



  
**THE LION'S TALE**  
 THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS  
 "THE ROAD GOES ON FOR EVER"  
 APRIL 2005  

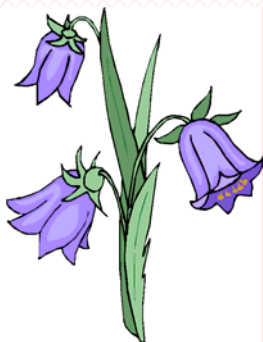

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**Articles for May's newsletter by Friday 20th please.**

Newsletters will be available on Monday 23<sup>rd</sup>

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



*I can't quite believe that we are mid way through April and it's a year since the last London Marathon which, incidentally, I have just finished watching. Congratulations to all of you who ran – we were rooting for you and hoping that we would see a glimpse of you on the TV coverage. Billy, my son, swore blind that he saw a club member in a Stainland Lions vest behind Nell McAndrew at the end – as usual I didn't see it but have since been reliably informed it was Andy Wiggins.*



Comments form the chair

*The club has a couple of important events to look forward to over the next few months those being the Bluebell trail and the start (or rather the continuation of) the Beginners Course.*

*The Bluebell Trail was a fantastic event last year and promises to be even better this year. Please support the day in whatever way you can to ensure the day is an even bigger success.*

*Once again the club is running a Beginners Course which, over the years has attracted many runners and some of whom have become members. It always feels good to pass on to the beginners our passion for running which in turn endorses the fact that we are a friendly running club.*

*Finally what has been really refreshing over the last few months for me, as the chairperson, has been the number of people with lots of new ideas which will if they come to fruition move the club forward and create a truly diverse running club. We only have to look at the success of the Grand Prix; from small acorns and all that! Keep enjoying the running and have fun at the social events along the way – sounds good to me anyway!*

**Penny**

  
**The BlueBell Trail – Sunday 8<sup>th</sup> May 2005**

By Mary

Any extra bodies who want to help on the day if they can ring/email me, all welcome. (I do have a full team of marshals now but it doesn't hurt to have extras as I can always put them on the water stations and the 'fill in' bits). Thanks to everyone who has pledged their support for this years event, we have over 150 pre-entries so far.....

Help will also be required to erect the gazebo at Heath on Saturday 7th May 9.30am. Last year there were around 10 of us and it took about an hour





## Relay Races coming up

Mary and Bob, team captains, are hoping to enter teams in 3 relay races coming up in the next few months. Have you got your name down for them yet? Here are the details:

### Rochdale Canal Relay

Sunday 5th June. 9am start.  
34.4 miles in total.

A relay in 7 legs that follows the canal from Sowerby Bridge to Hollingworth Lake and back. There's also an ultra runners prize for those who want to run the whole race themselves. Post race presentation will be at Sowerby Bridge Working Mens Club, Bolton Brow, opposite the Moorings pub.

**Leg 1** - Sowerby Bridge to Walkleys Clogs - 4.5 miles

**Leg 2** - Walkleys to Todmorden - 5 miles

**Leg 3** - Todmorden to Summit - 4.5 miles

**Leg 4** - Circular lap from Summit, around Hollingworth Lake, and back - 6.4 miles

**Legs 5, 6 and 7** are legs 3, 2 and 1 in reverse

### Skipton Canal Relay

Saturday 14<sup>th</sup> May, 5pm start

Total of 15.5 miles consisting of 4 legs.  
Each leg to be run in pairs

**Leg 1** - Foulridge to Greenberfield 4.5 miles

**Leg 2** - Greenberfield to East Marton 2.5 miles

**Leg 3** - East Marton to Gargrave 4.5 miles

**Leg 4** - Gargrave to Skipton 4.5 miles

**Teams of 8 runners.** Each team to include 2 ladies, one of whom should be a vet and one male vet.

### Millennium Way Relay

Sunday 19<sup>th</sup> June 2005

Bradford and Bingley Sports Club, Wagon Lane, Bingley

Total of 47.5 miles consisting of 5 legs. Each leg to be run in pairs.

