Colin Hughes

1. Yearbook

Maggie not present therefore review at Dec meeting
Maggie – agreed to update yearbook
Will try and locate PDF version of new members application form so we can add question re receipt of info by disc / e-mail to avoid too many paper copies

2. Club Records

Colin is reviewing and will advise Steve T for updating web page

3. Beginners Courses 2006

Karen absent from meeting and agreed to defer decision until New Year depending on level of renewal memberships.
Suggest diarise to March 2006 to review membership numbers

4. Treasurers Report

Carol advised that:	Bank £	6165.91cr
	Cash £	230.94Cr

5. Secretary Report

No items for discussion

6. Social events

Annual Dinner – Friday 27th Jan
Deadline for payment in full will be 2nd week in January so we can finalise numbers to Berties.
Friday 2nd Dec – Joint night out in Halifax- see website for details

AOB

- December away run – Tuesday 6th Dec details on Website. Wellington Pub Elland and afterwards food at Pub along with London Marathon club place draw. 3 places – one will be allocated specifically to a member with a rejection slip who has not run London previously.

- Calder Athletics Development Group- Circuit training may be held at Ryeburn Valley, Sowerby Bridge. CADG who are looking to organize, they want feedback on Club interest along with suitable time and day. Questionnaire will be put on website to complete and return for interested members. Likely cost of sessions £1/ £2. Trainee Sports therapist from Huddersfield Univ will also be there to offer free advice for injuries. CADG have funding available for equipment and Clubs can make requests. Mary will look at possibility of applying for a Timing clock for races.
- Founders Trophy Committee discussed and winner will be announced at Annual Dinner. Mary will chase Lucy for cup to be returned.
- Chairman's Trophy It was agreed that a new trophy would be given annually in recognition of the most improved runner in the year. Alan L agreed to organize new trophy and winner will be announced at Annual Dinner
- Annual Subs A discussion was made around subs prices and budget of the club on an annual basis to ensure that costs for the year are covered with the surplus cash already in the bank being kept separate and only used for specific one off projects/ costs which can be agreed by the committee. Carol will review regular costs of the Club and then a decision can be made on Club fee levels.
Carol to report back to committee with details for further discussion
- Club Relays The committee will look to review the relays for the coming year and which will be paid by the Club.
Review at Dec meeting
- Halifax Running Track A letter was received from Halifax Harriers as they currently have a shortfall of £5k in respect of the contribution of £100k they are making towards the total cost of the project. The committee felt that we should make some contribution as we are looking to utilise the facility once built. I have asked their Club officer to come along to a future committee meeting to discuss in more detail.
Check for reply from Halifax re attending Committee meeting

- Grand Prix Alan has put together Race suggestions for 2006 which were confirmed. If the numbers for next year are larger then he will consider having 4 divisions. He has 30 entries to date and asks that you get them to him asap so he can sort out the leagues. There will be 1st, 2nd & 3rd prize categories.
- Kit Avril has sourced some fleecy headband with the Club logo on for £2.95 & Vat. Details will be on the website shortly. If you want to order one let her know – they will not be kept as a stock item.
- Up & Running., Huddersfield The owner of the new shop is coming to visit members at the open meeting Thursday 1st Dec. Details of shop offers are on website, newsletter and notice board. The Club is keen to forge close links as they are looking to sponsor the Stainland 7 in 2006. The shop is also sponsoring many other local races in 2006.

Next Meeting Wed 14th Dec 8pm @ Wellington Pub. Elland (Much warmer venue than Heath!)

Meeting closed
Alison Farrar
28/11/05

SHOP

Just to let you know that as well as all the usual kit, I now have fleece headbands in stock. We decided against having the Stainland Lion logo put on, the price per headband is £1.95. I shall be at most club runs on Thursday evenings

Cheers
Avril

Congratulations

Congratulations to Helen Kettle, Diane Rafferty and Chris Bottomley for being successful in the club draw for London Marathon places. I'm sure everyone wishes them well in their training, week in week out!!

Well done
Maggie

CAPTAINS YULE LOG

2005 - Eight Sporting Achievements - A Personal Recollection.

