THE LION'S TALE

THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS

""THE ROAD GOES ON FOR EVER""

AUGUST 2005

Comments from the Chair

I open this month with a fond farewell to Eric North who has dropped me a line sending his very best wishes to all members of Stainland Lions. We wish him and his wife a very happy future in Grimsby and I'm sure you will agree with me when I say what an inspirational runner Eric has been over the years.

As we approach the end of the summer the Grand Prix is looking very interesting and all is still to run for over the next few months. Since it started this popular event has provided all participants with many interesting and challenging races and that much needed motivation every runner requires at times. So 'good luck' to everyone from now until the year end.

There appears to be a general feeling in the club that the new committee structure is working well and that we are making progress in many areas. However, I'm also led to believe that some members would like to see a more formalised meeting. This is something we are currently discussing as a committee, however, in the meantime it would be nice to see a few more members, especially new ones, staying behind after the run on the first Thursday of the month. This is an ideal opportunity for all members to exchange ideas and contribute to the running of your club – or maybe even just have a bit of a gossip!

Finally, commiserations must go to our Webmaster Steve Turner following his recent close encounter with some of the Calderdale wildlife! I must admit to having had a real chuckle at his misfortune when I read his report on the forum. It just confirms what we all believe… that running can sometimes put a big smile on your face but at other times can be a real pain in the leg!

Happy running!

Penny

Saturday 20th August 2005— Start time 3.30 for 4pm

For those new to the club, every year we hold a pub relay. The rules are:-
Teams are split into comparable running times, it is up to the team captain to decide on who runs which leg (TEAMS PICKED ON THE DAY). CERTAIN LEGS WILL MATCH THE ABILITY OF OUR NEW RUNNERS IN TERMS OF DISTANCE AND TERRAIN.

Five or Six pubs are designated as change over points.

We set off from **Stainland Rugby Club (at the side of the Red Lion pub in Stainland, please note change of venue)** to A pub, whereby the next runner cannot set off until the person who has finished that leg has drunk a pint or for the ladies half a pint (ORANGE JUICE FOR THE NON DRINKERS). The person who the runner hands over to pays for the drink, this goes on until we arrive back at the Stainland Rugby Club where a BARBEQUE awaits us. Donations of salads and desserts most welcome on the day. Thanks to Linda Murgatroyd for her help in organising the venue and Saddleworth Bookkeeping Company for donating a huge proportion of the meat. There are shower and changing facilities.

There is no designated route to the pubs, it is which you think is quickest.
Note many have been fooled in to taking the as the crow flies route only to find it is longer or much slower.

The winner is the first team back. IT IS THAT SIMPLE or IS IT?

This year I am going to impose penalties for certain things:

The penalties will be explained on the night;

One thing is for certain if it is found to be true that anybody has hitched a lift then it is immediate disqualification.(Lifts and sexual favours come to mind I do not know why)

New runners to the club: Please come and join in.
THE NAME OF THE GAME IS GETTING THE TEAM AROUND THE QUICKEST.

'Level 1 & 2 Coaching Courses Available - Contact Bob Ambler

We are encouraged to have Level 2 coaches, at the Club. It may be essential in the future. Funding is available for up to 5 places. Dates and course venues will be posted on 'New Stuff' of the Club website. See committee meeting minutes for more information. If you are interested please contact either Bob Ambler or Colin as soon as possible.

Quote of the month

" What do they call that race in winter ? Something to do with being cold - THE FROSTY KNACKER ?"
Mick Blaylock enquiring about
THE BRASS MONKEY !!!

Great North Run

Have you got a place for the Great North Run and travelling up on the day? Nicola Clayton has kindly taken on the task of organising a mini bus. If you want to go by minibus then please contact Nicola asap via email (nicola.clayton@btinternet.com) or 01422 311823 or though the Readers forum. We need to book it soon - only 38 days away!!!

Nicola has got some quotes for a mini-bus with a driver, will pick up and return to Heath.