**Leg 1** - Beckfoot Lane, Bingley to Marsh Lane Oxenhope 10 miles

**Leg 2** - Marsh Lane Oxenhope to Baycock 9 miles

**Leg 3** - Baycock to Silsden Town Head 8 miles

**Leg 4** - Silsden Town Head to Old Keighley Road Ilkley 8 miles

**Leg 5** - Old Keighley Road, Ilkley to Wagon Lane, Bingley 10 miles

Teams of 10 runners. Each runner receives a free T-shirt plus food and drink in the clubhouse at the finish.

Further details available from St. Bedes AC website:  
<http://www.stbedesac.pwp.blueyonder.co.uk/BMW.html>

We will start receiving 21st/22nd May so will need the names in by 16th at latest

**If you are interested in participating in any of the above events please contact Mary or Bob as soon as possible. Closing date for Skipton is May 9<sup>th</sup> so get moving!**



### Yorkshire Veterans Athletics Association

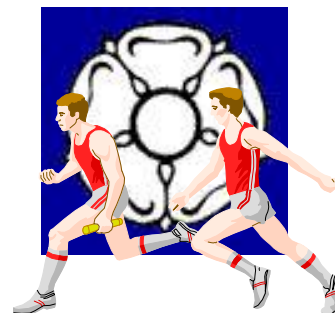
The next two races in the Yorkshire Vets series are all but upon us:

**4<sup>th</sup> May** - 5k championship at Esholt

**8<sup>th</sup> May** - 4<sup>th</sup> league race at Heslington, York.

I have listed further fixture to the end of June in 'Dates for Your Diary' on page 10'

Further details are available from Eric Heaton or the Yorkshire Vets web site [www.yvaa.org.uk](http://www.yvaa.org.uk)



### Do we need to send the heavies round?

#### FINAL CALL FOR 2005 MEMBERSHIP

Could anyone wanting to renew their membership for this year, who has not already done so please contact me by return, as we will shortly be contacting The North Of England Athletics Association so we need to make sure everyone wanting to be a member of Stainland Lions are included.

Please help us to do this as efficiently as possible.

Many thanks - Carol



## Stainland Lions Beginners Course - 2005



This year's beginners course is already looking as though it's going to be a huge success. 35 people turned up on the first night together with a photographer from the Halifax Courier (who I also tried to encourage to join the course!).

Everyone was given a basic information pack covering the times we run (see below), the benefits of running, what to wear, shoes, nutrition and training tips.

We then asked everyone to sort themselves into three groups – absolute beginners, those who had exercised regularly but hadn't run before and those who had run before but had been off for a while. A number of Stainland Lions have kindly offered to help with the course, some for one or two weeks and some throughout the course. Generally though if anyone wants a contact point:

Group 1 – is Dawn and Karen

Group 2 – is Maggie and Debbie

Group 3 - is Steve N, Mick & Teresa

The first night all three groups did tremendously well running 2,3 and 4 miles respectively. Groups 1 and 2 are following a structured run/walk programme and group 3 a steady continuous running programme. All groups will be able to run continuously for 30 minutes by the end of the course.

On Saturday 23<sup>rd</sup>, the Halifax Courier courtesy of our very own Brian Coates, ran the following piece (with the above photo):

*“Three dozen runners took to the streets to keep fit with Stainland Lions Road Runners. The annual beginners' course runs for a further seven weeks every Thursday evening from Heath RUFC, West Vale.....”*

And so the article went on – ending with my phone number. The phone never ever ever stopped ringing – we took about 30 enquiries over the following 5 days and somewhere in the region of 25 extras turned up the following Thursday – all very welcome of course.

To summarise we are offering 3 – 4 runs to the beginners every week:

- Thursday 6.30pm Heath
- Saturday 9.00am Heath
- Sunday 9.00am Heath (but **not** on 8<sup>th</sup> and 22<sup>nd</sup> May)
- Monday 7.30pm Sainsburys (Brighouse)

**Everyone welcome – beginners and volunteer helpers!**



## THE MAJORCA TRIP – FELL RUNNING - GOT PLASTERED!

By Marilyn Greenwood

Well, both Judith and Pat tripped and fell whilst running in

Majorca. Pat, as they say, 'went for six' and lay dazed and battered but only Judith ended up in plaster! Yes, with a broken leg...

