

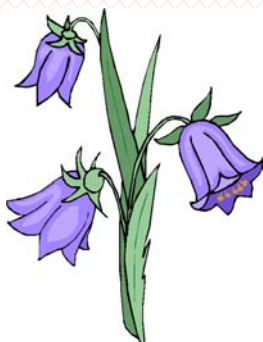


  
**THE LION'S TALE**  
 THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS  
*"THE ROAD GOES ON FOREVER"*  
 MAY / JUNE 2005  


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



I start this month with mention of the once again successful Bluebell Trail. It was yet another well organised and carefully co-ordinated day made possible by all those that not only participated but helped on the day. A big vote of thanks goes to Mary who, as always, put her heart and soul into the event and to Lucy who kept the marshals fully informed on the day of their roles and responsibilities. To host such a successful run takes months of preparation but one in which we did ourselves proud as a running club. If you haven't already seen them, the photos of the day are fantastic with special mention going to Gary Kettle as he was caught on camera paying little attention to a man nearly drowning in front of him in the river crossing at the end - captions please!



Comments form the chair

Once again, the Beginners Group is proving to be an overwhelming success and what a nice sight to see on Thursday night is all the runners being put through their paces. We hope to welcome a substantial number of beginners as fully fledged members to the running club in the near future.

Another big thank you to Adrian as he steps down from his commitment to the cross country. Adrian has been an inspiration to many members over the years and I am eternally grateful to him as he was the first ever member to talk to me at the Red Lion when I first started. Thank you Adrian and what a star you were at Skipton the other week.

Finally may I once again thank all members for their continued support, it is much appreciated by not only myself but all committee members. It is this support and working together that will ensure combined success of the club..... *Penny*



**The BlueBell Trail** By Mary

We had a total of 286 entrants for this year's Bluebell, which was an increase of 50 from the inaugural race last year. Some very creditable performances were on show from our own members with Ben Mounsey finishing in 8<sup>th</sup> place and Toby Underwood in 15<sup>th</sup>. Tracey Dean managed to secure a category prize for the 2<sup>nd</sup> year running with 1<sup>st</sup> FV40 and newcomer Jackie Graham claimed the 1<sup>st</sup> FV45 position (albeit running for another club). The estimated profit at time of press is approximately £800, I hasten to say estimated as this is based on my calculations, I have yet to consult with our Treasurer, Carol, to see if she arrives at the same total.

I would like to take this opportunity to thank **everyone** who pitched in to make this a successful event, be it as a competitor, marshal, general labourer or part of the pre-organisation team. There are two many to mention on an individual basis but rest assured each and every one of you played an important part as without your support an event this size would not be possible.

It is fairly safe to say that the Bluebell Trail will continue to grow rapidly in the future if the feedback from competitors is anything to go by. With this in mind, I do hope you will lend your support to Alan Gibson next year as he takes over the role of Race Director (no doubt with assistance from the lovely Carol).

I myself am looking forward to participating in next year's race, apparently I am one of the few members of the club who has yet to complete the river crossing! Although if I wait a few more years' I'm sure Eric and his team may have built a bridge by then, such is their level of commitment to the Bluebell Trail. Thanks again everyone, you make me proud to wear my Stainland Vest.



## Bluebell trail

### A race Report from Mick Blaylock

Thanks to the number of people who volunteered to be marshals, I had the opportunity to run the Bluebell Trail this year. I had heard so much about the race so as I stood at the start I felt a mixture of excitement and foreboding (the thought of Trooper Lane bringing on the latter).



The hooter sounded and off I went following the crowd FAR TOO FAST. I slowed down to a more sensible pace and was passed by what felt to be everybody.

As I sped (or plodded at least) along the Hebble Trail I spied a Stainland Lion's vest. As I got closer I saw it was Alan Lashbrook and I thought to myself "Mick you must be running well today to have caught up with Alan". Then the penny dropped – Alan was saving himself for the dreadful Trooper Lane which was looming up very soon. The sight of Trooper Lane made every muscle in my body pack up and say "you can forget that mate!" and consequently, I have to admit, I walked the full length. Alan on the other hand ran all the way to the top and very well done to him.

