



# THE LION'S TALE

THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS

”THE ROAD GOES ON FOR EVER”

OCTOBER 2005



## Comments from the Chair

What a busy month it's been with many club members participating in a variety of events from the Great North Run to the incredibly boggy 'Grin and Bear It' event. Congratulations go to the members who either managed PBs or just competed in rather difficult circumstances. I have an amusing image of Mary and Claire knee deep in mud somewhere over moorland above Huddersfield!

At the recent Committee meeting we discussed the new running track at Spring Hall and how we as a club can fully utilise its facilities. This is going to be an exciting opportunity for Stainland Lions, particularly with the ongoing development of coaches at the club. If you have any thoughts or ideas about the track sessions, please bring them to the next meeting or discuss them with any Committee member.

With Christmas fast approaching (yes, it's only 11 weeks to go!) the social calendar is looking busy with the Halloween Party (4<sup>th</sup> Nov) and a mixed night out (2<sup>nd</sup> Dec) to look forward to. The outfits at last year's Halloween were really good but let's see if we can improve upon them this time – mind you Andrew Brewer will have difficulty bettering his Gene Symonds costume!

Finally, just a reminder to all those considering nomination for committee positions for next year – all the roles are up for re-election. This is your opportunity to make a valuable contribution to the future of the club and in continuing the progress we have made over the last few years (voting form and job descriptions attached to the back of this newsletter).

“Where are you? Come on, let's be 'aving you”!

### **BE SEEN**

Now that the nights are closing in it is essential that you wear suitable clothing for the conditions. By the time we get back from our runs it is dark, so it is vital that we all wear some high visibility clothing ie fluorescent vests, flashing lights etc. Avril, our kit lady has kindly done some pricing up on high visibility vests for the club. They come in small, medium, large, ex large & ex ex large sizes and cost £5. Please talk to Avril for more details.



# Great North Run

## Race report from Nicola Clayton.

The day of the race came around so quickly, before I knew it we were at the slip road down to the start and I was speechless. The hairs on the back of my neck stood up and I was covered in goose bumps, I have never seen so many people.

We began to queue for the start and saw some of the others from the club. Carol said she needed to go to the loo, "I'll come with you and guard your bush" I blabbed.

As the start got closer I got more excited and nervous, the atmosphere was electric. Then we were off, well 8 minutes after the elite, the rest of the guys soon left me behind, but I didn't mind, I was happy going at my own pace. Then I heard the shouting. I couldn't work it out at first, where was all noise coming from? As I got closer to the first tunnel I realised what was going on, and I shouted my "oi's" as loud as I could, I loved it. I felt part it.

I was absolutely buzzing and then as I was approaching the Tyne Bridge I heard another loud noise, it was the red arrows, they came from behind me and flew over the bridge in the direction I was running. Then a few minutes later while I was on the bridge they flew down the river over it. It was amazing, I can remember saying to the person next to me "THIS IS AMAZING.", but all I got back was a "you don't get out much, do you love?" look, but I didn't care, it was the Great North Run, I was running and the bloody Red Arrows, smoke and everything had just flown over!

At 3 miles I started to calm down and began to realise how hot it was and how much further I had to go. The music was great and already people in the crowd were urging me on (I had my name on my shirt). I felt good, going at my own pace, soaking up the atmosphere and genuinely enjoying it, but I'm sure people told me it was flat, everything looks up hill.

10 miles and I felt surprisingly well, just over 2 hours gone and not far off my 2:30 target. I was running close to "Sammy Sperm". I laughed as kids were reading his sign and asking their parents what a sperm was. It is really hot!

11 miles was the point that I started to feel it. I was welcoming the shouts of "Come on Nicola", but now when they did, I would struggle to stop myself crying. At 2 miles to go I was struggling and begging my legs not to walk. Every step became harder and harder, "Just keep going, don't stop now," I was telling myself over and over again. It cannot be this hot!

Running the last mile without stopping was the hardest thing I have ever done. Time became irrelevant. All I could think was "Don't ever do a marathon." The Red Arrows were there again, but I didn't even have the energy to watch them. Then I saw Maggie and Andrew cheering me on and then the 400 yards sign and just put my head down. Then I could see the finish and again, the tears came. I crossed the line and immediately rang my Husband and sobbed, "I feel really ill, but I've done it, I ran all the way." The next thing I remember is staggering (as I couldn't walk in a straight line) to get my goodie bag, and thinking, "Don't sit down now, you won't get up, get to the meeting point."

I managed to get to the meeting point and slumped to the floor, Maggie and Andrew found me about 10 minutes later. Gradually more Lions joined us.

I think that most people know what happened next and it wasn't pretty. I was impressed that people could drink alcohol (several pints in some cases) after running for 13 miles; I couldn't even get water to stay in.

When I started running 2½ years ago I never thought I would be able to run 13 miles. With the support of my Husband, parents, family and friends I have become a "proud plodder".

I am proud of my achievement (2:46) and over £700 in sponsorship, proud of my family and proud to be a Lion. Without the support of Diane, Karen and Maggie (to name but a few), I would not have done it. I would like to thank you for an experience that I will remember for the rest of my life. Yes I will do it again, but next time I will do it faster.



Before and after shots of some of our Great North runners

# Monday Night run

By Granville

Whilst we stood in Sainsbury's car park in Brighouse awaiting the start of the training run, Mick Blaylock approached me and asked if I would take a group of runners as Steve and Karen Newill were on holiday and he was not familiar with the area.