For once, believe it or not, yours truly stayed on her feet – whilst running that is. The only disaster I had was getting the cork out of a wine bottle. Mind you I'd had no problem with the other ten we drunk prior to that one, so that's not bad going.

Poor Judith – Up to that point (precisely three days into the holiday) we had in fact had some great running. Weather had been inclement up to our arrival but then the sun shone brilliantly until a dull last day – which we did not see as we spent it split between Alcludia Hospital, where Judith went under the circular saw, and one of the best Tapas Restaurants ever. (I am sure Judith will fill you in with the details of having to go through the procedure to make one "fit-to-fly-with-pot-on-leg" and being a VIP at the airport)

Day One of our holiday was spent running the Old Siller Pass (off road) to Cala San Vicente and on Day Two we ran the country lanes into old Pollenca town, tackled the Calvary Steps (365 in all) and then up the Puig Maria. This old monastery is perched precariously on the top of a very steep and rocky hill that looks as if it has no access. (These monasteries on Majorca are now very civilised as they have a restaurant with bar – hence yet another "Tres cerveza pequeno, por favor").

I do try with my Spanish but I get it slightly wrong at times – after drinking red wine I tend to mix it with Italian. Mostly it's a bit of Pigeon mixed with Dictionary/Web Translation Service. Therefore I felt slightly apprehensive on arrival after booking the hotel by E-mail, requesting a reservation for three - hoping we did not receive a triple wigwam on a Native American Settlement.

No need to worry – "De best room in otel, Senora!" was allocated on arrival, spacious, marble bathroom and sea view – just lovely. I do find that independent travellers get the best deals in Hotels.

Day Three - **Disaster Day** – A trek through the beautiful Bocquer Valley. Three miles from the road and perched high above the ravine leading to the coast, Judith's foot slipped and she daintily just sat down. However, her left leg had gone under her and she felt and heard something snap. It took forever to get back to the road, with her ankle in Pat's wristband (Pat's had taken it off, by the way) with water poured over it to act as a cold compress.



I still can't believe that when we stopped so that Judith could rest her leg, we got out the Ferrero Rocher and took photographs (telling Judith to smile!). Although, as all we girls know, you can fix anything with chocolate!

There were a few people walking in the Valley and they all stopped and offered assistance, water, snacks, sun cream, cuddly toy... (when what we really needed was the conveyor belt!) but they were great. However all we could do was take our time whilst Judith hopped three miles.

When we arrived at the exit to the valley at Bocquer Farm, the pigs had escaped and were blocking the main gate. These were huge hairy things – remember Hannibal Lecter! As we could not run past them, another walker risked being eaten alive whilst herding them as we hobbled past - me being blindfolded.

We came out of the valley onto the road, where Pat looked after Judith whilst I legged it to the taxi rank in the harbour to bring help. (No, the driver did not have to wear a wetsuit, just don't take this so literally) We had an audience here, as the walkers staying in a nearby villa had alerted a crowd of tourists.

Some of these people came to our hotel at night because of the live music, so this resulted in practically the whole of Puerto Pollensa knowing all about Judith's accident within no time.

We hired a wheelchair and took her out but Pat and I were just the bridesmaids. Everywhere we went people waved and asked how she was. It also took forever to get breakfast or dinner as the Running Queen had to hold Court in the bar, dining room, bar, reception and also the bar...

Using crutches most of the time in the hotel, which happened to be full of cyclists, brought her much admiration. She was so adept, having such a strong right leg from being a runner (or is this from 'persuading' Eric out of his garage). Totally fussed and pampered by all she was.

Accidents do happen and there was nothing we could do to prevent it – but we still had an absolutely great holiday!

Judith got tired of waving to everybody whenever we went. So we did contemplate getting her an inflated rubber glove on a stick and attaching to her wheelchair as a lever! (Pat and I also contemplated a large sticking plaster for the patient (or RQ) after all the times we heard Oops whenever the wheelchair hit a bump)

Better running Luck next time, huh??