After Trooper Lane I could enjoy the sights (the bluebells were out in force, enjoy the great support that I got from people around the course and enjoy the run which culminated in the wonderfully cooling river crossing.

A big thank you to all those who organised and helped in whatever capacity so that I could have such a wonderful time taking part in the race.

## London Marathon

### A race Report from Maggie Blaylock

I was one of the lucky ones to get their name picked out of the hat. Although at the time I had only ever run at the most 8 miles, so there was a mixture of excitement and dread. I was lucky to have two great people to train with, Julia and Hannah. It was hard work but we put in all the necessary training.

On the day we arrived at Blackheath really early, the atmosphere was fantastic – lots of fit young men slapping Vaseline in all sorts of places!

Luckily all three of were on the blue start. By the time we set off the sun was cracking the flags! I ran the first four miles with Julia, Hannah having gone ahead early, but soon realised it was too quick a pace for me. I had been advised, when I picked my number up, to put my name on my T-shirt. My God it's weird when people are shouting your name out, you feel like a celebrity for a day!

I soon got into the pace but by 11 miles my stomach felt worse for wear, so I queued for ½ hour for a loo – didn't think to do what Paula did! I was ok after this but the heat got to me, I tried to run in the shade whenever I could. My family had placed themselves at loads of places along the way. At 22 miles they had all met up and ran along the pavement cheering me on! It really helped me on my way.

I eventually came in in 5 hours 51 minutes having run 28.5 miles (not sticking to the blue line!). Once over the finish line I was told people would be there to give me a hug – but I looked around and no one gave me a hug. I think someone was having me on (*Honest Maggie – I was hugged both times I did the London Marathon – maybe I looked like I needed one! – Has anyone else been hugged by an official hugger at FLM? Karen*)

The whole experience was one never to forget, the organisation of the race was second to none, I'd definitely do it again. Thank you to all those who sponsored me, I'm still collecting money so if you haven't coughed up there's still time.

## Krakow Marathon

### A race Report from Karen Newill

There's something about doing marathons abroad that I find irresistible so when I heard that Marilyn, Ed, Diane, David, Carol & Alan were planning to go to Krakow, me and Stephen decided to muscle in! Many thanks to the above named for letting us join their holiday which, despite the weather, was a fantastic experience and another in a long line of successful Stainland Lions trips.

The flight and transfer to the hotel went without a hitch, which considering we had Alan with us, was surprising (long story – ask Carol). Ed had found the gem of a hotel on the internet – very cheap, wonderful people and right in the centre – what more could you want?

Not wanting to bore you but a bit about the food in Poland (or rather Krakow – I can't speak for the whole of Poland – yet). We ate in the best restaurants – the ones listed in the guidebook that are usually out of your (or mine at least) price range. The food was fantastic, even for vegetarians – which is unusual, plentiful, interesting and embarrassing inexpensive. We had two courses (no room for pudding mores the pity) plus the preliminaries, loads of side dishes and as much drink as we wanted and never paid more than £10 a head for a meal.

The day before the race when we went to register was a bit of an adventure – you know one of those situations where you think “one day we’ll look back and laugh at this”. It started innocently enough with a longish walk to the stadium where we had to register. Those anticipating a London marathon style expo with loads of goodies to spend your money on (me!) were a tad disappointed to find that registration consisted of about 6 people behind a long table! They had apparently lost Marilyn’s half marathon entry but re-entered her and gave her a towel in compensation for the inconvenience.

