



THE LION'S TALE

THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS

""THE ROAD GOES ON FOR EVER""

JULY 2005

Comments from the Chair



It's halfway through my year as chair and I sense a real buzz around the club at the moment. I'm delighted to say it's not just my sentiment, as numerous members have approached me recently saying the same thing. That 'buzz' can be attributed to many things but I believe that the 'feel-good' factor we are experiencing is down to how successful the club is becoming and how well our members are performing at events. Also not forgetting the many new members who have recently joined our club following the hugely successful beginners course.

Notable successes of late have come at Joe Percy where Stainland Lions achieved 3rd place for the first time ever. How proud was I standing there watching all our runners come in and what a pleasant surprise to see our own Ben Mounsey in the lead at the halfway stage. Not only did we run well that night but the support from our spectators and for each other was awesome and it was great to hear runners from other competing clubs commending us on our turnout and vocal enthusiasm.

In addition to Joe Percy, we have also had some excellent performances in a couple of Scammonden Dam events. Well done everyone.

As always the Summer Handicap proved to be a resounding success and my thanks go to Colin for organising another 'blind' event. The joint winners were only 4 seconds out on their estimated times but others were not quite so accurate with their predictions. You know who you are, five foot four, cheeky smile and married to Granville!

So there's no wonder we have a buzz going on down at the club – everyone pulling together and brimming over with new ideas. Once again thanks to all members for their continued support. The club is on the up and up and it's all down to you.

Happy Running

Penny

Joe Percy 10k

By Lucy

Thank you to everyone who tackled the Joe Percy 10k, it was both a fantastic turnout and a great result. Our A team came in third !!! The total points for the A team was 338. We had 3 complete teams and 38 runners.

For interest last year the A team had 472 points and so a great improvement and no other club can touch us for numbers or enthusiasm. All the runners deserve to be applauded for their efforts, there were a couple of PBs and some very good times .

From talking to other clubs apparently they are all trying to find out the secret of attracting so many enthusiastic runners, I believe it is because every single Stainland runner out running, was quite rightly supported and applauded in to the finish by the whole team.

So thanks again for all turning out, I've told them to engrave the trophy already for us to pick up next year!

P.S. I'm sure I speak for all our runners in saying a huge vote of thanks to Lucy for:-

- a) Organising the event on the club's behalf over many years.
- b) Cheering so loudly at the halfway mark; it was a real boost to hear that Ben was actually leading at that point. And last but not least,
- c) Ensuring we were all rewarded for our efforts with sweets and Jaffa cakes at the end!!

C U there next year
Mary.

Edinburgh Marathon

Report from Karen Hirst (taken from the Members forum)

Hope you are well. I'm not sure whether any other Stainland Lions also ran, but Grenville Turner (my partner) and I completed the Edinburgh Marathon on Sunday.

We finished in 4.33.18 crossing the line together, so we are really please with our performance! Not bad for our first Marathon! The weather was not kind to us - rained early on, then became very sunny, with heavy rain for the last 4 miles. We managed to celebrate afterwards as you'd expect! Champagne followed by dinner with some friends.

Leg muscles are pretty sore, so can't sit for long and coming down stairs is somewhat of a challenge. It was definitely a tremendous experience though, and a really good route with great support from the crowds. Target time for New York Marathon in November is 4 hours, so we will be back out on club training nights shortly!

We are raising funds for are the HBOS Foundation designated children's charities NSPCC, Children 1st, and Yorkshire Cancer Research. The Foundation will match any funds we raise, which at present is around the £5,000 mark, so we are absolutely delighted!

Look forward to hearing whether anyone else braved the Scottish elements and also whether anyone has plans to be in New York.

Congratulations also to Rob Lush with a time of 3.59 and Chris Bottomley who completed the marathon in a time of 3.22! For those of you who missed the last informal monthly gathering at Heath, Chris has been raising funds for Overgate Hospice during his marathon quest and there is a sponsor sheet on the noticeboard if anybody would like to donate.