Get well soon  
Judith – from all  
at the club  
XXXXXX





# Social Events

By Geoff & Dawn



## DONCASTER RACES

(See separate poster on the website for more details)

The visit to Doncaster Races is now only 5 weeks away and I need the bus filling folks!

I'm leaving it open to 'members only' for the next 2 weeks but will then extend the invitation to friends of those already booked on. This will continue to be on a 'first come first served' basis, so if you're still thinking about it I suggest you act sooner rather than later.

As a reminder the date is Saturday 28th May. We'll be leaving Halifax at about 10.30 and should be in a Doncaster pub before noon.

Tickets (price £24.50 per person which includes coach to and from Doncaster) are for the 'club' enclosure so jacket and tie must be worn by the guys. If you want to go, please reply on the forum or ring (07968 933642), e-mail ([geoffmatthews@thecanary.wanadoo.co.uk](mailto:geoffmatthews@thecanary.wanadoo.co.uk)) or see me asap. **DON'T MISS OUT!**

## SUMMER BALL V CEILIDH

So who fancies having a ball this summer? Feedback indicates that this doesn't appeal to everyone, so maybe you're more attracted by the prospect of proving you don't have two left feet after all.

We've had suggestions for either a Summer Ball or a Ceilidh (barn dance to you and I) and I'm leaving the decision to you. Just vote for the one you would prefer and add any comments you wish to make - you'll have to be on the Members' Forum to do this (or you could contact Geoff by email or telephone – details as above)

The ball would be a posh frock affair and the Ceilidh might involve wearing wellies if last year is anything to go by!

## WHITE WATER RAFTING

Dawn has been looking into organising a white water rafting trip. The cost will be about £40 per person for 2 hours of rafting. 14 people have expressed an interest so far – there are 8 people per raft so at least 2 more would be good. Dates and availability will be discussed at the meeting on 5<sup>th</sup> May. Please ensure Dawn knows if you are interested – give her a ring on 01422 255777.

## INDOOR CLIMBING

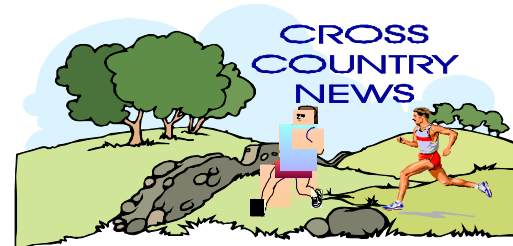
For those who fancy this the venue will be Leeds climbing wall. Cost will be £12 per person for 1.5 hours with all equipment and tuition included. It needs to be booked at least 3 weeks in advance so bring your diaries to the meeting so we can agree a date.

**JUST MARRIED**

Congratulations  
Liz and Joe  
from all at  
the club



This year was Adrian's last year as cross country captain. He has given tremendous support and put in a fantastic amount of time and effort over the years, which we have all appreciated. In order to say a big thank you we would like to arrange a lunch in his honour.



I would like to suggest Sunday 15th May and we have again made a provisional booking at the Branch Inn, Upper Greetland.

It would be great if anyone who has run x-country with Adrian were to attend and not just those who did the last series. Please could i have some feedback as to numbers interested and whether date/venue proposed suits etc

**Claire Wood**

**Anyone fancy a bit of Adventure racing?**

*(see poster on next page)*

**By Roger**

I have obtained two free entries into the Open 5 series of the attached flyer and want to know if anyone would like them for the May 22 event as it clashes with the Cheshire triathlon that a few of us are doing.

If you are interested please contact me and I will give them out fairly if more than two are interested.

Also I am looking for a partner for the Open 24 Event. I can provide technical training for the rope work. All welcome.



# open adventure

**2005 sees a new series of  
adventure races in the North of  
England from Open Adventure.**

## open 5 Series

Four events with 5hrs of superb mountain biking,  
running and navigation for pairs and solos.

- 13th March** - Yorkshire Dales
- 22nd May\*** - South Lakes
- 16th October** - North Pennines
- 4th December** - Central Lakes

**£15**  
per person  
(entry on the  
day + £3.50)

\*Make a weekend of it and attend the Windermere Canoe and Kayak challenge  
on the **21st May**. Details available on [www.windermerecanoeandkayak.co.uk](http://www.windermerecanoeandkayak.co.uk)

## open 24

Finding adventure with 24hrs of mountain biking,  
trekking, canoeing, ropes and challenges to  
make even the most seasoned racer smile - open  
to male, female and mixed pairs.