Now mindful of the need to stay off our feet the day before a half / marathon we decided to take public transport back to the hotel and headed for the local tram stop. We tried to offer the driver money but he didn’t seem to understand so we shrugged our shoulders and took a seat (all with our matching ‘Cracovia Matathon’ carrier bags – which kinda made us all stand out). At the next stop the inspectors got on and asked to see our tickets. When we said that we didn’t have any they demanded a huge fine (which I would have paid instantly). Ed took charge from this point onwards and told them in no uncertain terms that we would not pay. We were ordered off the tram and the arguments oung woman who acted as our interpreter. Marilyn enlisted the help of the local police (conveniently situated close by) whilst me and Carol looked worried and sat quietly on a bench – thinking that at any moment we would be whisked off to some eastern block jail, never to be heard of again! The discussions went on for some time and eventually, and inexplicably they decided we weren’t worth the effort and let us go. We scurried off to a near by bar for a medicinal beer (diet coke) and vowed never to take the tram again!

Getting to race day then (yes I know I’m supposed to be writing a race report!) – the weather was foul – cold, wet and windy. We wore the kit bags and huddled together at the start which, like registration, was quite a low key – a few portaloos (which according to Diane were a life changing experience – and not a positive one at that) and a couple of gazebos (Geoff!), the whole thing was a little reminiscent of Halifax gala field. The half (Diane, David and Marilyn) and Full Marathoners (Carol, Alan, me and Stephen) all started together by running two laps of a very large park which took you to the 5k point before you headed out to the river for some out and back loops. We then had a long road to run up to about the 16 mile point before turning round and coming back, joining the riverbank again and ending with 1.5 miles of cobbles (never complain about London again).

I was hoping to do a sub 4.30 time and was bang on schedule up to 10 miles at which point I had a crisis of confidence / panic attack, call it what you will but I slowed right up and started walking. I still don’t know why – it wasn’t fatigue, I was feeling great, it was something going on in my mind. At 16 miles I managed to pull myself together again and was comfortably doing 10mm again – go figure!

Never mind – I still got a new pb of 4:49 (officially 4:50) as did Carol with a time of 4.38.

Alan got a magnificent time of 3.54 (later heard to remark – “the marshals were really surprised when I got them out at 16 miles” He was, of course, talking about his anti-cramp tablets)

Diane and David finished their half strongly in 1:53 followed by Marilyn in 2.04.

A great time was had by all. You need to all start saving up now because I know Claire Wood is planning a club trip to the Rome Marathon next March – should be another good one!



## Beginners 5k race

To celebrate the end of the beginners course in a really positive way, we are organising an in-house 5k run. This will be held on **Thursday 16<sup>th</sup> June at 6:30pm** and is open to everyone who has run with the beginners course this year.

The route, which we have been practising, is Heath, Smelly mile, canal bank to The quays / Jenny Dees, turn right back towards Smelly mile, then left at the roundabout to Copley, cross road at The Volunteers pub, return via canal bank and smelly mile.

We have organised medals and goody bags for all participants plus some spot prizes.

We need about 6 – 8 marshals so please see me if you can help.



# BBQ



Furthermore we are also holding a club BBQ on **Saturday June 18<sup>th</sup>**, from 4pm. Everyone is welcome, members, beginners, friends, partners and children. There is no charge but then again you have to bring your own food!

The club will be supplying the BBQ and charcoal, bread, and condiments – you just bring your choice of meat / salads etc and we will all get stuck in. We are in need of volunteers to do the cooking (Alan’s wife will be a hard act to follow) so any budding Ainsley’s or Delia’s please step forward.

The bar will, of course, be open and we will also have the use of the rugby field so feel free to bring down footballs, rounders bats etc for a kick around.

Hope to see you there!





## Captain's Log

This is a new monthly column where the club captains Bob and Mary will bring you the

latest news relating to Stainland Lions' performances and give you details of up and coming events.

### Rochdale Canal relay

I'm sure you will all be pleased to hear that our 1st Mixed Team won the Rochdale Canal Relay on Sunday 5<sup>th</sup> June!!!!!!

We had three teams running in the event all of whom ran extremely well. Congratulations and thank you to all who participated, Stainland were certainly the most noticeable club there.

Things are looking good for the Joe Percy race on June 29th. Doesn't it make you proud?

