



THE LION'S TALE

THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS

""THE ROAD GOES ON FOR EVER""

NOVEMBER 2005



Comments from the Chair

Stainland Lions Road Runners are fast approaching the end of a hugely successful year and anybody who runs on a Monday, Tuesday or Thursday will witness the large numbers turning out week in, week out. With this thought in mind I am somewhat puzzled and slightly disappointed at the, as yet, limited response to the request for nominations for committee positions.

Being a committee member does carry with it a degree of responsibility but it is also a chance to shape the future of the club and build on the success we have enjoyed this year. There are dozens of you out there who would make excellent committee members and whilst I appreciate that you have work and family commitments, your club needs you to come forward now!

The committee structure was formed at the beginning of this year and I believe all the current members have more than met the challenge of the job in hand, but it is now time to see some new faces with new ideas so we can continue to develop and progress.

This is a very popular and successful running club with a bright future, but we need you, the members, now more than ever to ensure our continued success.

Penny



HAVE YOU THOUGHT ABOUT NOMINATING YOURSELF FOR A POST WITHIN THE CLUB? TAKE A LOOK AT THE INFORMATION INSIDE AND PUT YOURSELF FORWARD, YOU KNOW IT MAKES SENSE!!

Nomination of Club roles 2006- Volunteers

The AGM is scheduled to take place on Thursday 5th January 2006, when election of club roles for 2006 will take place by way of a closed vote.

I had hoped to send out the nominations for all roles in the November newsletter to allow members to have prior notice of proposed candidates. Unfortunately, to date I have received only a few nominations for roles.

I know that some members have expressed an interest in undertaking a particular role but have not nominated themselves on the basis that the current role holder may want to continue.

Whilst the committee members have enjoyed developing the Club over this year I am aware that most of the current committee would like to step down at the end of this year and allow other members an opportunity to become involved in the running of the Club.

Please do not be bashful in coming forward if you fancy having a go at any of the roles – if the Club is to continue the great successes we have already seen then it does rely on willing volunteers to step forward.

To allow members a little more time to consider volunteering for a role I propose to delay sending out the nomination list until the December newsletter.

Please return all nomination forms (located on the website or in this newsletter) to me, by the 5th December at:-

E-mail Alison.farrar1@ntlworld.com or post to 2 Birchington Avenue, Birchencliffe, Huddersfield, HD3 3RD.

WANTED

Does anyone have a decent road bike or mountain bike for sale? I need an adult bike with a light frame (Gents or ladies, not fussy). If you do have a bike stashed away that you no longer need please give me a ring on 01422 359045

Harewood 10

Race report by Avril Smith.

This was only 3 weeks after the Great North Run, and I had been on a 2 weeks doing nothing holiday, not a pair of running shoes in sight.

Then I realized I'd entered for the Harewood 10 and it was one of the Grand Prix races, never mind I was still on a high after completing the GNR in a decent time of 2.35 so I thought I'd sail through it.

How wrong can you be just before the off I remember Helen Learoyd saying let them all go, don't go too fast, just pace yourself. But within 2 miles I was really struggling, why were my legs like lead weights, why was I finding it hard to even move at a slow jog, never mind just keep going. I kept looking behind and there was still someone behind me, so at least I wasn't the last. Little did I know she was the Sweeper, she was great though she knew I was struggling and said I could drop out BUT I'm a Stainland Lion and am not going to Quit (I needed my points) So I did a lot of power walking and a bit of running then came the Hill everyone had told me about how can I do this BUT the in the distance is that a Stainland Lions Vest or just a mirage it wasn't a mirage it was Steve T and Richard Fawthrop then Teresa was there with the famous energy sweets come on Av she kept saying its just round this corner.

THEN I saw Smiffy and thought this is it the last 100 yards as he always stands on the finishing straight so this was my cue to do my famous 'Sprint Finish' Little did I realise he'd walked about 400 yards back down the course to look for me what a D---- Head. My 100 yards sprint finish finished 300 yards short but all the rest of the Lions who had taken part that day cheered me in.

Yes I was the last but at least I did it. So that is why that photograph of me that was on all the Webb Sites tells the story; Did I tell you I had also given Blood on the Friday evening but I think they'd taken more than BLOOD..

Guy Fawkes 10

Race report by Phil Stapley.