A 16 seater will cost around £225 and a 12 seater £195.

Ceilidh 2005

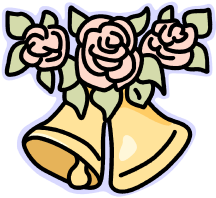
Just a quick 'thank you' to all those who came to the Ceilidh. It was fantastic to see so many members (particularly new ones) having such a good time - Steve's photos on the gallery have certainly captured the atmosphere of the night. The weather was perfect, the band excellent and some of the dancing was an absolute classic! I'm sure you've all got a few funny moments to reflect on... I certainly have.

I'd also like to thank Debbie and Maggie for putting on such a lovely buffet. You had obviously worked really hard during the day on Saturday and I'm sure you were delighted to see everyone enjoy the fruits of your efforts.

Same time next year then?

Geoff

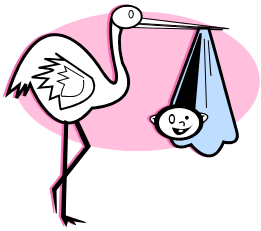
Congratulations



Simon & Ebba Hogan were married on **Friday 22nd July 2005 at Briar Court Hotel**. I'm sure everyone at the club wish Simon & Ebba a long and happy future together. For pictures of their wedding go to the Members Forum on the club website where there is a link.

GOOd NeWS

Some news for all those members who remember Hyacinthe & Bill - They are now fully fledged parents!



Hyacinthe gave birth to a little girl on 9th July and has named her May Rosine.

Card Making afternoon

Some of you may know that my other hobby is card making. It has been suggested that a few of us could get together at my house for an afternoon of crafting. I don't know how much interest there will be for this but if you fancy having a go at making your own Christmas / Birthday etc cards I can show you some of the techniques such as rubber stamping, embossing, decoupage, chalking etc. I have all the materials you will need (and more!) so let me know if you fancy it. If there is sufficient interest we'll set a date in September or October.

By Karen Newill

Barkisland Fun Run

Report by Karen Newill

There was a very healthy turnout of Stainland runners for The Fleece family 'fun' run (a VERY hilly 5 mile course). Our own Gillian Goldsborough ran like the wind was the 1st lady home. One of our men (really sorry but I don't know who you were) was 2nd male so all in all another great result for Stainland Lions and a fun time was had by all.

Lucy, perhaps unwisely, chose this as her comeback run but, despite grumbling for most of the route, finished the really testing course in style.

Thanks to Michelle for publicising this race which was in aid of leukaemia research.

Helen Windsor

Race report from Phil Stapley

Well where do I start? This is my first race report…in fact…my first contribution to the Newsletter (sorry!), I have no idea what I should be writing about or how I should write it so I am just going to start at the beginning, which in this case was Debbie Boyer suggesting we should train PROPERLY (like we didn't already!!) for the HW after some good performances at Sandal Castle.

The plan of action as discussed….or dictated to, was to run the route several times in the weeks running up to the race, this we did and did and did and did again, and then we got bored so we did it backwards, then it got sunny so we did it with sun cream. We did it with the wind behind us, in front of us and sometimes there was no wind….apart from that Sunday when Stevie B had been for a curry, when there was no *wind* but lots of (parp) wind. Needless to say we knew the course, we had run it in every possible kind of weather and we could not have been better prepared!

The day of the race flew by, and before I knew it, we were all stood in the car park at Greetland Allrounders going through the usual pre-race rituals, which in my case usually involves drinking far too much water, going to the toilet a lot and double checking the settings on my GPS watch , which I always forget to start!

Looking around on the start line I noticed all the usual faces in *Lions* tops…and of course the unusual faces in *Lions* tops. I also noticed the unfamiliar faces as well…… which reminds me.. if you ask your wife to alter a running top making it bigger, don't lose 2 stone in the mean time because it will not fit….