It's funny how one's mind becomes blank as to a suitable run when asked this question. Anyway, it was nearly quarter past seven so I made a decision and we set off towards the industrial estate. Not having seen Luan for some time we were chatting away catching up on things, and I completely missed the turn to go over 'Blake's Bridge' (as it was known when I was a lad – you know us men can't do more than one thing at once!). We turned around and I then ran up the wrong turning, turned around again before entering the correct street over the bridge. This was my first mistake and I got the feeling that the members were none too confident in my ability to lead a run.

Nevertheless, I led on and around to go up Woodhouse Lane and became aware of the chit-chat behind me that they had gone up here the previous week. Two-thirds of the way up Woodhouse Lane we turned down the farm track towards Bradley Woods in my attempt to come off last week's route. All was going well as we passed the farm, turned into the woods and by the scout camp. At the end of the camp we turned left and over the motorway footbridge passing Bradley golf course and coming out onto Bradley Road.

At this point the Garmin was showing 3 miles – not a lot. Where to run from here? As we re-grouped I offered them the choice of up the road to Bradley roundabout and down Huddersfield Road back to Brighouse or a longer run down to Cooper Bridge and along the canal path to Brighouse. No more hills was the cry from some!

I favoured the second and to my delight others also fancied the canal path rather than the all road route. All was going well and I was at the head of the group with Angela, when we noticed there was no-one in sight behind us. We did not think we had been going at a fast pace so were just about to go back when others started to appear and said that we had a faller. Alison appeared with her helpers and whilst it was a heavy fall Alison declared she was OK to carry on.

At this point we were going onto the canal path and as we started going along and it was quite overgrown. I had expected a little of this, but as I remembered it, this section of the path was not very far. It's funny how you remember things and find they are not quite the same as reality. It was coming dark so I thought we had better keep moving.

As we did so the foliage seemed to get thicker. What started out as long grass started to have nettles mixed in and then ferns up to head height. It was now almost dark and my legs started to smart from nettle stings, but you could no longer pick out the nettles from other foliage in order to try and avoid them.

As we came to a bit of a clearing Angela came into view and I asked her if she had been stung by nettles. A big mistake, as Angela bent over rubbing her legs saying they were full of lumps. I dare not ask the question again when other following ladies joined us with their fair skin! We carried on a little further and then stopped under a bridge with water dripping down and by now it was fully dark. Was there another way off the path to civilisation? Unfortunately the bridge only spanned one of the stretches of water, so we ran on seeing very little other than the water to our right, never being too sure of what was underfoot. A small leisure craft appeared out of the dark that was moored with dim light from the curtained windows, and as we came close two dogs startled me as they leapt off the craft followed by a couple who looked like new age travellers. "They won't hurt you" was the cry from the female as the dogs chased up and down barking. I upped my pace somewhat leaving those behind to fend for themselves!

I enjoy off-road, even in the mud and rain, but I found I wasn't too keen off-road in the dark. I have since heard that some of the runners heard strange wild animal noises whilst in the dark on the canal bank, some likened it to wild boar. They will of course have their own tales to tell.

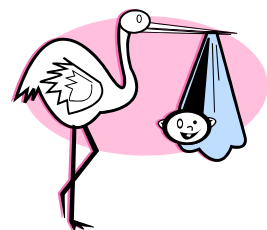
We slowly ran on and eventually came off the path to be lit up by two security lights and more dogs barking. We trudged wearily along as more of the group came out of the shadows and joined us on the lane back to the Industrial Estate and onwards to Sainsbury's car park. We reached our goal a little over 7 miles and an hour and a half after starting our run.

Later in bed I looked at the clock it was 03:12. I could not get to sleep. I was not sure if it was because of my legs tingling with the nettle stings or my ears burning!

I submit this article as a warning to anyone who may think of asking me where to lead a run!

## GOOD NEWS

Congratulations to Sue and Keith on the birth of Jessica, their new baby girl,



A sister for Louise. From all their friends at Stainland Lions running club.

## Had your oats lately?

Ok, I know that the majority of the running and, for that matter the sports, world already extol the virtues of porridge. Even such idols as Paula Radcliffe are heard to admit to a bowl or two before and after heavy training sessions. Despite all this I have never succumbed to the temptation in all the 7 or so years I have been running, choosing to rely on my previous favourite cereal – Special K.

I'm not sure what actually persuaded me to pluck the packet of Quaker Oats from the supermarket shelf the other day, maybe I had been seduced by flash advertising or maybe I'd been re-reading Paula's book. However it happened, there I was pondering the instructions on the side of the box. I had expected to have to spend ages mixing and stirring, weighing and measuring and so was surprised to find it was (for two portions – one for him, one for me) 1½ cups of oats, 3 cups of skimmed milk and 5½ minutes in the microwave. Oh, that's a bit easy then!

Getting to the point of this article though (yes – there is one, eventually) the effects were amazing. Now I'm not generally known as a fast runner (and sadly that hasn't changed much) but I have to say that the porridge did give me huge amounts of energy – it really was, and continues to be, amazing. I was almost bounding up those hills. It seems to be especially good for marathon / long distance training. So if you, like I did, view porridge with suspicion and haven't tried it before give it a go – you might just be surprised. Here's a few other interesting or otherwise facts you might not have known about this Scottish treasure (and sorry – I did have mine with sugar!)