1. Wales achieve `the grand slam`. Nothing to bang on about.
2. Shane Warne takes 40 test wickets. It was just Aussie spin.
3. Liverpool win the European Cup. Not even worth painting the town red.
4. England win the ashes. It didn't light my fire.
5. Lance Armstrong wins the Tour de France, for the 7th time. Just a skidmark on the page of history.
6. Talking of skidmarks, Paula Radcliffe wins the World Marathon event. Dump that one.
7. London's success, with the 2012 Olympic bid. Give me a ring (or maybe 5) sometime.
8. Stainland Lions come a magnificent second in the Calderdale Way Relay mixed team event. The jungle erupts, with a mighty roar. The earth trembles. Women run to protect their children. Spontaneous combustion occurs, as far away as Hemel Hempstead. Bigger Clubs will now realise why we are called Lions. The sleeping moggy has awoken.

OUTAKE

Just like the DJ playing his personal selection of records, on his last show, so my indulgence, at the end of the captaincy year, is to include the Newsletter `outake`, on the dogs on the run debate.

K9 KAPERS

Despite some members enjoying the sensation of a cold wet nose between their legs, others are less ecstatic.

So, if you're running with Fido, please paws and consider that other Lions may not have dogging potential. Barking up the wrong tree, or even the cocking of a canine leg against it, could interfere with balance and PeeB`s.

Even a Lion can be timid when cornered by an unleashed terrier, keen to get its Bonio.

So, if Butch accompanies you, please ensure he`s on a lead, that you`re in control, dominate his mind, don`t let him interfere with others, keep him to heel, reduce the studs on his collar and train him to obey. You`ll then have a husband for life.

Seriously, we don`t want accidents. Please keep your dog on a lead and be mindful of others who may not be as relaxed as you.

FORTHCOMING RACES

The Stoop - 18th Dec 11.00am - Penistone Hill Country Park.

5 mile fell race.

Coley Canter - 27th Dec 12.00 - Shelf Village Hall.

7 mile off road race - burn off the Christmas calories.

Calder Valley Fell runners are organising a fell race, at the beginning of January, from Ogden Water, to raise funds, for Mountain Rescue, in memory of a recently deceased member, Mr Greg Houghton. The date is 7th Jan. As yet we have no further details, but will post on Forum when known, or you can check CV`s website for updates, at cvfr.co.uk. It would be great to get a decent turnout, from Stainland for this one, to support our fellow runners, across the valley.

All that is left to say is for us thank all those, who have represented the Club, in the numerous relays and races we have entered, this year. Your enthusiasm and efforts have been handsomely repaid, in the results we have achieved. The icing on the cake is surely the 2nd position, in the mixed category, of this year`s Calderdale Way Relay - it`s been a long time coming, but well worth the wait. You`re all fabulous, thank you.

Over and out,
Mary and Bob.

Social Events

By Geoff & Dawn



Many thanks to all those who have been 'on the ball' and confirmed that you are coming to the Annual Dinner on 27th January - your places are duly reserved. After just 2 weeks I now have over 70 names on my ever-increasing list.

To everyone else: Now I know it's not (quite) December yet and you've probably got Christmas shopping on your mind, (what, you're not that organised!) but I'd be very grateful if you could respond and let me know how many tickets you want asap.

To all new members: This is the main event on the club's social calendar and is a great chance to get to: -
1) Dine and drink with other members, 2) Listen to the Chair's speech, 3) Watch with admiration as the prizes are given out and finally, 4) Show us your embarrassing dance moves!

I am now collecting the money in full (£25 each) and will try to make myself as available as possible at club runs over the next few weeks.

Cheers

Geoff

Pennine Bridleway

Pennine Bridleway Relay - Sunday 5th February 2006

After such a great success with the Calderdale Way, this could well interest you.

Teams of 10, 5 legs run in pairs, 47 miles of mainly off road running around the Mary Towneley Loop between Rossendale, Burnley, Hebden Bridge, Todmorden and Rochdale.