**30th - 31st July 2005** - North West England

For further information on our events please visit our Web Site -

**Web: [www.openadventure.com](http://www.openadventure.com)**

**Email: [info@openadventure.com](mailto:info@openadventure.com) • Tel: 015395 30584**

## New Member Profile

**Name:** Douglas Moody

**Age:** 56

**Occupation:** Several



**When did you start running and why:** Running - What's running?? November 2000 - originally to lose weight - but times a change.

**What made you join Stainland Lions:** Would you join Halifax Harriers? (Sorry - I only print it - Ed). Also thinking of involving in coaching.

**Tell us something funny, embarrassing or secret about yourself:** Discussing the physical assets of a lady marathoner during a race in somewhat explicit detail - only to discover I was talking to her partner / boyfriend - and that's only minor!

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

**What is your worst habit, behaviour or vice:** Good grief - needs a page of it's own and that's only the vices!

### Favourites

**Food:** Guinness & Cava **Drink:** Cava & Guinness

**Film:** Culturally wasted **Music:** Tone deaf

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

**Book:** Spanish civil war, still cannot get my side to win!

**Talents & Skills (own up to what you are good at, electricians, plumbers, cooks, car mechanics, landscape gardeners etc):** Drinking Cava & Guinness

**What are your running plans for the coming year (goals, races etc):** Marathons a plenty & hopefully some (very) decent (for my geriatric age) times.

**Self catering, 2 bed holiday let for rent in south-east Spain. In a village called Santa Maria De Neiva just 25 mins from beaches. Peaceful area, good for walking, cycling, running or just relaxing. Sleeps up to 6 (2 x double beds+1 bunkbed) Nearest airport is Almeria or Mercia. Cost 200euros per week Tel (00 34)950137198 or ask Judith for any more details.**

## Members Forum

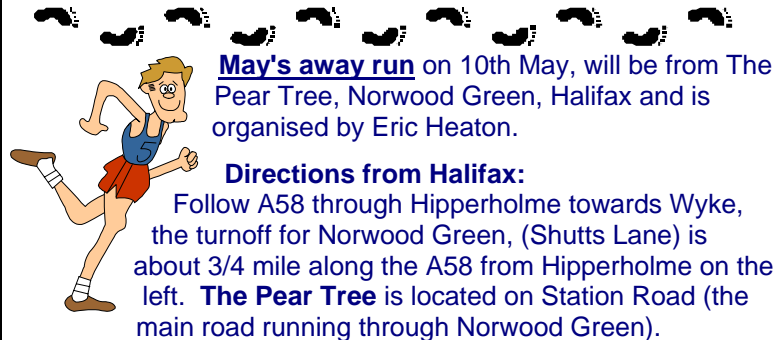
Have you signed up and signed in yet? If not you could be missing out.



Here are some current topics being discussed:

- Caroline (English) and I (Ellie) are planning to run the Abingdon Marathon on Sunday 16th October. Would anyone else like to join us??? Applications forms will soon be available from [www.abingdonamblers.co.uk](http://www.abingdonamblers.co.uk), or e-mail me and I will send you a copy. You can also enter online on the runners world website
- Hi all  
I have often joked that if there was a weight category for running then I would be Super Heavyweight Champion!  
Guess what.....there is!!!  
here is a link to the organisation if any one is interested.  
<http://www.clydesdaleuk.net/aboutUs.html>  
cheers Phil

There's 100s of others so why not log on (Oh by the way - you've missed the Red Pepper Bistro evening and the bacon buttie run - Don't miss out on any more!)



**May's away run** on 10th May, will be from The Pear Tree, Norwood Green, Halifax and is organised by Eric Heaton.

### **Directions from Halifax:**

Follow A58 through Hipperholme towards Wyke, the turnoff for Norwood Green, (Shutts Lane) is about 3/4 mile along the A58 from Hipperholme on the left. **The Pear Tree** is located on Station Road (the main road running through Norwood Green).