After the GNR training had lost it's buzz and I had been finding it hard to motivate myself, after all, what more could I do this year? P.b's at Sandhall and the Helen Windsor, the GNR had been a great day, there didn't seem anything left except to get ready for the Grand Prix next year....how wrong can one be?

Once again Deb Boyer convinced me I should take part, suggesting I should treat it as a training run. So the night before as the rain lashed against the window and the wind howled a song of woe outside, a decision was made....I really can't be bothered! With that I opened a fresh can of beer and looked at the clock deciding it was too late to ring with my excuses...I'll ring in the morning!

As I lay in bed on the morning, staring out the dorma window I realised I *was* going to run, didn't matter where, so I might as well run with people I know. With that I got out of bed with a full 29minutes to find my running gear, get some breakfast and organize myself before Steve picked me up.

We arrived in plenty of time...although we would most definitely got there quicker if we had gone by canoe... parking wasn't a problem, all I had left to do was get registered and considering the weather I was confident there would be lots of places left.....

.....Now....I don't usually let peoples opinions bother me...but...as I handed in my completed entry form... "How much please?" I politely asked. "Are you a member of a club?" the lady behind the desk asked. "yes" I replied enthusiastically with a big grin "a running club?" she inquired sarcastically "yes!" I replied with more enthusiasm but no grin. With a big frown forming she leaned forward and asked "What's your affiliation number?" I pointed to my completed form and said "it's there". Then with one eyebrow raised obviously convinced she had stumbled across an imposter and not trying to hide her suspicions she asked "have you got your card". Did I have my card???...yes I bloody did!! And waved it under her nose.

Obviously disappointed she hadn't foiled the crime of the century she said what any unbiased and liberal thinking person would say.... "well, you look like a rugby player". A little confused as to whether I had just been complimented or insulted I set off for the start line. I hate to think what she would have done if she knew I was going to run without a number if there was no places left.

The race organisers explain that Easy Jet has donated flight tickets to any of it's 18 destinations....but....they will be given to whoever is 400th across the line....maybe I have a chance?...

The first mile of the race started a lot slower than I expected...which is a good thing. Looking round at the scenery making sure Deb was tagging along, taking it nice and easy....just a training run, nothing more....la la di da....just a ten mile training run. As I get to the point where I'm thinking the 1mile marker should be Steve is waiting. He says he is going to run with me and Deb. At this point I'm glad I've come and sorry to say but I'm struggling to slow the pace down, Deb keeps saying "go off if you want"oh look Carol and Mick are just up ahead....right I'll have a chat with them!

22 minutes. Sure we should have seen the 2mile marker by now. Mind you we did set off slow... doesn't matter, it's only a training run. Mick says he just wants a steady run also...the scenery is lovely... in a macho way....ahem...

The 3 mile marker...eh?...27 minutes... 3 miles that's...err...9min miling...oooh and look at that hill. Mick looks fine, I feel fine, right I'll stay with him a bit longer.

4 mile marker ...chitter chatter...lal la di da... just a training run.

5 mile marker more chitter more chatter, nice scenery...the weather has calmed down....err...where did Carol go? She has obviously got bored of our chit chat and gone on ahead.

6 mile marker....54minutes...54? Mick what time you got?...54...me too...that's 9 min miles...that brings us home 1hr 30....1hr 30 for 10 miles. Can't be right...can it? And that was the point we decided to take the race seriously sub 1hr 30 here we come!!

The 7th mile involved a hill...might have been downhill....which was nice. The marshals think we're joking because we keep asking where the bad hills are.

On the 8th mile I start to feel the strain and we can see people running up the Mother of all hills...the chitter chatter has got less and less...then half way up I'm sure I get a glimpse of people doubling back...I think Mick can see I'm struggling and I see his lips flapping but I can't make sense of the words...until afterwards and I realise he was saying we are only going up halfway...wouldn't have mattered I was running at 100 percent anyway. As we approach the turn off

the marshal shouts “well done” possibly because Mick and I may have been in the ‘crazy few’ who actually ran up every hill...and then “one and half miles *all downhill!*”.....music to my ears...but arghhhh...it’s on a bridle path. My legs are like jelly and the cobbles are full of mud.