If interested please contact Gayle Benson or Johnny Moore before the 18th December. We're available at club runs on a Tuesday or Thursday.

Many Thanks

Gayle Benson.

Editors Closing Comments

Here's wishing you all a very happy Christmas and a prosperous New Year. Let's hope next will be as successful in running terms as this year. The Calderdale Way result is going to be a hard one to beat.

I personally am hoping to get my zest for running back, as it has been waning just a little bit of late. I hope you'll all be running in the Boxing Day Fun Run, drag along the whole family!

I'm well and truly missing Steve and Debbie, who are now languishing in the heat of Lanzerote, They have got themselves an apartment in Costa Teguisse, so let the holidays begin!!

Seasons Tidings
Maggie

Nominations for Club Roles 2006

You will have all received details of the AGM to be held on Thursday 5th January 2006 at 8pm @ Heath.

Please find attached the nominations for club roles that I have received so far.

All positions with no name against them are presently vacant. As I have received no volunteers for these roles then nominations will be sought on the night of the AGM.

We need some willing volunteers to fulfil these roles for 2006 so please consider putting yourself forward, anyone is welcome whether you are a long standing member or newly joined.

Thanks

Alison

Nominations for Club roles 2006

Notes:

All positions highlighted in bold will form the Club committee role on behalf of the Club
Self Nominations only

Members can nominate themselves for 3 positions but can only hold 1

Nominations to be received by the secretary by Monday 14th November

All nominations will be distributed to club members in the November newsletter

All voting for roles will be by way of secret ballot at the AGM to be held on 5th January 2006

Role descriptions detailed in this months newsletter -see website for details

POSITION		NOMINEE
COMMITTEE POSITIONS		
Chairperson		Colin Hughes
Vice Chairperson		Geoff Matthews
Secretary		
Treasurer		Linda Murgatroyd
Club Captain - Mens		Steve Knight
Club Captain - Ladies		
Social Secretary		Chris Walker
Committee Position 1		Penny Painter
Committee Position 2		
NON-COMMITTEE POSITIONS		
Cross Country Captain		
Beginners Coordinator		
Newsletter		
Website		Steve Turner
Coaching Coordinator		
Publicity		Granville Hall
Race Director Stainland 7 (2007)		
Race Director - Boxing day Fun Run (2006)		
Race Director - Bluebell Trail (2007)		
Heath Committee:	Position 1	
	Position 2	
	Position 3	
Kit		Avril Smith
Grand Prix		Alan Lashbrook
Vets		

Please return all completed forms to Alison Farrar by email or post:-

alison.farrar1@ntlworld.com

OR

2 Birchington Avenue, Birchencliffe, Huddersfield, HD3 3RD.

STAINLAND LIONS

BOXING DAY 3 MILE FUN RUN

FANCY DRESS (OPTIONAL)

SUPPORTED BY FITNESS FIRST

MONDAY 26TH DECEMBER, 11:00 AM

VENUE: STAINLAND RUGBY CLUB, STAINLAND, HALIFAX

TURN RIGHT INTO CAR PARK OFF STAINLAND ROAD NR. RED LION PUB

PARKING, SHOWERS & CHANGING FACILITIES
REFRESHMENTS AVAILABLE TO PURCHASE FROM CLUBHOUSE

CHARITY AUCTION, RAFFLE & SPOT PRIZES

ENTRY FEE: PAYABLE TO "STAINLAND LIONS ROAD RUNNERS"

ADULTS: £4 CHILDREN: £2

POSTAL ENTRIES TO:

ENTRIES SECRETARY

10 FINKLE STREET

SOWERBY BRIDGE

HX6 1NG

EMAIL: ENQUIRIES@STAINLANDLIONS.COM

(PLEASE ENCLOSE A4 STAMPED ADDRESSED ENVELOPE)

POSTAL ENTRIES CLOSING DATE 17TH DECEMBER – ENTRIES ON DAY ACCEPTED

NAME:.....

ADDRESS:.....

.....

.....

POSTCODE:..... TEL. NO.....

DATE OF BIRTH:..... AGE ON RACE DAY:.....