- Some say porridge should only be stirred in a clock wise direction using the right hand so you don't evoke the 'Devil'.
- The stirring is done with a straight wooden spoon /stick without a moulded or flat end and known in Scotland as a 'Spurtle' or 'Theevil'.
- Custom states that it should be eaten standing up.
- A bone spoon should always be used for eating porridge. (Yuck – I'm a veggie for goodness sake!)

- Porridge has various names in the different parts of Scotland:  
'lite' *leetch-yuh* Gaelic for porridge  
'milgruel' in Shetland  
'tartan-purry' is the thin porridge made with the liquor in which kale has been cooked
- In older times a 'porridge drawer' in crofters kitchens dressers was filled with fresh cooked porridge and when cold was cut into squares for the crofter to take onto the hills for sustenance. [Maybe the origin of the snack lies here and 'snacking' was a Scottish invention as well].
- The Quaker Oats website stresses the health benefits of oatmeal. It can reduce cholesterol, and eating fibre may keep your blood glucose from rising too fast after you eat
- The Golden Spurtle award is made annually in Carrbridge, Scotland, to the World Porridge Making Champion.
- Porridge must be cooked with *salt* to obtain the correct flavour. Those eating porridge outside Scotland have been known to cook it without salt and indeed eat it with sugar or even syrup, which is a habit which would turn the stomach of any Scotsman (or Scots-woman).
- It's cheaper than Special K!

Karen Newill

## Party Time

Us girls at the Stainland Stags Rugby Club are organising a Virgin VIE make-up party on **Monday November 14th at 7.30pm at the Rugby Club (Red Lion Car Park).**

We would like to put an invitation out to anyone wishing to come. There is a restriction with numbers, so it will have to be on a first come, first served basis. I have some tickets, so anyone wanting to attend will have to ring me and book their ticket. My home number is 01422 374973.

Any gifts received as commission will be donated to the Boxing Day raffle.

Many thanks  
Linda Murgatroyd

# Grand Prix Explained

The Club Grand Prix was setup about 3 years ago to try and promote a more competitive spirit (and to complement our social one if that's possible!) within the club, and also raise the local awareness of the club by the increased participation in races. It also serves to get club members involved in doing different types of races and distances which they may not have tried or considered trying before. Another added bonus to taking part in the GP is that there is always a good club turnout to support our runners and this makes it an encouraging atmosphere for new runners to racing. For those new members of the club (and possible some not so new ones too) the Grand Prix works like this;

Towards the end of the calendar year we select a series of races for the coming year. We try to include a mixture of distances and terrains so that there should be a variety to suit everyone's preferences. We've experimented with different numbers of races in the past but the current preference is for 12 races, of which only 8 results count towards the final result. This means that you can miss 4 races and still finish with a full set of counting results. Completing all 8 races is not compulsory, you can do as many or as few as you like. However, you really need a minimum of 8 in order to remain competitive in a Division and by doing more than the minimum 8 races you get the chance to improve your overall score, as we then count your 8 best results and drop the lowest scoring ones, thus maximizing your overall score..

The Divisions are formed based on ability, or as close as I can get them, so that entrants are competing against other club members of similar ability. We currently have 3 Divisions consisting of; the Division 1 - the 'Racing Snakes', Division 2 - the intermediates, and Division 3 - the 'Velocity Challenged'. You are only competing against fellow club members within the same Division as you are allocated to. The idea is to try to finish ahead of as many of your fellow Stainland Lions, in the same Division, as possible. Your finishing position, in relation to those other Stainland Lions, is then converted to points. For example, the first runner to finish in their division would receive maximum points for that particular division, i.e. If there are 15 runners in a Division 1, the first Stainland runner of that Division 1 to finish the race would get 15 points, the second Stainland runner in that Division 1 will get 14 points, the third 13 points, and so on and so forth. At the end of the year the club member with the highest total of points from their best 8 scoring races wins that Division, and will receive a trophy which is presented at the Annual Dinner in January.

However, a couple of things all competitors taking part need to be aware of:-

- Entry into the Grand Prix is free and is open to all paid up club members of the Stainland Lions (there may be some exceptions made for new members joining the club late in the year at the club's discretion);

- All Grand Prix participants are responsible for organizing their own race entries into the selected events
- All Grand Prix participants must compete in the selected races under their own name for the result to be included in their Grand Prix point's total. No points will be awarded as a result of the use of a race number entered under another runner's name. (*So make sure you get your own race entries sorted out early!*)
- Points will be awarded for completed races only, and the race organizers official results list will provide the source of the final point's allocation for each event.

I'm hoping to finalise next years race program at the next committee meeting and I'm starting to collect details of anyone who wants to enter next year's GP. So if you are interested, please let me know your name and recent 10k race time (or an estimate of a time you think you are capable of if you haven't run one before). I've also posted a request on the Website Forum asking if there are any particular races the club members would like to have retained for next years GP, or any that you feel need changing so that we can take this into consideration when drawing up the program.

It's also worthy to note that in the past it's not necessarily the best runners that have succeeded in the GP, but it's often the runners who take part consistently in these races that tend to do well in their Division. Even if you fail to win your Division this year, the added advantages of taking part will mean that you're likely to see the improvements in your running as you regularly test yourself over varying distances and terrain, perhaps notch up a few Personal Bests, socialise with runners from other clubs, and for our novice runners, gain some useful race experience.