The race got off to a good start with all the "Get out of my wayers" already at the front looking disappointed they had no-one to elbow or tut at as they ran past. My plan was to start off steady find my pace and finish strongly…….well 1 out of 3 ain't bad…I did finish strong!!!

The first mile is a bit of blur, but I do remember running along side Steve B thinking he was running a bit slow considering all the training we had done…it seemed a bit of a waste for him to be taking it easy.

The second mile was just as practiced, concentrate on breathing on the uphills and let gravity do it's worst on downhills…..ey up, I think I just overtook Steve B….nah!!!

As many of you know the third mile of this course is a funny one! It starts off flat past the Moorcock (oh look Steve B just went Past) then it goes up a bit, then it goes up a lot, then it goes downhill a lot and finally flattens off…….(maybe I am running a bit faster than normal I just overtook Teresa and Granville!!!!).

Inspired with confidence and feeling great I head on to the fourth mile with an attack in mind….the smelly farm is going to be a blur…..then out of nowhere Alison, Granville and Teresa are at the side of me again…Have I slowed down?…No!….Steve B is still in view….. doesn't matter if I have, this is MY downhill and here I go….oooh!….stitch!!…right what do they say…stamp on your left foot on the right side, put your arms in the air …no, one arm…which arm??… opposite side… that's not working…try the other side…that's not working either….Alison is saying something but I've got my mp3 player on full…and the stitch…oooohh the stitch…..right concentrate 5 mile marker is coming up just over this little hill past Barkisland school then it's your favourite bit!!

Oh! no Geoff is stood on the corner armed with a camera…people are with him…people from the club. What do people do in this sort of situation…..got it ….look at the floor and put your thumb up (see Gallery).

Right! The stitch is easing off , time to put a spurt on then….nothing!…….."OI! LEGS" (no response) …"HEEELLOOO! LEGS???"…….still nothing!… Right time for the 'Dead Leg Mantra'….I will not stop….I will not stop ….I will not stop….I will not stop…I will not…….

Someone is running towards me, I recognise him… Richard Fawthrop…What's he saying?…3 miles??, ..no , 3 minutes left!!!…….awe you're joking…..all this training….all this effort….and I'm still not going to have a sub 60 10k….Yes I am!!!!….I'm sure I heard someone shout "Run Forest run!!!" and so I did…digging deep, finding reserves of energy only a *Lion* has….." I will beat that clock"…".I will run a sub 60!!!!!".

Running across the finish line I am begging for the time….Steve B is there, he gives me a bottle of water and squeaks "57 minutes"….57?….lazy git should have run at most 52….then Ali is there jumping up down….she is shouting something too…..

So I take a drink of water…take my headphones off….the noise is tremendous (bearing in mind I was listening to Metallica at full blast all the way round!) Steve B is handing me my T-shirt saying well done…..Well done what? Have I done it? Was it sub 60?……

57 minutes 20 seconds….I can't believe what I am hearing, Richard said I only had 3 minutes to get a new PB….what I didn't realise is that Richard thought my PB was 58min(you can't buy friends or motivation like that…..cheers Richard, truly!).

We are stood at the finish line clapping in people who have clapped me in so many times before, I'm feeling guilty because I have broken the Stainland rule and I have left *Lions* behind, but they are all smiling as they come across the line….and I remember why I started running and why I run with Stainland…..To get fit…….and ENJOY IT!!!!!!…….Thankyou Stanland Lions xxx

Bigun at'back (Phil)

Committee Meeting Minutes

20th July 2005 8pm

Present:

Colin Hughes **Bob Ambler**
Alison Farrar **Geoff Matthews**
Mary Cowling **Karen Newill**
Carol Lord

Follow up action from last months meeting

1. Yearbook

Karen confirmed that Roger does not want to amend. Karen will forward a copy to all committee members who can read and come back with any thoughts/ ideas

At August meeting discuss committee views and seek volunteers to update and establish how this can be distributed to all members

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. Ie showers & toilets

Penny – obtain tel no for Heath chairman with a view to organizing a meeting

Treasurers Report

Carol advised that: Bank £7614.82
Cash £ 40.69
Reduction in Bank balance due to annual payment to NOEAA

Secretary Report

No items for discussion

• Ceilidh – 62 people attended and a great success – helped by the warm Summers evening!