Rome Marathon

26th March 2006

Thanks to all those who have already registered their interest in the above event. I seem to have gained the job of organising same!

Anyone who hasn't yet taken the plunge, how about a weekend in Rome next march? Course looks flat and has an 8hr cut off!!! (I am considering seriously trying it as missed marathon no 10 last year.)

There is a good website and I promise by next month to have some prices etc for travel, hotel + race entry.

Non running partners and bag holders are of course very welcome.

If it turns out anything like the previous trips abroad we could also do with a good map reader, someone with a good sense of direction, someone else with fluent Italian and if of course we can get someone to emulate Trevor with a 3:30 marathon, at a not young age, after serious alcohol the two nights before, even better.

As you may gather trips abroad are meant to be fun !!!

Let me know if you are interested.

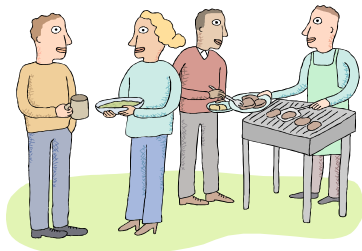
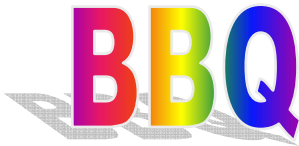
Lucy

PLEASE NOTE: During the summer the pitches at Heath are under repair to get them ready for the next Rugby season—so training is carried out on the surrounding areas of green. Cones are put around the car park to stop people encroaching on that area. Please do not move these cones in order to park, there is plenty of parking on the road outside the rugby ground.



FUN RUN

We've been informed of a Fun Run from the Fleece at Barkisland on the 31st July 2005. The race starts at 1pm and will be a distance of 4.5 miles. There will be a BBQ and a band after the run, the cost will be £5. Entry forms should be available at the club or from the Fleece. Failing that just turn up on the day.



We could not have asked for better weather on the day. The sun was out to such an extent that people were making for the shade. With the bar open upstairs to add alcohol to the equation and the use of the rugby pitch for games of football and safe place for the kids to play, I was whisked back in time to the balmy days of country village England. Sat outside the village pub around the village green, or perhaps I had too much of the alcohol!

A lovely day was had by all and the BBQ wasn't bad either.

Mick Blaylock

Beginners 5k race



42 beginners took part in the 5k beginners race for which they all received a medal, a goody bag containing a Mars bar, Sportshoes Catalogue and graduation scroll.

The winner Julie Talbot came in at 25.12 and the firm man Steven Crowther at 27.09. They both received the above plus a bottle of wine, a box of chocolates and an engraved trophy. Everyone seemed to enjoy themselves and over 25 of the beginners have joined the club.

For a full list of race results see overleaf.

The following letter from Louise Wilkinson was sent to Carol after the successful Bluebell Trail.. Louise came all the way from Nottingham to take part.

Thank you for a wonderful run last Sunday—Bluebell Trail 10. I just wanted to let you know how much I enjoyed the course and how well marshalled it was. I will look forward to next years event, or if there are any similar courses before then, will certainly be entering for them.

I have entered many runs over the last few months and the shot glass was a first for me—made a pleasant change from T-shirts and medals.

Thanks again for a very well organised run.