Alan

## Telephone List

There is an up to date list of contact details for all members now available on the Members Forum site on the Club Website.

If, however, you have problems downloading the file or do not have access to a computer please approach me at the club on the Thursday night run and I will ensure I have a supply in my car.

Maggie

## Away Run

The next away run is kindly being organised by Avril and will start at the Shears pub, Parishgates for 6.45pm on Tuesday 8th November 2005. Food will be available after the run.

# The Cross Country League

For some years now Stainland Lions have been members of the West Yorkshire Winter League. The other 7 clubs in the league are Baildon Runners, Dewsbury Road Runners, Idle AC, Leeds Bradford Tri, Pudsey Pacers, Skipton AC and St Bedes.

Each year there are five races, hosted by different clubs in the league. Race distances vary from 4 to 5.5 miles with various types of terrain including canal paths, woodland tracks, open country side and of course lots and lots of mud.

<u>Date</u>	<u>Race Venue</u>	<u>Organised By</u>	<u>Time</u>
13.11.2005	Temple Newsham	LBT	11.00
04.12.2005	Blackcarr Woods	Pudsey Pacers	11.00
08.01.2006	Bramley Falls Park	Pudsey Pacers & LBT	11.00
29.01.2006	Tong Park	Baildon Runners	11.00
19.02.2006	Heath Rugby Club	Stainland Lions	11.00
10.03.2006	Presentation Night	Stainland Lions	20.00

## **Next Event**

Details of exact venue, route, meeting times, transport sharing opportunities etc will be posted on the forum, Cross Country website page and here in the newsletter as soon as they are available.

## **How the league works**

Whilst the league does offer individual trophy positions it is really a team event. A club team is the first seven men to cross the line (which must include 2 vets) and the first three women (including one vet) in each event. The vets team is the two male and one female counting vets added together. Different runners may score in different races - it's just first past the post on the day. Don't think though that we only need 7 men and three ladies for the team. Oh no! We need as many as possible because even if you are not within the first 7/3 you will be in front of other teams so you will cause them to lose points. If this doesn't make sense, don't worry, just believe me and turn up and run!

The league was set up to encourage runners of all abilities to compete at cross country events. Stainland usually have the biggest turnout of all the clubs. We encourage everyone from absolute beginner to elite to take part and enjoy the fun. Afterwards there's usually the opportunity to purchase refreshments & food, compare mud patterns and swap stories in a local hospitality. Normally there's a selection of non-runners who don't mind keeping an eye on children whilst you run (but obviously you need to check beforehand).

To get you into the swing of things we have planned a couple of pre-season warm ups. Keep an eye on the forum for details.

### What you need to run

A love of mud is a great start - be sure you WILL get muddy! One of the rules of the league is that you must run in a club vest so see Avril if you need to buy / order one. The only other vital piece of kit is a pair of cross country shoes. Cross country shoes have extra chunky tread that makes it easier to keep upright. You'll be struggling without! Average price for non-discounted shoes is about £50 but Sportshoes Unlimited in Bradford do tend to have them on offer at around half that price so it's worth checking it out.

Year on year Stainland have been steadily improving their results. Last year the men finished 5<sup>th</sup>, the ladies 3<sup>rd</sup>, vets 7<sup>th</sup> (no doubt reflecting what a young lot we are!) and overall we came 5<sup>th</sup>. But this year we aim to improve this further. Please help:

YOUR CLUB NEEDS YOU!



The races are great fun and the distance is within all club members capability so if you haven't taken part before please come along and have a go. The worst that can happen is that you'll get muddy !! Of course if you are a regular please return, as said above - your club definitely needs you! [Steve Newill](#) is organising the cross country activities for the club for this season so get in touch with him if you want any further details.

# Calderdale Way Relay

Just a reminder for those concerned of the dates of forthcoming recce's for the remainder legs:- (please note there has been a change of date for leg 4 which will be on the Saturday and not the Sunday as previously stated).

Leg 3 (Tod – Blackshaw Head) Sunday 23<sup>rd</sup> October  
Meet at Blackshaw Head 8.00am  
Drive back to Tod to start at 8.30 (ish)

Leg 4 (Blackshaw Head – Wainstalls) Saturday 5<sup>th</sup> November  
Meet at Wainstalls 8.00am  
Drive back to Blackshaw to start at 8.30(ish)

Leg 5 (Wainstalls – Shelf) Sat 19<sup>th</sup> November  
Meet at Shelf 8.00am  
Drive back to Wainstalls to start at 8.30(ish)

Leg 6 (Shelf – Heath) Sat 26<sup>th</sup> November  
Meet at Heath 8.00am  
Drive back to Shelf to start 8.30(ish)