• Elland Pub Crawl – Karen proposed. Start at 5pm and visit various pubs ending up in Brighouse for a curry.3rd September.Start at Wellington Pub, Elland. All welcome –see Newsletter or forum for details.

• Pub Relay – Sat 20th August.Organised by Colin. Start at Heath. BBQ after. Club will provide the meat. Members will be asked to bring some salads/ puddings .Mary agreed to buy the meat on behalf of the Club. Colin will seek volunteers for cooking.

AOB

• Leeds Relay – Aug 5th. 6Legs, 10mile each.each leg run in pairs. Details in Newsletter and Forum.Mary requires names of interested runners by 1/8/05 so it can be decided how many teams we will enter.

• August Away run – Tuesday 9/8/05 @ 6.45pm. Ogden Water run by Colin & Karen. Details of where to meet will be placed on Website

Karen – can you check that Steve T updates website with info

• Volunteer for September away run needed

• Club relay events – Karen raised a comment regarding the Club paying for teams to be entered in various relay events that have taken place this year. There have been more events than other years – usually Calderdale Way & Joe Percy. There was a view that these events were geared more to certain people in the Club rather than everyone, in particular beginners.
It was noted that the Skipton relay was a flat event with considerably shorter legs more suited to beginners. It was agreed that at the start of the year the committee will agree which relays/runs will be Club funded for that year.

• Karen asked if Maggie Blaylock could attend future committee meetings to assist with her preparation of the newsletter. The committee confirmed this.

• Calder New running track / Coaching
Colin has been chatting to one of the committee involved n the Calder Valley meetings who is expressing concern over the use of the new running track in Halifax when completed. He is conscious that the council is likely to insist that anyone wishing to use this facility will have to have a level 2 coach present for health & safety reasons. As a Club whilst we have several Level 1 coaches we do not have any level 2 and therefore we are likely to be excluded from using. There is at present plenty of funding available for assisting Clubs with the cost of the coaching courses and he strongly recommended that we make the most of this whilst available. There is funding for 5 places and ideally we would like to get 3 men & 2 women on this. Level 1 is a 1 day course, Level 2, 2 days. Colin is to see is any Club members are interested

Colin – review if we have any volunteers from the Club

• Boxing Day Fun Run –
Lynne Davies is race director and will be starting to make preparations for this event.

• Stainland 7 – This year the race lost £250, however it was agreed that we would like to see that race continue and be successful. It was agreed that the date will be moved to Autumn (Sept) to avoid clashing with other local popular events and so that the marketing of the event can be stepped up with plenty of time in hand. There is a possibility that we can obtain the support of Fitness First via sponsorship. Mary is having a meeting with them 28/7/05 and will report back with there views.

Mary – Fitness First response to sponsorship. Agree new date and course

Next meeting: Wednesday 24th August @ 8pm, Wellington Pub. Elland
Meeting Closed
Alison Farrar
Secretary
30.07.2005

Captain's Log:

The Helen Windsor saw a surge of entrants from Stainland again this year with 36 members competing and nearly as many turning out to support. Ben Mounsey finished 6th overall with Sarah Wetherill and Fiona Woodhouse receiving prizes for 3rd and 5th place in the ladies section. Pat Pitts and myself also managed to go home with a little something. However, the spotlight was on Phil 'big un at the back' Stapley who was looking to finish under the hour for the first time. He did so with a new PB of 57:20. Well done Phil, you looked under no pressure whatsoever and seemed totally oblivious to everyone shouting themselves hoarse as you sauntered to the finish line with your headphones on. I think it's time you found yourself a new nickname though as the current one no longer applies does it?