RACE RESULTS - BEGINNERS 5K

Position Over-all	Time	Number	Name
1	25.12	4882	Julie Talbot
2	25.18	4868	Gillian Goldsborough
3	25.36	4877	Maureen Hole
4	26.42	4888	Sue Barrett
5	27.07	4876	Sarah Stapley
6	27.09	4881	Steven Crowther
7	27.19	4894	Judy Anderson
8	27.19	4907	Karenh Heppener
9	28.08	4884	Kevin Jukes
10	28.13	4909	Pippa Fletcher
11	28.35	4890	Michelle Diamond
12	29.11	4874	Jane Harrop
13	29.22	4869	Jane Whiteman
14	29.27	4887	Bryony Hastings
14	29.27	4898	Caroline Exley
15	29.47	4886	Caroline Howells
16	30.02	4908	Carol Sealey
17	30.27	4900	Janet Smith
18	30.28	4901	Samantha Wheatcroft
19	30.53	4893	Lorraine Finn
20	31.23	4872	Julie Sunderland
21	31.25	4871	Cathy Lisle
22	32.08	4880	Tracie Taylor
23	32.15	4873	Suzanne Wilkinson
24	33.58	4883	Liz Talbot
25	34.15	4889	Pam Cheslett
26	34.23	4878	Lynda Murgatroyd
27	34.42	4885	April Charlesworth
28	34.44	4879	Katie Slade
29	35.06	4897	Kim Blackwell
30	35.31	4870	Kirsty Morley
31	35.33	4895	Carol Taylor
32	35.44	4906	Nicola Clayton
33	36.12	4903	Linda Thompson
34	36.13	4902	Kate Blakley
35	36.14	4896	Tracey Rawson
36	36.19	4899	Jackie Hurlin
37	34.35	4891	Gail Batterton
38	34.37	4892	Debra Cahill
39	34.41	4904	Gillian Holmes
40	34.42	4905	Fiona Read
41	37.18	4875	Julie Archer

Captains Log

Phew, June has certainly been a busy month for Team Stainland.....

Rochdale Canal Relay – Sunday 5th June

We kicked off June with the Rochdale Canal Relay, as mentioned in last month's newsletter. For those of you who are still unaware our 1st mixed team won the event overall, leading from the outset. How fantastic is that?

1st Team Winners – Ben Mounsey, Toby Underwood, Colin Hughes, Johnny Moore, Jackie Graham, Fiona Woodhouse and Naomi Sharratt.

Well done to everyone who took part.

Scammonden Dam Relay – Thursday 16th June

Less than two weeks later 21 members took part in the Scammonden Dam Relay. This relay consisted of teams of 3 racing around the dam, basically making up the route along the way (why does that sound familiar?).

Prizes for 2nd positions in both the male and female categories were won by those mentioned below, with Teresa's team also scooping a spot prize. Paul B. had organised the men into teams and was like an expectant father waiting for them to return; the look of joy on his face when they finished 2nd was something to behold. I nearly rushed out to buy him a bunch of flowers! By this time of course I was becoming accustomed to watching my fellow teammates bringing home the baton at such speed.

Male prize winners – Andy Wiggins, Owen Mitton and Toby Underwood

Female prize winners – Charlotte Rayner, Gayle Benson and Jackie Graham

Once again Stainland were a marked force, making up a quarter of the total 28 teams entered.

Millennium Way Relay – Sunday 19th June (hot, hot, hot)

After a few days rest (2 to be precise) we then went on to tackle the Millennium Way Relay. This was a totally new event for us and somehow on the day we managed to field 3 full teams of 10 (after much last minute arm twisting and negotiating). There were 5 legs to the relay, varying in distance from 8 to 10 miles with each leg run in pairs.

30 teams in total entered with Stainland on the brink of collecting some silverware. Our ladies team secured 3rd place in the female category after leading for most of the race. However, there were no prizes for coming 2nd or 3rd in this race, so it looks like we'll have to focus on 1st place next year girls!

The Men's team finished 9th overall, Ladies were 19th and the Mixed 30th. As the onus was to enjoy this year's event, I think we achieved our objective, even if we got a little burnt in the process due the conditions of the day.

The month finished with Joe Percy 10k, which I'm sure Lucy is bursting to tell you about, so I shall keep quiet (for a change).

Forthcoming Events:

Leeds Country Way Relay – Sunday 4th September 2005

6 legs run in pairs, of distances between 9.7 miles and 11.75 miles. The route as the name suggests is around the Leeds Country Way. At present we do not have the full route details as these are forwarded upon entry, but there is further information available on the organiser's website: <http://www.kippaxharriers.org.uk>

Road Relay Championships

After looking on the NOEAA website it appears there are some Road Relay Championship events available in October. If there is enough interest from our members perhaps we should look to field a few teams?