# ALDERDALE RELAY REVISED TEAM LIST

	51 Ladies Ladies	52 Mixed A	53 Mixed B	54 Open (Mens)	55 Open (M Z
	Penny Painter	Toby Underwood	David Waite	Alan Gibson	Chris Bottom
	Carol Lord	Johnny Moore	Granville Hall	Paul Wallis	Colin Hughes
	Lynn Davies	Naomi Sharratt	Alison Farrar	Chris Walker	Geoff Matthe
	Helen Kettle	Charlotte Rayner	Diane Waite	Craig Manderson	Simon Hogan
	Maureen Hole	Tracey Dean	Caroline English	Jonathan Taylor	Ansar Farouk
	Julie Talbot	Sarah Wetherill	Linda Murgatroyd	Steven Crowther	Rob Lush
	Pat Pitts	Paul Biddulph	Richard Fawthrop	Steve Boyer	Darren Sugde
	Judith Greenwood	Eddie Rayner	Mark Preston	Gary Kettle	'Irish' Gavin
	Avril Smith	Jackie Graham	Claire Wood	Andrew Brewer	Mark Tweed
	Judi Anderson	Gayle Benson	Mary Cowling	Andrew Talbot	Bob Ambler
	Susan Siddall	Andy Wiggins	Steve Turner	Alan Lashbrook	Eric Heaton
	Angela Fawthrop	Ben Mounsey	Joe Duffield	Clive Aylott	Steve Knight

erwood  
will

Trevor Murgatroyd  
Gavin Dodds

# Captains Log

## RACE REPORTS:

### World Masters Mountain Marathon Running – Keswick – 10<sup>th</sup> September

We can now boast that we train with a World Top Ten Mountain Runner! Jackie Graham took 10<sup>th</sup> place in her age category at the World Masters Mountain Marathon Running Championships in Keswick last month. Fantastic or what? Nice going Jackie and well deserved. Apparently next year's event is to be held in Switzerland - think I'll offer my services as Cheerleader, anyone care to join me?

### Marathon September:

It would seem our members spread themselves far and wide last month to participate in various marathons:

Richard Fawthrop completed the Nottingham Marathon in an absolutely fabulous time of 3:35:19 on 11<sup>th</sup> September – obviously all that hard graft paid off. With a time like that you'll have to stop pretending to struggle on the hills though Richard, it won't wash any more!

The following week 5 ladies, me included, undertook the Yorkshireman Off Road Marathon at Oxenhope. Tracey Dean, Gayle Benson and Sarah Wetherill finished together in 4:40 to take 3<sup>rd</sup> place, Tracey and Gayle in the Ladies Pairs and Sarah in the Ladies Solo, with Claire Wood, Diane Waite and me following in 5:22.

We then had a small contingent taking Berlin by storm on 25<sup>th</sup> September with Toby Underwood and Johnny Moore dipping under the three hour mark in **2:58** and **2:59** respectively (phenomenal), Paul Bidulph finished in 3:14:48 (this was Paul's 1<sup>st</sup> attempt at the distance), Darren Sugden took a huge wedge of his previous PB time to race home in 3:16 and Ian Wood, whose training was hampered through injury, completed the course in 3:22.

Congratulations to all; knowing the amount of time and effort involved in marathon training it is heartening to hear of all the PB's which were achieved. Well done!

### Great North Run and Yorkshireman Off Road Half Marathon

18<sup>th</sup> September saw the Lions divide into two camps: the tarmac gang and the off roadies. Whilst a coach load of members shot up to the North East to enjoy blazing sunshine on the 13.1 mile slab of tarmac they call the Great North Run, a gathering of the clouds over Oxenhope saw a band of mud slingers continue their strive for Grand Prix points over the same distance.

Whilst I don't have a full list of results for the GNR I do know quite a few of the newer members completed their first GNR in excellent times; Nicola Clayton finished in 2:45, with our kit queen Avril Smith piping her to the post with 2:38. Weather conditions were apparently not favourable for racing in; nevertheless some very encouraging times were posted. Keep knocking them PB's out everyone.

After quickly scanning the numerous entries from Stainland for the Yorkshireman ½ it appears Andy Smithson was first home again to gain maximum GP points just ahead of Rob Lush and Simon Hogan. The trophy positions for Division One are by no means settled; looks like it'll all hinge on the last few remaining races. Full results of the Yorkshireman ½ are available from Keighley & Cravens website at: <http://www.keighleyandcravenac.co.uk>.

It just goes to show how versatile the club is when we can manage to field so many members at different races on the same day. The lion's strength is definitely in its breadth.

### NOEAA Women's 4 Stage Road Relay – Stanley Park, Blackpool – 1<sup>st</sup> October 2005

As mentioned in last month's newsletter four of our ladies kindly volunteered to represent Stainland at the above event. With a combined time of 1:03:59 they accomplished 29<sup>th</sup> place from 62 starting teams.

Amusingly they all completed their 4k laps and uttered the same line "I'm just nicely warmed up now!" This just goes to show we are definitely endurance orientated at Stainland.

### Individual lap times:

Naomi Sharratt 15:34  
Jackie Graham 16:35  
Fiona Woodhouse 16:21  
Sarah Wetherill 15:29

Thanks girls you've done us proud. Perhaps we could field a few teams next year?

## FORTHCOMING EVENTS:

### Saucony National Cross Country Relays 2005

Saturday 12<sup>th</sup> November, Berry Hill Park, Mansfield, Nottingham

Is anybody interested in forming some teams for this relay?

We appreciate it is the day before the start of our Yorkshire Winter League but Bob and I are happy to organise/enter some teams if enough members want to participate.

Teams are to be made up as follows:  
Men's - 4 x 5k; Start time - 2.15pm  
Women - 3 x 3k; Start time - 1.35pm

The closing date for entries is 24th October so can anyone who wants to take part please let us know by the 19th.

### Calderdale Way Relay – 11<sup>th</sup> December

The team lists are highlighted below and are also available on the website forum. If you didn't manage to register your interest in time please feel free to make yourself available as a reserve. You may well end up receiving a phone call on race day from myself or Bob begging for your assistance as team changes are inevitable due to illness, injury etc.