### Skipton Canal Relay

For the first time ever we managed to send a team from Stainland across to Skipton last weekend to take part in the Skipton Canal Relay. The relay was organised by Skipton AC and the clubs involved were from the Cross Country League. Our club members who took part all thoroughly enjoyed themselves and there was a noticeable performance from our Retired Cross-Country Captain, Adrian, who for the first time in 2.5 years donned his trainers to participate. Feedback suggests that next year we should organise a few more teams. Thanks and well done to the following for representing their club this time round:

- Leg 1 – Geoff Matthews and Steve Turner
- Leg 2 – Pat Pitts and Adrian Pitts
- Leg 3 – Penny Painter and Angela Fawthrop
- Leg 4 – Richard Fawthrop and Linda Murgatroyd

### Fell Races

A small contingent of members have been quietly completing various fell races of late with some very interesting results....

#### **a) Cragg Vale – Monday May 2<sup>nd</sup>**

A total of 6 members entered this event, 3 of which were ladies who managed to secure the 1<sup>st</sup> Ladies Team Prize. Congratulations to Naomi Sharratt, Charlotte Rayner and Gayle Benson. Well done also to Ian Wood, Paul Biddulph and Darren Sugden on turning out some great performances.

#### **Overall Positions:**

- 41<sup>st</sup> Ian Wood
- 42<sup>nd</sup> Paul Biddulph
- 57<sup>th</sup> Naomi Sharratt
- 61<sup>st</sup> Charlotte Rayner
- 85<sup>th</sup> Gayle Benson
- 86<sup>th</sup> Darren Sugden

#### **b) Myholmroyd – Sunday May 15<sup>th</sup>**

With newcomer Ben Mounsey storming to 5<sup>th</sup> place, Naomi Sharratt clinching the 2<sup>nd</sup> Ladies position and our male members all with top 60 positions in this event, we are steadily making our presence known within the Local Fell Running Community again.

#### **Overall Positions:**

- 5<sup>th</sup> - Ben Mounsey
- 24<sup>th</sup> – Jonathan Moore
- 31<sup>st</sup> – Ian Wood
- 38<sup>th</sup> – Paul Biddulph
- 51<sup>st</sup> – Naomi Sharratt
- 57<sup>th</sup> – Darren Sugden

Hopefully these great results will encourage more members try out the fells this summer. There are numerous events on locally all varying in distance and ascent, check out the Fell Runners Association website for a full listing:

[www.fellrunner.org.uk](http://www.fellrunner.org.uk). Or why not enter the Scammonden Dam Relay?

#### *Speaking of which....*

### Scammonden Dam Relay

**Thursday 16<sup>th</sup> June 7:15 start**

**Meet in car park by toilets**

**3 leg relay**

This is a really informal race run by Bob Arbisher from Holmfirth and should be a great laugh. Basically it's teams of three to run once each around the dam in any direction clockwise or anticlockwise but each team must visit the car park at the far end. It would be great to get as many teams in as possible and as it is on a Thursday evening this should not be a problem. If you don't want to race just come along and give those a cheer who do. For further info contact either Mary Cowling or Paul Biddulph.

### Captain's Day – Saturday JULY 9<sup>TH</sup>, 10:00AM, Location: Westfield Lodge, Upper Marsh Lane, Oxenhope

The inaugural Captain's Day theme is to be an orienteering course devised by Bob and Mary, encompassing a battle of the sexes.

Participants will be divided into teams on the day and lead by a member of the opposite sex who has been appointed by the "names from the hat" system (having previously volunteered to take on the role). The winners can take possession of the new and much coveted "Captain's Trophy". **Skull duggery is allowed** and hopefully much fun will be had.

Showers are available at the start/finish location with food and drink on the agenda at a nearby hostelry afterwards; exact location to be confirmed. All maps and compasses available on the day.



## Stainland Lions Grand Prix

Here's the latest  
Grand Prix table.

Well done to the  
leaders.