Calderdale Way Relay – Sunday 11th December 2005

6 legs run in pairs, distances between 4 miles and 11 miles round the Calderdale Way, starting and finishing at Old Rishworthians, Copley.

Last year we had 4 teams entered, maybe this year we can take it to another level and enter 5, with one team comprising members from this year's Beginners Course. Karen Newill has kindly agreed to coordinate this team if there is enough interest.

Thank you and well done to everyone, who participated so enthusiastically in all the recent team events; we are certainly making an impact on the competition.

Remember these events are open to all members, so if you haven't yet sampled the full force of the lion's camaraderie and fancy joining in, don't be shy, there is always a place for you whatever your pace.

If you would like to take part in any of the above events, please contact Bob Ambler or Mary Cowling via email/phone/forum. With regards to the Leeds Country Way we would ask you to notify us of your interest by 1st August to enable us to ascertain the number of teams required prior to the closing date of 13th August.

CURE FOR MUSCLE ACHE

An article in Runners World recently suggested rubbing tomato ketchup onto areas of aching muscles. Has anyone tried this? I tried it out but it didn't work for me—but anything is worth a try when you're in pain.

Quotes of the month

“They were being sucked off as they went through the mud”

(When discussing the conditions of the Bluebell Trail - their trainers presumably!!)

“These sandwiches are for the runners only” - as explained to the winner of the Bluebell Trail!

New Member Profile

Name: Jimmy Smith

Age: 48

Occupation: Quality Manager



When did you start running & why? At school you could play football or go cross country running. This meant that we could go back to my mates house and watch TV!

What made you join Stainland Lions? Ex Lion Paul Arnot (who I work with) told me you were friendly and met in a pub.

Tell us something funny, embarrassing or secret about yourself. Are you a divorce lawyer?

What is your worst habit,. Behaviour or vice? Telling lies.

Favourites:

Food:	Moussaka	Film:	Being There
Drink:	Bitter	Music:	New Order
Pastime (apart from running):			Motorbikes
Book:	Danzigers Travels		

What are your running plans for the coming year (goals, races etc)?

Great North Run and lose at least 8lb

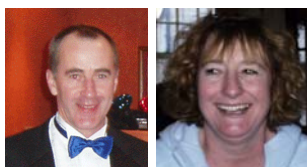
SHOP

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!

In last month's newsletter we wrote that the Nike van man would be visiting on the 4th August—this was in error as the van man has already visited.

Social Events

By Geoff & Dawn



Ladies Night Out

A Ladies Night Out has been scheduled for Friday 29th July in Brighthouse. The original idea was to eat at Prego restaurant and then move onto The Ritz Ballroom for a Tamla Motown/Soul Night. However, feedback from the ladies suggests we might be better just sticking to the dancing! Therefore, the format of the evening will be thus: meet at The Richard Oastler pub (J.D. Wetherspoons), Bethel Street for 7.30ish then head off to The Ritz. Tickets are available from Mary at £9.00 each from week commencing 18th, if you fancy coming along let Mary know through the usual channels



This year's pub relay will be held on Saturday 20th August. Make sure you put that date in your diary. It is an event not to be missed and is for everyone. It doesn't matter how fast or how slow you are, you will have a great day!!



Norland Scarecrow Festival 1st—8th September

We are entering our own scarecrow this year, so if anyone would like to help make it, or can help with supplying materials please let Penny know

NEWS FROM THE INTERNATIONAL BRANCH OF STAINLAND LIONS

Sorry it's been a while since we got in touch as we have had problems logging on. But we are now back on line and would love to hear from you all. We haven't got good running weather here at the moment as we have now hit over 40 degree's and it's set to get hotter into August by an extra 10 degrees. Temperature on a night now doesn't drop below 25 degree now so even trying to run before midnight is hot.