The 9th mile marker, and I know I’ve slowed down. Mick is ebbing in front and I can see he is eager to go. I tell him there is nothing I can do..it’s either this speed or on my backside(anyone who has run off-road with me can verify this), I’m feeling fine as well, half mile of downhill and recovery has come quick...just give something solid to run on!!

People are stood on the sides now clapping and cheering...some have goodie bags...got to be close to the finish now. I’m feeling quite fresh, but I keep having the odd comedy slip...which results in me not actually swearing but starting lots of swearwords ... “ferbugshhhh!!!”.

As I round the last corner Andy Wiggins is stood there and he shouts “your 402nd...just two more to take!!” Obviously not knowing if he is joking or not, off I set...I catch one...then I see the finish line...one more...closer...closer...closer...we cross the line together. 1hr 31min...just outside but hey Mick should have a sub 1hr30....whats that Mick?...1hr 30min 05sec. Unlucky old bean!!

My goodie bag is awesome...mainly because the shirt fits. I stand talking with some of the faster runners... feeling a little guilty because everyone is congratulating me when I hadn’t taken the race seriously save for the last four miles.

This race is now in my favourite list, and noone should be put off by the talk of “big hills”...they are just a myth!

p.s Andy Wiggins told everyone they were 402nd....I actually finished 522nd.....

RECIPE— BREAKFAST BANANZA

Ingredients:

1 large banana, chopped and peeled

500ml cool semi-skimmed milk

1 tbsp wheatgerm

1tbsp honey

Put the banana and milk into a blender, add the wheatgerm and honey and blend for 20 to 30 seconds. Serve and drink immediately.

Linda Murgatroyd

December Away Run

6th December 2005

The December away run will start at The Wellington Pub in Elland at 6.45pm. The run is being organised by Mary. Food will be available after the run.

There will also be the draw for the 3 club places on the **London Marathon**. 1 place will be reserved for club members who have not run a marathon before, but who have been rejected for a place on the marathon. The other 2 places are open to all runners who have been rejected for a place.

If you wish to put your name in the hat then give Mary or Bob your name before the draw and good luck!

GRAND PRIX

Could all those Club members wishing to take part in next year's Club Grand Prix let me know asap. I just need your name and recent or predicted (if not run one before) 10k time.

You can email your entries to me at alan@lashbrook47.fsnet.co.uk or catch me at the next club night (shouldn't be difficult at the speeds I run at!).

The races have been chosen and proposed to the committee and these will be announced after the next committee meeting on the 24th.

Alan Lashbrook

Committee

Meeting Minutes

19th October 2005 8pm

Present:

Penny Painter Bob Ambler
Alison Farrar Geoff Matthews
Mary Cowling Chris Walker
Carol Lord
Colin Hughes

1. Yearbook

Colin – has spoken to founder member Roy Spencer for input and will look into race records etc. He has early photos of club which he will did out along with early newsletters of interest.

Maggie – agreed to update yearbook

Will try and locate PDF version of new members application form so we can add question re receipt of info by disc / e-mail to avoid too many paper copies

2. Heath Committee

Chris Walker has tried to contact (Peter Burton) Heath secretary but no response. Penny will chase up.

Follow up – any response?

3. Treasurers Report

Carol advised that: Bank £ 6183.71cr
Cash £ 76.26Cr

4. Secretary Report

No items for discussion

5. Social events

• Annual Dinner – Friday 27th Jan

Colin – approached Roy Spencer who may come to the AGM as inaugural member

• Halloween/Bonfire Party (4th Nov) – Pie & Pea supper. Geoff will be selling tickets shortly see Website for details

• Friday 2nd Dec – Joint night out in Halifax

AOB

• November Away run – Tuesday 8th Nov details on Website

• Calder Athletics Development Group- Mary has asked for members views on use of running track via forum – no real feedback to date but she will report back to CADG next meeting

• Donation for Calder Valley runner
Committee agreed to send £20 donation in respect of runner Greg Houghton who died recently

• Stainland 7 –

Ask Lynne if she requires volunteers to form sub-committee at NOV meeting

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

Geoff will consider some ideas and report back to the committee

• Club records – A page on the website has been set up for dedicating to holders of key race records (M &F).

Colin- to check out long standing records

• Beginners Course 2006 – There has been some member's views as to whether we should run a formal course next year as the Club is now so big and there are concerns that we look after the new members from this year and ensure they are integrated into the Club after the course finishes.