The next event will  
be the Skipton Tough  
10 on 3<sup>rd</sup> July,  
closely followed by  
the Summer  
Handicap on 7<sup>th</sup> July

Entry forms are  
available for the  
Skipton 10 from:

<http://www.ukresults.net/forms/050703tough10.doc>

Pos.	Stainland Grand Prix 2005	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Counting Events	Points Total
		Club Winter H/Cap (8th)	Dewsbury 10k (6th)	Dent (12th)	Meanwood Trail (9th)	Sandal Castle (22nd)	Stainland H/Cap	Skipton The Tough 10m (3rd)	Littleborough 5k (31st)	Yorkshireman 1/2M (18th)	Harewood Trail	Roundhay Park 5m (20th)	XC		
<b>Division 1</b>															
1	Steve Turner	16	14	17	16	15								5	78
2	Geoff Matthews	14	16	15	15	16								5	76
3	David Waite	17	13	16	14	14								5	74
4	Andrew Smithson	-	18	-	18	17								3	53
5	Robert Lush	-	15	-	17	18								3	50
6	Chris Walker	15	11	11	12	-								4	49
7	Diane Waite	7	-	13	10	12								4	42
=8	Simon Hogan	8	-	18	11	-								3	37
=8	Clive Siddell	-	12	14	-	11								3	37
10	Mark Preston	-	10	-	13	13								3	36
11	Alan Gibson	13	-	12	-	10								3	35
12	Stephen Newill	10	9	10	-	-								3	29
13	Chris Bottomley	11	17	-	-	-								2	28
14	Gayle Benson	18	-	-	-	-								1	18
15	Darren Sugden	12	-	-	-	-								1	12
16	Duncan Greaves	9	-	-	-	-								1	9
=17	Colin Hughes	-	-	-	-	-								0	0
=17	Tony McManus	-	-	-	-	-								0	0
<b>Turnout %</b>		66.67%	55.56%	50.00%	50.00%	50.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%		
<b>Division 2</b>															
														Events	Total
1	Richard Fawthrop	-	14	14	14	14								4	56
2	Clive Aylott	8	13	-	12	13								4	46
=3	Alan Lashbrook	9	9	13	11	-								4	42
=3	Carol Lord	14	-	10	9	9								4	42
5	Leslie Henderson	12	8	9	10	-								4	39
6	Paul Wallis	-	12	-	13	12								3	37
7	Ellie Elliot	-	11	12	-	11								3	34
8	Penny Painter	-	5	11	8	8								4	32
9	Judith Greenwood	13	7	-	-	-								2	20
10	Roger Northrop	11	-	8	-	-								2	19
11	Jonathan Taylor	7	4	-	-	7								3	18
=12	Sue Aitken	10	6	-	-	-								2	16
=12	Susan Siddell	6	-	-	-	10								2	16
14	Eileen Hiller	5	10	-	-	-								2	15
<b>Turnout %</b>		71.43%	78.57%	50.00%	50.00%	57.14%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%		
<b>Division 3</b>															
														Events	Total
1	Angela Fawthrop	6	10	10	-	11								4	37
2	Helen Learoyd	8	6	-	11	10								4	35
3	Avril Smith	11	3	8	10	-								4	32
4	Karen Newill	10	9	11	-	-								3	30
5	Maggie Blaylock	4	5	9	-	8								4	26
6	Dianne Fairburn	5	11	-	-	-								2	16
7	Karen Hirst	7	8	-	-	-								2	15
=8	Liz Smithies	3	7	-	-	-								2	10
=8	Julie Neimantas	1	-	-	-	9								2	10
10	Hannah Linegar	9	-	-	-	-								1	9
11	Grenville Turner	2	0	-	-	-								1	2
<b>Turnout %</b>		100.00%	81.82%	36.36%	18.18%	36.36%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%		

# Social Events

By Geoff & Dawn



## SUMMER CEILIDH

This year's Ceilidh will be held on Saturday 16<sup>th</sup> July at Heath. Everyone is welcome. As usual the bar will be open and there will be a buffet. Tickets will be on sale soon at £7.50 each.