We have now got the holiday apartment up and running and taking booking's for the remainder of this year and next summer (HINT HINT). It can sleep six and discount for stainland lion members. There's only 1 condition, and thats to bring Judith & Eric out with you!!! (Judith also know's how to get cheap flights out here). We could orgainise a pub relay but the terrains very rough and between pubs here you are looking at about a 50 mile round trip. But it could be a fast run as local wildlife in the rambles consists of snakes and scorpions. Also friends down the road have lost their 3ft iguana so we could orgainise a running 'treasure hunt'. Brad's now finished for the summer, 14 weeks off in total. But he has had only 1 week off since xmas.

To view the apartment see 'Holidaylets.com', go to Spain, then Almeria, under Huercal-overa we are called 'The Stables'.

Best wishes to everybody
love
Sally, Nigel and Brad

FOR HIRE

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 walking, cycling, running or just relaxing. Sleeps up to 6 (2 x double beds & 1 bunk bed) Nearest airport is Almeria or Mercia. Cost 200euros per week. Tel: (00 34)950137198 or ask Judith for any more details.

Committee Meeting Minutes

22nd June 2005 8pm

1. **Present:** Penny Painter Avril Smith
 Colin Hughes Bob Ambler
 Alison Farrar Geoff Matthews
 Carol Lord Chris Walker

Follow up action from last months meeting

1. Social

Talk of a possible quiz night to coincide with the monthly open meetings. Adrian is to be approached as seeing if he would be receptive to be quiz master.

**Action- has Adrian been approached? (Colin)
Nothing done Colin will approach with a view to starting in the Autumn**

2. SIS Talk

Action (Mary) – any up dated details for this event. Follow up at July meeting

3. Yearbook

Karen passed on details of a Yearbook that Roger has drafted. It was agreed that this would be a very useful document for all new members and possible something we could look to issue to Club members annually. Karen is to ask Roger if he would like to bring the contents up to date and then it can be discussed how we could circulate.

Action (Karen) – Has Roger confirmed he is updating. Has the document been e-mailed to all committee members? Review with Karen in July

4. Summer Handicap -7th July

Colin is organizing and looking for volunteers

Action (Colin) – any update – Colin advised that this is going to be run as a blind course. There will be a 10k and a shorter route for beginners

5. Nike Van Man Visit

Action (Mary) – any new date – Now 4th August

Treasurers Report

Carol advised that: Bank £8252.92
 Cash £ 124.09

Agreed to pay donation to Police for Blue bell event of £50

Secretary Report

Post relating to Foster report meeting. No delegate wished to attend the meeting

Details re Athletics Development – Alison to see if Lucy wants all emails as she had volunteered to attend the meetings when convenient

Social events

Ceilidh – Sat 16th July Tickets now on sale at £7.50each to include buffet .See Geoff or Dawn .

AOB

Karen provided the following update on recent events:

For information 42 beginners took part in the 5k beginner's race for which they all received a medal, a goody bag containing a mars bar, Sportsshoes catalogue and a graduation scroll, plus a spot prize (mostly chocolate but some got bigger prizes). The winner (lady) came in 25 minutes and the man a couple of minutes later. Both received all the above plus a bottle of wine, box of chocolate and an engraved trophy (yes we got all this for £100!).

As at Saturday 25 beginners had joined the club - Carol will be able to update you on this.

The BBQ was, I think, a big success. I think the bring-your-own-food worked well. It cost the club in sundry items about £30 but I don't know if we paid the bar staff. About 70 people came.

Eric North – The Club have agreed to give a memento with Eric leaving the area and moving to Grimsby, Penny agreed to organize

Heath Committee – No meetings have been held for some time and Penny is to provide contact tel no to chase up .**Penny to provide info**

Rome Marathon – Lucy has kindly volunteered to research this as a club trip for next year

Baseball Hats – several members suggested this as a club kit. It was felt that there may not be the demand and the club would get left with surplus stock

Leeds Relay – Aug 5th. Paul B has suggested we may like to enter some club teams to this event. 6Legs, 10mile each.