The recce dates are all listed on the forum and gentle reminders will be posted highlighting the meeting times each week. Steve Turner has also included a dedicated Calderdale Way Relay page on the website which has all the leg instructions, driving directions etc.

If you have to drop out of a team for any reason could you inform Bob or me as soon as possible so we can arrange a replacement without too much disruption to others.

### Calderdale Athletics Development Group

The new track at Halifax is coming along well and looks set to be up and running sometime in the spring (no pun intended).

The club is currently looking to obtain funds from the Calderdale Athletics Development Group to enable us to have some Level II coaches in place for when the track opens. Level II coaches have the necessary insurance cover for training sessions on the track.

Prior to the next "CADG" meeting on 9<sup>th</sup> November, we are seeking members views on what you feel we as a club need, i.e. club track sessions on a set date/time, circuit training, any equipment, etc. Please forward any ideas/suggestions to a member of Stainland Committee.

## Committee Meeting Minutes

28th September 2005 8pm

### Present:

Penny Painter, Bob Ambler  
Alison Farrar, Geoff Matthews  
Mary Cowling, Karen Newill  
Carol Lord, Stephen Newill  
Colin Hughes

### 1. Yearbook

This will be prepared with a view to sending it out after AGM when new club roles have been elected. Thereafter all new members will be given one when they join. Agreed to have available in hard copy or on disc for those that have a computer. Would be nice to build in a Club history page and Club records/achievements.

Colin – will follow up Club history info

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

Alison – send around electronic version for committee to view

### 2. Heath Committee

No Heath meetings have occurred for some time and need to chase as we want to progress the development of the facilities at Heath. I.e showers & toilets

Chris Walker to contact (Peter Burton) Heath secretary with a view to getting things moving and a date for a meeting. Chris not present at meeting therefore review at Oct meeting

### 3. Treasurers Report

Carol advised that: Bank £ 7015.71Cr

Cash £ 49.74Cr

### 4. Secretary Report

No items for discussion

### 5. Social events

• Annual Dinner – Friday 27th Jan

This year will be held at Berties in Elland. Cost £25 a head but the venue is far superior to the Auctioneer. Wine will have to be purchased there. Club will pay for disco entertainment to keep the price to members down. Dress code – smart dress (No Jeans)

Colin suggested that it may be a nice touch to invite the inaugural member, Roy Spencer to attend and perhaps he could present the Founders trophy on the night

**Colin – to report back**

- Halloween/Bonfire Party (4th Nov) – Pie & Pea supper. Geoff will be selling tickets shortly

**AOB**

• October Away run – Tuesday 11th Oct @7.00pm. Weavers Pub, Hollingworth Lake details will be placed on Website

**• Volunteer for November away run needed (8th Nov)– ask at OCT Meeting**

• Calder Athletics Development Group- Mary attended last meeting and further funds available for coaching courses. Lucy has already done her Level 2 funded by CADG. Paul, Andy W & Theresa are all level 1 and now want to progress to level 2. Cost Level 1 £50. Level 2 £120. Money can be met by the club initially and grant then reclaimed from CADG. On this basis there is some expectation that the person will give back some coaching to the community by assisting in coaching where appropriate. Ideally the Club wants to get 5 level 2 coaches. We now have volunteers who would like to undertake the courses. We are also aware that the structure of the levels is changing next year and the level 2 will take longer time to achieve therefore the more we can get through this year the better.

Once the Halifax running track is completed than Level 2 coaches will be able to run training sessions on behalf of the Club.

**Mary – seek member's views for track training session and feedback to CADG**

• Navigation courses on map reading will be held by CADG in the New Year – Once more details and dates are know Mary will let the club know for any members who are interested in having a go

Stainland 7 –Up & Running (sports shop) is opening a branch in Huddersfield next year and has approached the Club to sponsor this race in Sept 2006.

**Ask for volunteers to form sub- committee at OCT meeting**

- Publicity officer – Granville Hall has kindly agreed to set in until the end of the year. The role will be then available to anyone at the AGM
- Dogs – the issue of members running with dogs has been raised by some concerned members. Some members are scared and feel uneasy and some feel that particularly if dogs are running loose there may be a potential accident waiting to happen. A letter will be placed in the newsletter to politely inform Club members to be mindful of these issues.
- Election of Roles (2006)  
Format for election of roles:-  
List of roles and job description will be sent to all members in OCT newsletter

Deadline for nomination for roles will be 14th NOV  
All nominations rec'd by the committee will then be made public in NOV newsletter

Members will be invited to vote at the AGM on all roles via a ballot system.

The winners of the ballot will be announced on the night of the AGM

**Alison – to provide Maggie with nomination forms and job descriptions prior to publication of OCT newsletter**

**Alison – ask for input on job roles by current holders**

• Thursday Monthly meetings- The issue of the format of this meeting has been raised a whether in an effort to attract more members to stay and attend that we can have other activities on the night. Eg Quiz , guest speakers etc.

**Geoff will consider some ideas and report back to the committee**

• Running with Dogs – This issue has raised much debate between club members – Colin proposed and Geoff seconded that the presence of dogs posed too much of a risk and would not be permitted.

**Colin – agreed to compose a piece to go on the forum and in the newsletter confirming the Club view.**

• Club records – It was suggested that a page on the website could be dedicated to holders of key race records ( M &F).