Dancing is, of course, optional but it's a great form of cross training!



## INDOOR CLIMBING

Dawn is still trying to get a date that's convenient for everyone. More details to follow.

Cost will be £12 per person for 1.5 hours with all equipment and tuition included.



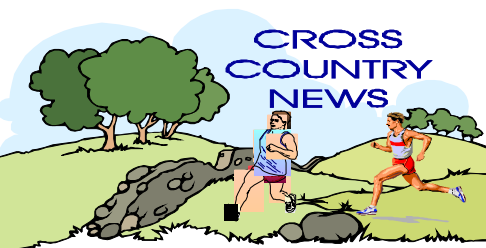
## LADS NIGHT OUT

The next lads night out will be on Friday 17<sup>th</sup> June in and around Huddersfield. See Geoff for more details.



## CLUB BBQ

Don't forget the club BBQ on Saturday 18<sup>th</sup> June – see page 3 for more details.



Thanks also to Claire for arranging it.

## ADRIAN'S DO

Thanks to everyone who attended the dinner at The Branch in Adrian's honour – it was a really nice event.

## PUB RELAY

This year's pub relay will be held on Saturday 20<sup>th</sup> August – put that date in your diary NOW. You don't want to miss this event!!!!



## Speed Training

A lot of people have asked me about how to start speed training. Well I'm certainly no expert but, in the last four months I have been speed training every week and it has improved my 12 month 10k time by about 10 minutes and my all time 10k pb by three minutes. I also recently realised an improvement in my best ever marathon time of 25 minutes so this seems to be good evidence that it works. The speed training I did was part of an overall marathon training programme but I think it would be fine to adopt it as part of your on going running regime.

The first training session I did was quarter mile repeats on the track (Horsfield track at Odsal is open on Wednesday nights from 4:30 to 7:30 and costs £2.10 per session). Here's what's involved:

1. Warm up with 4 easy paced laps of the track
2. Complete a lap of the track in between 2.00 and 2.10 minutes (adjust to suit your own speed / ability).
3. Do a recovery jog of half a lap in the same time
4. Repeat 6 times (increase repetitions on a week by week basis up to a maximum of 16 times).
5. Cool down with 4 easy paced laps to finish

The goal is to keep running at the same pace for every 400 metre repeat – your last should be the same time as your first.

The second type of speed training I did, which I found much harder, were tempo runs. Here you run at a pace that is about 15 seconds a mile faster than whatever is your normal race pace (depends on the distance you are training for of course). You run at this pace, which will feel uncomfortable but just about doable, on a flat course for 3 miles. Over the weeks you can gradually build this up to 8 miles.

Concentration is the key to this workout. Your goal is to hold the pace for the entire distance.

These are just two sessions- there are loads of others. The runners world website lists 39 different types of speed training. Here's a few of them:

1. You could start with a session of tempo intervals. How about six minutes brisk, one-minute walk, six minutes brisk, one-minute walk, six minutes brisk.
2. Hills are also an excellent way to start speedwork. Try 6 x 1 minute uphill, then jog back down. Gradually add extra reps until you can complete 10.
3. Add some fartlek training to your schedule. To begin, try just a 25-minute run with quick bursts.
4. Interval session: 6 x 1 minute, with two- to three-minute jog/walk recoveries, or 5 x 2 minutes with five-minute recoveries.

I'm hoping to start speed training again on a weekly basis (on Wednesdays) from 8<sup>th</sup> June, Horsfield track, 4.30pm – let me know if you want to join me..