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Could Club Captains please liaise with Paul for details –please report back to Committee next month

Calderdale Relay – Suggestion that this year we may look to enter 4 teams. Agreed to decide when entry forms arrive for completion

July Away run – Red Rooster Pub 12th July ,6.45pm

Volunteer for August away run needed

Penny expressed her thanks to the Club Captains – The roles are developing well and in terms of promoting the Club the relay events are certainly putting Stainland Lions on the map – well done to Mary & Bob

Next meeting: Wednesday 20th July@ 8pm, Wellington Pub. Elland

Meeting Closed

Alison Farrar
Secretary
23.06.2005

Editors Closing

Comments

Hi everyone! Well it has finally arrived—my first effort of the newsletter. My steam driven computer eventually managed to reach the end without blowing up! A very big thank you to Karen for all her help and stepping in to produce last month's letter when she thought she had finally been able to take a step back and for all the excellent newsletters which we have received month in month out. She is going to be a hard act to follow.

Please keep all your race reports and articles coming in, the more the merrier.

Take care

Maggie



Dates for your Diary

	DATE	EVENT	CONTACT/DETAILS
	17/7/05	Harry Martindale 4.2 Memorial Rochdale	Runners World
VETS	17/7/05	ECCUP 10 (Leeds)	Eric Heaton/Runners World
	22/7/05	BUPA Walkington 10k	Runners World
	23/7/05	Yorkshire Wolds half marathon	Runners World
	24/7/05	New Marske Harriers Victorian 10k	Runners World
Social	29/7/05	Ladies Night Out—Brighouse	Mary
	31/7/05	Fun Run—Fleece Barkisland 4.5miles	Karen
	31/7/05	Harrogate Town Centre 10k	Runners World
VETS	3/8/05	Pudsey Pacers	Eric Heaton
	7/8/05	Elloughton 10k	Runners World
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
	4/9/05	Leeds Country Way Relay	Mary/Bob
GP	18/09/05	Yorkshireman ½ m	Alan Lashbrook
GP	20/11/05	Roundhay Park 5m	Alan Lashbrook
	27/11/05	Benidorm Marathon	Douglas Moody
	26/3/06	Rome Marathon	Lucy Hodgson

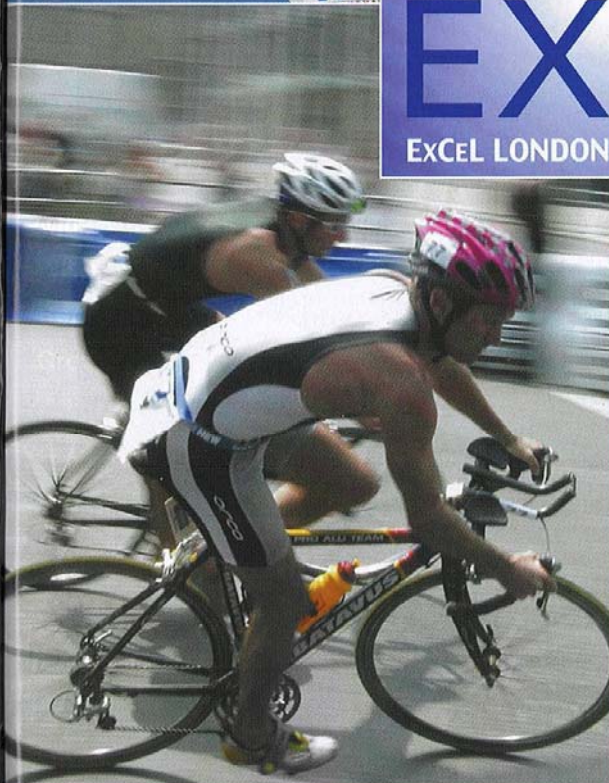
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- The must attend exhibition for sports and fitness enthusiasts
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- Watch the race and be inspired



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EXCEL LONDON 6-7 AUGUST 05



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