MALE

FEMALE

SIGNED.....

(PARENT/GUARDIAN IF UNDER 16 YEARS OF AGE)

I UNDERSTAND THAT I AM AN AMATEUR AS DEFINED BY UK ATHLETICS LAWS. I AM MEDICALLY FIT TO TAKE PART AND I ACCEPT THAT THE ORGANISERS WILL NOT BE HELD RESPONSIBLE FOR ANY LOSS, DAMAGE, ILLNESS OR INJURY, DIRECTLY OR INDIRECTLY AS A RESULT OF TAKING PART IN THIS EVENT.

Stainland Grand Prix 2005	Jan	Feb	Mar	Apr	May	Jul	Jul	Aug	Sep	Oct	Nov	Dec		
	Club Winter H/Cap (8th)	Dewsbury 10k (6th)	Dent (12th)	Meanwood Trail (9th)	Sandal Castle (22nd)	Skip-ton The Tough 10m (3rd)	Stainland H/ Cap (7th)	Little-borough h 5k (30th)	York-shireman 1/2M (18th)	Hare-wood Trail	Round-hay Park 5m (20th)	Pud-sey XC (4th)	Event s Completed	Point s Total
Division 1														
Andrew Smithson	-	18	-	18	17	-	15	18	18	-	18	18	8	140
Robert Lush	-	15	-	17	18	18	-	-	17	16	16	16	8	133
Steve Turner	16	14	17	16	15	-	13	15	-	18	-	15	9	126
Geoff Matthews	14	16	15	15	16	-	18	17	-	-	-	12	8	123
David Waite	17	13	16	14	14	16	11	-	15	15	14	-	10	121
Mark Preston	-	10	-	13	13	17	16	13	-	17	17	-	8	116
Chris Walker	15	11	11	12	-	-	-	16	13	12	15	11	9	105
Diane Waite	7	-	13	10	12	14	10	-	-	11	13	-	8	90
Clive Siddell	-	12	14	-	11	-	17	14	-	13	-	-	6	81
Simon Hogan	8	-	18	11	-	-	14	-	16	14	-	-	6	81
Alan Gibson	13	-	12	-	10	15	-	-	-	9	12	-	6	71
Stephen Newill	10	9	10	-	-	-	12	-	-	-	-	-	4	41
Chris Bottomley	11	17	-	-	-	-	-	-	-	10	-	-	3	38
Gayle Benson	18	-	-	-	-	-	-	-	-	-	-	14	2	32
Darren Sugden	12	-	-	-	-	-	-	-	-	-	-	13	2	25
Duncan Greaves	9	-	-	-	-	-	-	-	14	-	-	-	2	23
Colin Hughes	-	-	-	-	-	-	-	-	-	-	-	17	1	17
Tony McManus	-	-	-	-	-	-	-	-	-	-	-	-	0	0
Turnout %	66.67%	55.56%	50%	50.00%	50.00%	27.78%	50.00%	33.33%	33.33%	55.56%	38.89%	44.44%		
Division 2													Evts	Total
Richard Fawthrop	-	14	14	14	14	14	14	14	-	14	-	14	9	112
Paul Wallis	-	12	-	13	12	13	-	12	-	13	13	12	8	100
Alan Lashbrook	9	9	13	11	-	12	13	11	-	-	14	13	9	96
Leslie Henderson	12	8	9	10	-	-	10	5	14	9	10	10	10	84
Clive Aylott	8	13	-	12	13	-	-	13	-	12	12	-	7	83
Carol Lord	14	-	10	9	9	11	9	7	-	7	9	-	9	78
Jonathan Taylor	7	4	-	-	7	10	12	9	-	10	11	-	8	70
Judith Greenwood	13	7	-	-	-	-	-	4	-	8	8	11	6	51
Penny Painter	-	5	11	8	8	-	8	6	-	-	-	-	6	46
Eileen Hiller	5	10	-	-	-	-	11	8	-	11	-	-	5	45
Ellie Elliot	-	11	12	-	11	-	-	-	-	-	-	-	3	34
Susan Siddell	6	-	-	-	10	-	-	10	-	-	-	-	3	26
Roger Northrop	11	-	8	-	-	-	-	-	-	-	-	-	2	19
Sue Aitken	10	6	-	-	-	-	-	-	-	-	-	-	2	16
Turnout %	71.43%	78.57%	50%	50%	57.14%	35.71%	50%	78.57%	7.14%	57.14%	50%	35.71%		
Division 3													Evts	Total
Angela Fawthrop	6	10	10	-	11	11	10	11	-	11	11	11	10	86
Helen Learoyd	8	6	-	11	10	10	11	10	11	10	10	-	10	83
Avril Smith	11	3	8	10	-	-	-	9	-	9	-	-	6	50
Maggie Blaylock	4	5	9	-	8	-	-	8	-	-	-	-	5	34
Karen Newill	10	9	11	-	-	-	-	-	-	-	-	-	3	30
Dianne Fairburn	5	11	-	-	-	-	-	-	-	-	-	-	2	16
Karen Hirst	7	8	-	-	-	-	-	-	-	-	-	-	2	15
Liz Smithies	3	7	-	-	-	-	-	-	-	-	-	-	2	10
Julie Neimantas	1	-	-	-	9	-	-	-	-	-	-	-	2	10
Hannah Linegar	9	-	-	-	-	-	-	-	-	-	-	-	1	9
Grenville Turner	2	0	-	-	-	-	-	-	-	-	-	-	2	2
Turnout %	100%	81.82%	36.36%	18.18%	36.36%	18.18%	18.18%	36.36%	9.09%	27.27%	18.18%	9.09%		