Eddie Rayner is hoping to organise a nutritional presentation by SIS at the meeting on 2<sup>nd</sup> June. More details to follow. This will be of interest to all club members as well as our beginners who are welcome to attend.



## **Editor's Closing Comments**

Ok so here I am - back again! Aren't you fed up with me yet? Lynne (who had her hand forced up at the AGM to take over the newsletter) has had to decline because on top of her already demanding job she has just got two many other commitments.



Me & Maggie have decided to do it between us - sometimes me sometimes Maggie so that should provide a bit of variety. It would really make things easier and save the club money if you could make an effort to download it from the website rather than taking a printed out version. If this isn't possible fill in the enclosed slip and we'll continue to print / post one to you - no problem. In future you'll only get a printed version if you post this slip back to me. Apologies if you have already done before.

*Zaren*

# GLOSSARY OF TERMS

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

## 1. How to join

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



Carol



Alison



## 2. When we run

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

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



## 3. Our website

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



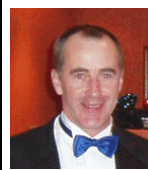
Karen

## 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. Geoff & Dawn look after the social side of things and whilst they comes up with some great ideas, please feel free to speak to them about things you want them to consider. They will only be only too happy to help with the arrangements.



## 7. Grand Prix

This is our annual club competition / league. At the beginning of the year we pick a number of races – 12 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. The Website Forum

You'll find the members 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

	<b>DATE</b>	<b>EVENT</b>	<b>CONTACT/DETAILS</b>
<b>VETS</b>	05/05/05	YVAA Esholt	Eric Heaton
<b>Race</b>	04/05/05	John Carr Series 5k – Race 1	Runners World
<b>Social</b>	05/05/05	Monthly informal meeting	Alison
<b>VETS</b>	08/05/05	YVAA 4 <sup>th</sup> GP event - Heslington	Eric Heaton
☆	08/05/05	Bluebell Trail 10	Mary
☆	10/05/05	Away run from 'The Pear Tree' at Norwood Green	Eric Heaton
<b>Race</b>	11/05/05	John Carr Series 5k – Race 2	Runners World
<b>Race</b>	11/05/05	Harrogate Race for Life	Runners World
<b>Race</b>	14/05/05	Skipton Canal Relay	Mary / Bob
<b>Social</b>	15/05/05	Cross Country Lunch in Adrian's honour	Claire Wood
<b>Race</b>	18/05/05	John Carr Series 5k – Race 3	Runners World
	22/05/05	Open 5 Adventure Race – South Lakes	Roger
<b>Race</b>	22/05/05	Leeds Race for Life	Runners World
	22/05/05	Cheshire triathlon	Runners World
<b>GP</b>	22/05/05	Sandal Castle 10k	Alan Lashbrook
<b>Social</b>	28/05/05	Doncaster races trip	Geoff
<b>VETS</b>	29/05/05	YVAA 5 <sup>th</sup> GP event - Walton	Eric Heaton
☆	02/06/05	SIS presentation at Heath	Eddie Rayner
☆	05/06/05	Rochdale canal relay	Mary / Bob
<b>VETS</b>	09/06/05	YVAA Haworth (5 mile champs)	Eric Heaton
<b>VETS</b>	14/06/05	YVAA 6 <sup>th</sup> GP event - Starbeck	Eric Heaton
☆	19/06/05	Millennium Way Relay	Mary / Bob
<b>VETS</b>	26/06/05	YVAA Road Relay champs - Esholt	Eric Heaton
☆	29/06/05	Joe Percy invitation race	Lucy
<b>VETS</b>	29/06/05	YVAA 7 <sup>th</sup> GP event – Esholt social club	Eric Heaton
<b>GP</b>	03/07/05	Skipton tough 10m	Alan Lashbrook
<b>Social</b>	20/08/05	Stainland Lion FAMOUS pub relay	Colin
<b>GP</b>	31/08/05	Littleborough 5k	Alan Lashbrook
<b>GP</b>	18/09/05	Yorkshireman ½ m	Alan Lashbrook
<b>GP</b>	20/11/05	Roundhay Park 5m	Alan Lashbrook

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