In Karen's absence this subject will be deferred until Nov meeting

• Runs Groups

Much debate around the issue of organizing Groups on club run nights and concerns about newer members not knowing who to run with. 4 coloured bibs are to be ordered and there will be 2 members for each group who will wear the bibs on run nights. Each colour will signify the speed of the group. Ideally with 2 bibs for each group there will be a front and a back marker. Groups are to set off with minute intervals again to prevent confusion. Avril to order bibs on behalf of Club.

• Social Secretary role 2006

The issue of whether this role could be enhanced with the formation of a sub committee to assist in 2006 rather than the burden falling on just one person was discussed. It was felt that the SS role should still be appointed at the AGM and then it is the newly appointed person's decision as to whether this format is adopted. If a committee is formed the primary responsibility of the role will still lie with the SS appointed.

• Winter Handicap - to be Sunday 16th Jan 2006.

Format will be a blind handicap. Start from Heath

• Founders Trophy

Committee – to discuss nominations at Nov meeting
Next meeting: THURSDAY 24th November @ 8pm, Heath after Club run.

Meeting Closed

Alison Farrar

Secretary

30.10.2005

RECIPE—FLAPJACKS

150g butter or marg

115g demerara sugar

120g or 5 tablespoons golden syrup

300g porridge oats I use a mixture of large oats and porridge oats 100g plain flour

Melt butter, sugar and syrup in a pan until dissolved, then mix in porridge oats and flour. To this mixture add Pecan nuts, Almonds, Sultanas and Glacia Cherries (same quantity of each), all chopped, you might need some extra golden syrup and marg melted into the oats if it is a bit stiff.

Put into a greased tin. Bake on gas mark No.4, 180 c for 20-25 mins

Recipe by Debbie Boyer

CAPTAINS LOG

RACE REPORTS:

Withins Skyline – Oxenhope - 23rd October

Charlotte Rayner was the lone entrant from Stainland in the Withins Skyline fell race, which started and finished at Penistone Hill Country Park nr. Oxenhope. Charlotte finished 6th overall in a very competitive Ladies section; well done Charlotte.

There are a further 3 races which will be held at the same location as the “Withins Skyline”; “The Stoop” on 18th December (5 miles), “Auld Lang Syne” on 31st December (6 miles) and “Stanbury Splash” (7 miles) sometime late January.

If you’ve never entered a fell race before but fancy having a go these three particular races are a great introduction to the fells. Don’t take my word for it; many of our members can be found traversing the moors on New Years Eve in the “Auld Lang Syne” race. Ask around, you’ll be surprised at how many closet bog trotters we have at Stainland!

Shepherds Skyline – Lumbutts – 5th November

Todmorden Harriers organise the ever popular Shepherds Skyline 6.25 mile fell race which regularly attracts around 200 runners. Ian Wood, Paul Biddulph and Jackie Graham competed this time around with the following results:

54:15	Ian Wood
54:52	Paul Biddulph
63:25	Jackie Graham

I’m not sure of the course details but I think Stoodley Pike gets a visit judging by the photographs on Tod Harriers website.

Guy Fawkes 10 – Nidd Valley - 6th November

15 Lions took part in Nidd Valley's 10 miler with some great times posted by all. Noticeable performances from Mick Blaylock and Phil Stapley, Linda Murgatroyd who entered under the alias of Helen Learoyd, Cathy Mellor, and Andy Wiggins, our 1st man home.

Times:

01:04:05	Andy Wiggins
01:25:53	Linda Murgatroyd (aka Helen Learoyd)
01:27:37	Alan Gibson

01:28:02	Alan Lashbrook
01:28:50	Ellie May
01:30:23	Zena Buckwell
01:30:33	Mick Blaylock
01:31:12	Philip Stapley
01:32:36	Cathy Mellor
01:38:00	Carol Lord
01:38:58	Paul Chadaway
01:38:59	Lisa Oldfield
01:50:41	Debbie Boyer
01:52:24	Maggie Blaylock
01:52:25	Steve Boyer

Cop Hill Fell Race – Meltham – 6th November

Toby Underwood, Alison Farrar and I braved the elements on a very wet and windy morning for this 7 mile fell race. Alison and I had great fun tramping through the mud, not sure about Toby as he completed the course so quickly in 9th position I think he’d showered, changed, gone home and had his lunch by the time we finished! Well done Toby. Congratulations to Alison also on completing her first bona fide fell race, something tells me she may be doing a few more.....