Congratulations to Gillian Goldsborough and all our members who completed "The Fleece Fun Run" on 31st July. Gillian finished 1st overall in the ladies section on what I'm told was a very testing 5 mile course; apparently sections of the Stainland 7 were included so I am not too sure you could call the event "Fun".

As you will be aware from last months newsletter there are a few forthcoming relay events; namely the Leeds Country Way on 4th September and the Calderdale Way on 11th December. Two teams have been entered for the Leeds Country Way and we now have the entry forms for the Calderdale Way. We will be looking to submit the entries for the Calderdale Way early September as there is a limit of 100 teams which is always reached. If anyone is interested in participating, please could they contact Bob Ambler or Mary Cowling as soon as possible. We will be looking to start the recce's at the end of September.

Mary.

September Away Run

The next away run will be from the Moorcock Pub in Norland. This will co-incide with the Scarecrow Festival, so all will be able to spot Stainland Lions contribution. Meet at 6.45pm in pub carpark, pie and peas will be available after the run.

SHOP

Don't forget that Avril now has the new vests in stock at £12 each and is also selling Stainland Lion car stickers, a must for all car owners!

ALL CREATURES GREAT & SMALL

(taken from the Readers Forum—hope you don't mind Steve but it had to be printed!)

This morning, having failed to get up in time for Big Phil's Whitehouse run I decided to set out on my own. My chosen route was up past the Red Lion on to Out Lane then up towards Scammonden reservoir, deciding en route whether I took the short route along the reservoir and through the motorway tunnel or went right to the top and came back over windy bridge.

All was going well until I got about 5 miles out climbing up towards Scammonden reservoir. You come to old run down farm house along the side of the road with old tractors parked opposite. There are a lot of dogs about 30 in all there 5 of which were running loose and charged towards me as I approached. I stopped running but in the commotion one of them bit me. Plenty of blood but not too serious. I remonstrated with the old guy that owns the place but to no great degree of acknowledgment or understanding on his part. I then continued my run, meeting up with a group from the club going the other way. I duly warned them about the impending danger and continued, opting the take the shorter route along the reservoir and trough the tunnel under the motorway.

As I approached the Branch Inn I felt a little guilty about taking the shorter route so I doubled back along the road to the old mill. I then took the route over the fields back to Stainland, I passed the mill pond and went through the factory units. Going through the following field there were young cows and bulls. Initially this was OK as they were well up the field but further on there were two bulls near the path by the stream. As I approached the first bull turned and charged without warning. I tried to get past it but it was too quick and it knocked me in to the stream, just at the point where there is a 3 foot wall. I landed in the stream on my backside (so a soft landing) with the bull stood on the bank looking down at me menacingly. Not wishing to provoke it any more I clambered up the other bank and continued my run from that side of the stream.

All in all this has to count as my most eventful run to date.

I hope everyone else had an easier run this morning.

Steve T

Norland Scarecrow festival

Stainland Lions have committed to putting on an exhibit at the Norland Scarecrow festival (1st - 8th September). I am led to believe we have been reserved a prime spot.

The theme of the festival is 'All Creatures Great and Small' and the idea put to us was 'The tortoise and the hare' with a few Stainland Lions runners running between them (in scarecrow form of course). So we need:
1) Loads of members + partners + kids to get together at Heath sometime in August to start making these creatures (no previous experience necessary - none of us know what we are doing or how to do it - but if you DO have scarecrow making experience PLEASE identify yourself).
2) Any old running gear you are about to throw out especially shoes, leggings, tops, hats, gloves
3) A few Stainland Lions vests - Avril we may need to use new ones!!! Perish the thought - but we can put it down to advertising I suppose.
4) And if per chance you have any models of a tortoise and a hare that you don't mind donating!
5) Does anyone have access to straw or know where we could buy some (no idea how much we will need). Perhaps we will also need some chicken mesh?
6) I'll bring some papier mache and paints on the day to make the faces. What about wool for hair? Donations of anything you think we could use would be very welcome - let all those creative juices flow!