Glossary of terms

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.
- Tuesday 6.30pm from the Moor at Savile Park (opposite Fish & Chip shop). Ideal for beginners, average about 4-5 miles.
- 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 flat
- Sunday 9:00am from Heath. 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!).

3. Our website



Already mentioned above – the address is www.stainlandlions.com Steve Turner looks after it so let him know if you want anything posted. Loads of useful information so definitely worth a browse. You can also see who's who on the committee on the 'Contacts' page.

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.



Maggie

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. If you want to put something on the agenda contact Alison.



6. Social Events

This is the stuff we Stainland Lions are famous for. Geoff & Dawn are the social secretaries and whilst they come up with some great ideas themselves for events (see their regular column in the newsletter), please feel free to speak to either of them about any ideas you may have and they will be only too happy to help with the arrangements



Dawn



Geoff

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.



Alan

8. The Website Forum

You'll find the member's forum on the website. If you can it's worth joining and checking it on a regular basis. It's a great way to keep in touch with what's happening—running events, pleas for help, things for sale and, of course, the ever popular social events. It's really easy (& free, of course) to join but speak to Steve Turner if you have any problems.





Dates for your diary

	DATE	EVENT	CONTACT DETAILS
	18/12/05	Stoop 5(+) Haworth	Mary Cowling
	18/12/05	Travellers 6 Huddersfield	Runners World
Social	26/12/05	Boxing Day Fun Run	Lynne Davies
	31/12/05	Auld Lang Syne (6miles)	Mary Cowling
	1/1/06	Hangover 8/14/21 Dewsbury	Runners World
Social	5/1/06	Stainland Lions AGM	Penny Painter
	8/1/06	Cross country event—Bramley Falls Park	Steve Newill
Social	15/1/06	Winter handicap—Heath	Team Captains
	22/1/06	4 Villages—Half Marathon	Runners World
	22/1/06	Brass Monkey Half Marathon—York	Race Full
Social	27/1/06	Annual Dinner	Geoff Matthews
	29/1/06	Cross Country Event—Tong Park	Steve Newill
	29/1/06	Meltham 10k	Martin Horbury
	5/2/06	Pennine Bridleway Relay (off road)	Johnny Moore
	26/2/06	Huddersfield Road Runners 10k (+)	Runners World
	19/2/06	Cross Country Event—Heath Rugby Club	Steve Newill
	10/3/06	Cross Country presentation night—Heath	Steve Newill
	26/3/06	Rome Marathon	Not sure try team captain