## Members Forum

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

Here are some current topics being discussed:

- Does anyone want to come along to the twenty20 cricket match on Wednesday 22 June at Headingley between Yorkshire and Lancashire? Starts at 5.30pm. Advance purchase tickets are £8 for adults and £4 for children. You can buy on the day - £10 for adults and £5 for kids. Please let me know asap. Thanks - Melanie
- Roll Up Roll Up for the Scammonden Relay. This is a really informal race run by Bob Arbisher from Holmfirth and should be a great laugh. Basically its teams of three to run once each around the dam in any direction clockwise or anticlockwise but each team must visit the car park at the far end. It would be great to get as many teams in as possible and as it is on a thursday evening this should not be a problem. If you dont want to race just come along and give those a cheer who do. Lets try and get as many people up as possible and show a few people how much Stainland Lions have come on in the last 12 months. For further info contact either me AKA "Shaggy" or in some circles "the Grinch" or Mary "I will give anything a go" Cowling !! We are doing a reccy run next thursday the 2nd of June around the dam and propably a bit further in that general area to get a longer run in so either meet up at Heath at 6.15pm and drive up to the top car park at scammonden or meet up at Scammonden at 6.30pm. paul biddulph
- Just in case there's anyone in West Yorkshire who doesn't know yet, Big Phil got himself a P.B. of 63 minutes at Sandal Castle, knocking a whopping 6 minutes off his previous best 10k time. I posted this message on Phil's behalf as he's far too modest to blow his own trumpet . . . . Well done big fella and bring on the Joe Percy 😄😄😄 Steve

There's 100s of others so why not log on

## New vests have arrived!!!!

Sorry Mary, I'm not trying to suggest you need a new vest! If you want to look as smart as this when you are out there racing then you can get a new vest from Avril. They are now all priced at £12 each



The 'Nike Van Man' will be visiting the club again on Thursday 4<sup>th</sup> August. You will have the opportunity to borrow a pair of shoes for the evening and try them out for free. All you have to do is provide him with feedback afterwards



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.

**July's away run** (12<sup>th</sup> July) will be from the Red Rooster at Brookfoot, Elland Wood Bottom, Brighouse. There will be long and short options and the landlord usually provides excellent food at a nominal price. More to the point there are some fantastic beers on offer so don't miss this one.



**Note to beginners** – There is an 'away run' every month. There is always a short option (4-5 miles) and the run usually starts / end at a pub (surely not!). This is a 'safe' run so there's no need to be nervous – just turn up. Also if you have any ideas for an away run let us know!

## YEAR BOOK

Roger is working on a yearbook which, when finished, will be distributed to existing members after the Annual General Meeting and to new members as they join. It will cover a number of topics including:

- Welcome
- Membership
- Elected Offices
- Office Roles
- Meetings
- Club Runs
- Grand Prix
- Cross Country
- Open Club Races
- Club Events
- News Letter
- Social Events
- Useful Tips
- Pacing Chart
- Club Trophies
- Club Kit
- Useful addresses
- Club Records



## NORLAND SCARECROW FESTIVAL

We recently received the following email from one of our members – Janet Whitaker:

*“The Norland Scarecrow Festival will be held 1<sup>st</sup>-8<sup>th</sup> Sept this year, with the theme of “All Creatures Great and Small” Perhaps Stainland Lions would like to make some scarecrows to advertise the club, an idea could be some runner scarecrows with a hare and a tortoise? Let me know are there are some choice positions to site them, so the 4000 visitors will see them. All the best Janet “*

Well how could we turn down such an offer? So far we have had the following volunteers – Penny, Karen & Stephen, Alison, Carol & Alan to make the scarecrows but we could do with a few more. See any of the above for details.

Think about it – when will you ever get an opportunity like this again!



## Stainland Lions Summer Handicap Thursday 7<sup>th</sup> July

Colin is organising the Summer Handicap again but would like one or two volunteers from the beginners group to help as well. The format will be the same as last year – Colin will let you know the route just before you set off (10k for established members and 5k for beginners) and you will have to predict how long you will take to finish the course.

Sounds simple? Yes but there is a twist – you are not allowed to wear a watch or any other timing device. These will be confiscated before you set off.

The person who finishes nearest to their predicted time will win and be presented with the cup.

Drinks and presentation afterwards at Heath. We have a tradition of giving prizes to everyone but, to save the club money what we do is ask everyone to bring a prize with them, preferably wrapped up. The winners are then read out in order and if you brought a prize then you can select one to take back (avoiding the one you brought unless you really want it back). You don't have to bring a prize if you don't want to – just don't take one when your name is read out.