**Penny – can you raise at open meeting for assistance in this matter**

**Steve T – Can you set up page for use in the future Running Track @ Leeds Road, Huddersfield-** Alan advised that the track is reopening in March 2006 for anyone who wishes to use.

• Longwood harriers – Point to Point Race 8th October. This club have contacted us to see if we can support there race which has been lacking in numbers over the years. Details will be out on the forum but as it is the same weekend as Harewood trail it is unlikely that many members may be able to fit this in!

• Cross country –

We are hosting the presentation night this year on 10th March. Steve and Karen have been making enquiries and have re venue and have found the Old Brods at Hipperhome is suitable. They will do a curry & sandwiches for £3 and will the cost of a disco the ticket price should be £6 a head.

Proposed Stainland X country course – 4.5m. If we have 2 qualified first aiders on site we do not have to have St Johns Ambulance in attendance. Joint X Country event 8th Jan 2006 – this is being co hosted by 2 clubs who are also asking for other clubs to assist with marshals / first aiders on the day.

Next meeting: Wednesday 19th October @ 8pm, Wellington Pub. Elland

Meeting Closed

Alison Farrar

Secretary

03.10.2005

## Social Events

By Geoff & Dawn



### Halloween Party

The tickets for the Halloween Party are now on sale. Details as per poster attached to newsletter.

### Annual Do

Geoff is now taking bookings with a deposit of £5 per person. This promises to be an excellent 'do' at a new venue for us. The hosts have promised to look after us and make our annual dinner a memorable one (I think they would like our repeat business!). The menu shown on the attached poster is only the proposed one at this stage - this will be confirmed nearer the time. Dress code will be 'smart' which means no jeans and trainers - this gives everyone the opportunity to get as dressed up as possible.

### Joint Night Out

Finally, I am planning a joint (members and partners) night on Friday 2nd December in Halifax (full details will be announced on the Forum shortly)

Geoff

## Editors Closing Comments

This month's newsletter is a bumper one! reflecting how vibrant the club has become. This is your club and it needs you, so get those nominations in for the committee places.



Congratulations to all on races recently completed and good luck for races to come.

Best Wishes

Maggie

### Quote of the month

Nicola to Carol when needing to relieve herself at the Great North Run -  
**"I'll come with you and guard your bush"**

## 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.

### How to join

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



Carol

Alison

### 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.

### Our website

Already mentioned above – the address is [www.stainlandlions.com](http://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.



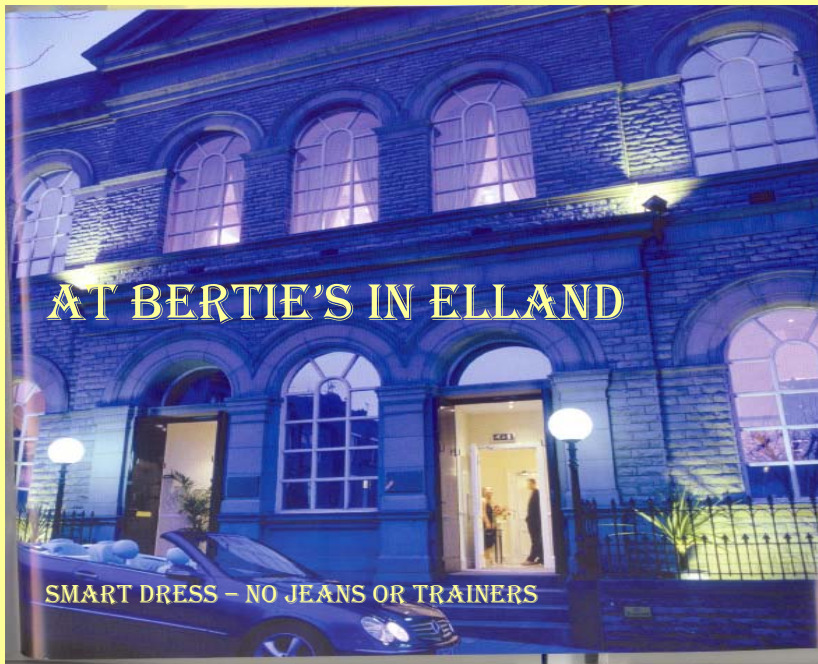


## Dates for your Diary

	<u>DATE</u>	<u>EVENT</u>	<u>CONTACT/DETAILS</u>
	23/10/05	Pickering & Moors 10k	Runners World
VET	30/10/05	Holmfirth 15	Runners World
Social	4/11/05	Halloween Party	Geoff / Dawn
	6/11/05	Guy Fawkes 10 (Ripley)	Runners World
	6/11/05	Cop Hill 7 (Huddersfield)	Runners World
	13/11/05	Barnsley 10k	Runners World
GP	20/11/05	Roundhay Park 5m	Alan Lashbrook
	27/11/05	Leeds Abbey Dash 10k	Www.helptheaged.org.uk/dash2005
	27/11/05	Benidorm Marathon	Douglas Moody
Social	2/12/05	Joint night out	Geoff Matthews
	11/12/05	Calderdale Way Relay	Mary/Bob
Social	26/12/05	Boxing Day Fun Run	Linda Davies
Social	5/1/06	Stainland Lions AGM	Penny Painter
Social	27/1/06	Annual Dinner	Geoff Matthews
	26/3/06	Rome Marathon	Lucy Hodgson

YOU ARE CORDIALLY INVITED TO ATTEND THE ...