Volunteers very appreciated, loved and cherished!

A post has been running on the forum for some time and so far Sara and Phil Stapley plus kids have kindly offered to make the papier mache heads and Luan has offered to try and source some straw and bring chocolate cake (!!!!!). I think we need about 5 scarecrow to create a running group and the front one should have rabbit (hare) ears and a bunny tail and the back one should have a tortoise shell on it's back (these were Paul B's suggestions but they are very good nevertheless - sorry Paul!).

We just need two more things now

1. People - loads of you plus kids to turn up at Heath on Sunday 28th August, from 11am (so you've still got time for your long run) to make the scarecrows. The bar won't be open so if you feel the need for drinks and/or food please bring something down with you and we'll make a party of it

. Equipment - Now, like most of you I suspect, I've never made a scarecrow in my life but I would think useful materials would include:
- Straw (yep)
- Broom handles / long pieces of wood
- Chicken wire
- Old running clothes (especially vests - if you are about to renew your Stainland Lions vest, could we have your old one please - we need 5)
- Use your imagination - bring anything you think you can use.

This is the first time SL have been represented at the Norland Scarecrow festival so I really hope we can put on a good exhibit. Let be know if you think I've forgotten anything. Please turn up and help - go on! It'll be fun!!

Incidentally the away run in September will be around the scarecrow route.

New Member Profile

Name: April Charlesworth

Age: Veteren

Occupation: School Administrator

When did you start running & why? The recent beginners course—I started running to keep fit and to help with the old cellulite!

What made you join Stainland Lions? Saw the advert in the Courier and it seemed a good place to be.

Tell us something funny, embarrassing or secret about yourself. Wrapped a friends' face in cling film cos she was talking b*****ks, seemed a good idea at the time. The rest would have to be censored!

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy? Jean Christophe. Anyone that can cook, clean up after himself and look so sexy does it for me. My husband has 2 out of the 3.

What is your worst habit,. Behaviour or vice?
Drinking, swearing and lots more.

Favourites:

Food:	Steak	Film:	Gone with the wind
Drink:	Gin & Slimline Tonic	Music:	Carole King

Pastime (apart from running): My family

Book: A Back Passage (Julian Clary's autobi ography)

Talents & skills (own up to what you are good at, electricians, plumbers, cooks, car mechanics, landscape gardeners etc): Cooking & cleaning

What are your running plans for the coming year (goals, races etc)?
To run the Great North Run in my 50th year

Social Events

By Geoff & Dawn

Incredible as it may seem, it's time to start thinking about the Annual Dinner for January 2006. With an ever increasing active membership at the club, it has been suggested that we may need to consider an alternative venue to The Auctioneer at Brighouse.

As a relative newcomer to the area, my knowledge of suitable venues is somewhat limited, so I'm asking you for your help. If anyone can suggest somewhere that could cater for, potentially, 150+ people, please let me know asap.

Many thanks
Geoff

Late Summer Pub Crawl

Saturday 3rd September

By Karen Newill

I know I've been off the alcohol for a few years (yes - since THAT Annual Dinner!!). Well much orange juice and diet coke has flowed under the bridge since then and I thought - maybe time to get off the wagon - so what better time to 'come out' than a classic late summer pub crawl.

Here's the proposed itinerary:
Wellington' Elland > 'Old Bailey' > 'The Bridge' on Elland Bridge > 'Barge & Barrel' > 'The Colliers' > 'Lakeside Lodge'(or whatever the Spanish equiv is) > Red Rooster > Wetherspoons (Brighouse) and then onto the curry house (Bengal Brasserie opposite Sainsburys - tried and tested on previous pub crawls).

Meet at the Wellington from 5:00 - 5.30, the Barge and Barrel from 6.30 - 7.00 or the Red Rooster from 9.00 - 10.00.