## Joe Percy 2005

I have now received the date and time for this years inter club race. - June 29th 7:30-please put it in your diary now!!!! All we now need is a lot of runners so this year we can try and win the elusive prize of a place in the top three. Last year we were fourth and I know we can improve on this. We had over 30 runners last year.

For those that are new the Joe Percy is a 10k road race ,quite undulating limited to participating invited running clubs to enter teams of 10. It is not a complete beginners race and I would say from past race results the back of the field comes in at around 60mins.

The committee have kindly offered to pay the entry fees. Its a good evening with food put on and beer in the local cricket club .

Please let me know if you can run this year ,unfortunately my return to fitness is slow so still not running much ,so please e-mail or let Karen Newill know if you can run.

Lucy 😊



Claire Wood is organising a trip to the Rome Marathon next year. Please contact her if you are interested. More details should be available from the website [www.maratonadiroma.it](http://www.maratonadiroma.it) although it wasn't working very well when I tried it.



## Editor's Closing Comments

Here I am again – Maggie's computer has blown up!! You see, no matter how I try to shake this job off I just can't. Nevermind – I love it really!!



I'd like to say to the beginners who have participated in this years course that I have really enjoyed their company and I am so pleased and proud of how much they have achieved in such a short space of time. A lot of you still give yourselves a hard time when you don't run as fast as you want to but please give it time. You are improving every week but, because everyone else around you is improving, it's not always easy to see. I have no doubt that amongst you are the trophy winners of the future (Steve – is that trophy cabinet ready yet?????). Just wait until you are helping next year's beginners then you will understand.

Well done to the Rochdale canal relay team ('Well Done' seems a bit lame doesn't it?). It's absolutely tremendous – we truly are a diverse club now – one which welcomes, respects, encourages and takes pride in the full spectrum of runners from beginner to elite and everything in between.

Well done Stainland Lions –

The best running club in the world.

Karen



# 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>	09/06/05	YVAA Haworth (5 mile champs)	Eric Heaton
	09/06/05	Apperley Bridge 10k	Runners World
	12/06/05	Mansfield Sprint Triathlon	Runners World
	12/06/05	West Yorkshire 5	Runners World
<b>VETS</b>	14/06/05	YVAA 6 <sup>th</sup> GP event - Starbeck	Eric Heaton
	16/06/05	Scammonden Dam Relay	Mary / Paul B
	16/06/05	Beginners 5k race	Karen / Dawn
<b>Social</b>	17/06/05	Lads Night Out	Geoff
<b>Social</b>	18/06/05	Club BBQ	Karen
★	19/06/05	Millennium Way Relay	Mary / Bob
	19/06/05	Humber Bridge ½ marathon	Runners World
	25/06/05	Barnsley 5k	Runners World
	26/06/05	Penny Lane Striders 10k	Runners World
	26/06/05	City of Manchester 10k	Runners World
<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 10	Runners World
	06/07/05	Helen Windsor 10k	Runners World
<b>GP</b>	07/07/05	Stainland Lions Summer Handicap	Colin
<b>Social</b>	09/07/05	Captains Day	Mary / Bob
<b>GP</b>	03/07/05	Skipton tough 10m	Alan Lashbrook
<b>Social</b>	16/07/05	Ceilidh	Geoff / Dawn
	04/08/05	Nike Van Man visit	Mary
<b>Social</b>	20/08/05	Stainland Lion FAMOUS pub relay	Colin
<b>GP</b>	31/08/05	Littleborough 5k	Alan Lashbrook
<b>Social</b>	01/09/05	Norland Scarecrow festival	Penny
<b>GP</b>	18/09/05	Yorkshireman ½ m	Alan Lashbrook
<b>GP</b>	20/11/05	Roundhay Park 5m	Alan Lashbrook
	27/11/05	Benidorm Marathon	Douglas Moody
	26/03/06	Rome Marathon	Claire Wood