# STAINLAND LIONS ROAD RUNNERS



FRIDAY 27<sup>TH</sup> JANUARY  
AT 7.30PM

THE EVENING WILL INCLUDE:-

RECEPTION IN THE RENNIE  
MACKINTOSH ROOM

3 COURSE DINNER IN THE IM-  
PRESSIVE CRYSTAL BALL-  
ROOM

PRESENTATION OF AWARDS  
AND TROPHIES

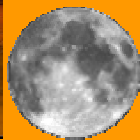
CHAIR'S SPEECH

BAR AND DISCO UNTIL 1AM

A SURPRISE OR TWO!

TICKETS £25.00 PER PERSON





# Stainland Lions Halloween Party

Friday 4<sup>th</sup> November 2005

7.00pm

At Heath Rugby Club



Adults and Children Welcome  
(especially in Fancy Dress)

Disco plus Pie and Pea Supper  
(hot dogs for the kids)

Adults £4.00

Children £1.00 or

£10.00 for a Family Ticket

Tickets now on Sale

Please see Geoff Matthews or any Committee Member



## Office Roles & Responsibilities

The Club's officer's manages the smooth running of the Club and its organised activities. The following section outlines which post is responsible for a particular area of the Club's activities and affairs.

Offices are elected at the Club's AGM and run for a term of One Year. Any fully paid up member of the Club is eligible to be nominated for any of the roles within the Club.

### **Chairperson**

Lead and ensure the smooth running of the Club.  
Represent the Club in the wider community.  
Ensures that the Club continues to improve and meet its obligations to its members.  
Chairs meetings.  
Ensure all elected officers fulfil their responsibilities.  
Ensure that all Members are heard and represented fair and equitably.

### **Vice Chairperson**

Works with the Chairperson to achieve the above.  
Steps into the Chairperson's role in their absence.

### **Secretary**

Deals with correspondence for the Club.  
Maintains the membership register.  
Minutes the meetings.  
Maintains the Club's associations.  
Maintains the yearbook  
Deals with Club London marathon places

### **Treasurer**

Ensure smooth running of the Club's finances.  
Pay bills and maintain receipted accounts.  
Reports the Clubs income and expenditure for the year.  
Support event organisers with financial matters.  
Maintain up to date list of Members

### **Coaching Co-ordinator**

Organise special training sessions  
Attend Calder Athletics Development Group Meetings (Once a quarter)  
Develop and promote coaching levels within the Club  
Act as coordinator for Club members to pursue coaching level training

### **Club Captains ( Male & Female)**

Take responsibility for the running activities of the Club, including:  
Devise routes and organise training runs.  
Co-ordinate teams for Club entered races.  
Act as link between running members and Committee.  
Inform of progress and performances via monthly Newsletter.  
Enthuse, inspire and broadcast the joys of running with the Lions.

### **Cross Country Captain**

Represent the Club at the West Yorkshire Cross Country League meetings.  
Ensure that the Club is represented at each event with as strong a team as is possible.  
Collates the team scoring at each event.  
Organises our own event.

## **Beginners Coordinator**

Organise and run an annual course for people new to the club and new to running, culminating in a 5k race. Promote membership of the Club to the new runners. Act as a contact point for people wanting to join the club, meet them on the night, assess their running capabilities and pair them up with some one of a similar ability or take them out on a run/walk basis for a period of time until they can run with the club.

## **News Letter**

Collate the content of the News Letter.  
Produce and publish the News Letter.  
Distribute the News Letter to members.

## **Web Site**

Maintain the Club Website.  
Ensure the content is varied and interesting

## **Social Secretary**

Organise the Annual Dinner and Presentation Night.  
Organise and ensure the smooth running of social events.  
Support other members organising social events open to the Club.

## **Publicity**

Promote the Club and activities.  
Submit race reports to local press.  
Maintain notice board at Heath with relevant info/articles

## **Race Directors**

Organise their respective events.  
Ensure that all relevant paperwork is in place.  
Ensure that the Club adhere to all relevant Health and Safety matters.  
Ensure that all external agencies are informed and that all necessary permissions are in place.  
Ensure that all returns are completed in a timely manner.

## **Heath Committee**

Represent the interests of the Club at the Heath Development Committee meetings.  
Report back to the Club on any developments.

## **Kit**

Ordering and stocking of Club Kit.  
Selling Club Kit.  
Developing new lines of kit.

## **Grand Prix**

Keep and maintain records for the GP.  
Select races for the forthcoming year.

## **Vets**

Advise Club of details of Vets races  
Where appropriate coordinate entry to Vets races

## **Committee Member (2)**

Attend monthly committee meetings  
Assist in co-opting members to volunteer to organise Club events / races.

## 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

POSITION		NOMINEE
<b>COMMITTEE POSITIONS</b>		
<b>Chairperson</b>		
<b>Vice Chairperson</b>		
<b>Secretary</b>		
<b>Treasurer</b>		
<b>Club Captain - Mens</b>		
<b>Club Captain - Ladies</b>		
<b>Social Secretary</b>		
<b>Committee Position 1</b>		
<b>Committee Position 2</b>		
<b>NON-COMMITTEE POSITIONS</b>		
Cross Country Captain		
Beginners Coordinator		
Newsletter		
Website		
Coaching Coordinator		
Publicity		
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		
Grand Prix		
Vets		

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

[alison.farrar1@ntlworld.com](mailto:alison.farrar1@ntlworld.com)

**OR**

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