Sorry to be boring but wear sensible shoes ladies (and gents for that matter - no platforms!)- it's a long walk between some of the pubs.

Hope to see you there - and I promise to try and behave! (Can I apologise now just in case).

Editors Closing Comments

It's been a very hot month for running, the insects have been biting and the odd dog too it would appear! I hope you have found this month's newsletter a good read. It can only be that if I get articles to put in from you the members. So if you do a race, send me an email and tell us how it went.

You'll notice the newsletter is very faint and perhaps a little hard to read, I do apologise for this, but must add this is a way of us saving on the printing cost as it is printed in draft mode.

I will be printing off approximately 50 copies a month of the newsletter, but if you do not manage to get hold of one and do not have access to the internet please let me know, then I can ensure I save you a copy. I run most Mondays and Thursdays so you can catch me then, if not let a committee member know and they'll pass it onto me.

Best wishes

Maggie

DON'T FORGET YOUR CONKERS

If you suffer from aching joints then try carrying a conker in your pocket. It sounds daft but it really does work. It's natures own remedy, so try it. To get round the clock relief from pain try putting a couple of conkers under your pillow or into a cotton sock at the bottom of your bed.

I know a few people who swear by this remedy, I always carry a conker in my pocket and haven't had any trouble with my hips since. Let me know of any other natural remedies that you've heard of and I'll put a piece in the newsletter about it.

Maggie

Glossary of terms

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

1.How to join

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

Carol

Alison

2. When we run

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

Monday, 7:00pm from Sainsbury's car park (Brighouse). Easy run. Very suitable for beginners but everyone is welcome. Average 5 miles

Tuesday, 6:45pm from Red Lion pub at Stainland. Can be quite hilly (being Stainland!). 6 – 7 mile run.

Thursday, 6:30pm from Heath Rugby club. This is the main club night. Up to three groups go out, fast, medium and beginners. Runs range from 5 – 8 miles. Everyone welcome. Suitable for beginners.

Thursday 6:45pm from Red Lion pub Stainland – for those who want a more testing run than the flatter routes from Heath

Sunday 9:00pm from Heath. Contact Melanie for details. In addition other weekend runs are usually planned on a Thursday night and may be posted on the website (if people let Steve know that is!). Usual weekend runs are Judith, Karen, Lucy, Carol so give one of them a ring if you want more info.

3. Our website

Already mentioned above – the address is www.stainlandlions.com Steve 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

Maggie

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.

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

	DATE	EVENT	CONTACT/DETAILS
Social	20/8/05	Stainland Lions Famous Pub Relay	Colin
GP	30/8/05	Littleborough 5k	Alan Lashbrook
social	1/9/05	Norland Scarecrow Festival	Penny
Social	3/9/05	Pub Crawl	Karen
	4/9/05	Leeds Country Way Relay	Mary/Bob
	11/9/05	Netherthong 10k	Runners World
VET	11/9/05	Spenborough SC at Spen Stadium	Eric Heaton
GP	18/09/05	Yorkshireman ½ m	Alan Lashbrook
	18/9/05	Great North Run	Runners World
	25/9/05	Kirkstall Abbey 10k	Runners World
VET	25/9/05	Homfirth Harriers—Honley	Eric Heaton
	2/10/05	Bramham Park 10k	Runners World
	2/10/05	Horsforth 10k	Runners World
	2/10/05	Helwith Bridge Duathlon	Runners World
VET	16/10/05	Bridlington Road runners ½ marathon	Eric Heaton
GP	20/11/05	Roundhay Park 5m	Alan Lashbrook
	27/11/05	Leeds Abbey Dash 10k	Www.helpthe aged.org.uk/dash2005
	27/11/05	Benidorm Marathon	Douglas Moody
	11/12/05	Calderdale Way Relay	Mary/Bob
	26/3/06	Rome Marathon	Lucy Hodgson