I’d thoroughly recommend the course as a warm up for the cross country season – 2 laps, undulating, v. muddy. Thanks to Paul & Naomi for turning out on such an awful day to support.

Times:

49:00	Toby Underwood
71:46	Mary Cowling
71:50	Alison Farrar

New York Marathon – 6th November

Congratulations to Clive Siddall, Susan Siddall and Chris Tetlow on completing the New York City Marathon 2005.

Times:

04:25	Susan Siddall
04:33:58	Chris Tetlow
04:37	Clive Siddall

FORTHCOMING EVENTS:

Calderdale Way Relay – 11th December

At present all 5 teams we have entered are full, however if you fancy taking part let Bob or me know and we will add you to the reserve list. As we keep saying team changes are inevitable due to illness or injury so the chances are you’ll get a run if you really want one.

Thank you to everyone who has turned out to either co-ordinate or take part in the recce's so far, they have been great fun. Leg 6 will be the final recce on Saturday 26th November, meet at Shelf playing fields 8.00am or Heath 8.30am.

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

Final race day instructions are now ready for distribution. To make things simple Bob and I thought a pre-race meeting for all the teams prior to the "monthly gathering" at Heath on Thursday 1st December would be an appropriate time to distribute instructions and iron out any queries members may have.

The club has around 30 compass and whistle sets, therefore if you need the loan of a set please let us know prior to the pre-race meeting so we can beg/borrow any extras required.

Also anybody who fancies a pint or two after the event on 11th Dec. we are planning to meet at the Duke of York, Stainland directly after the presentation, say 6-6.30pm. Food will be available to order for those who need more than a liquid diet! Obviously it would make life easier for the landlord if we had an indication of numbers for those requiring meals. If we can get hold of a sample menu we'll post it on the forum for viewing.

Yorkshire County Cross Country Championships 2006 – Rotherham – Saturday 14th January 2006

Men - 12k – Teams of 6. Medals to first three athletes to finish and first three teams.

Women – 6k – Teams of 3. Medals to first three athletes to finish and first three teams.

Anybody interested? Closing date for entries 16th December, please let Bob or me know if you would like to take part by the 5th December at the latest.

Pennine Bridleway Relay (off road) – Sunday 5th February 2006

Teams of 10 made up of 5 legs run in pairs, 47 miles of mainly off road running on a circuit around the Mary Towneley Loop between Rossendale, Burnley, Hebden Bridge, Todmorden, and Rochdale.

We entered two teams in the 'PBW' last year for the first time and all who took part thoroughly enjoyed themselves (or so they say). Perhaps we could enter a few more teams for 2006?

Johnny Moore has kindly offered to help co-ordinate teams for this race as he organised last year's entries on the behalf of the club. To pledge your interest or receive further details please contact Bob, Johnny or me via forum/email/phone by 18th December at latest.

THURSDAY NIGHT GROUPINGS

Within the past month we have implemented a new grouping system for Thursday night training sessions. Thursday is by far the busiest training night with 70+ members turning out on a regular basis and some members recently raised concerns about the safety of new runners, i.e. finding themselves in the wrong paced group, getting lost etc. After discussing ideas with various members we are now trying to organise runners into at least 4 separately paced groups, with a "leader/marker" within each group wearing different colours bibs as follows:

Pink =	10+min/mile
Red =	9-10 min/mile
Blue =	8-9 min/mile
Green =	Sub 7.5 min/mile

A huge thank you to all the people who regularly organise a route, this system would not be possible without your help and enthusiasm.

If you often train on a Thursday and have a favourite route which you wouldn't mind sharing with your group please don't hesitate to put yourself forward and lead every once in a while, it would certainly help out the good souls who regularly find paths for you.

SHOP

Don't forget that I have a supply of club vests in stock at £12 each, long sleeved tops and also Stainland Lion car stickers, a must for all car owners!

There are also only 2 of these super duper warm Fleeces left, they have Stainland Lions embroidered on the left hand side. These are ideal for any of our 'Groupies' who come and support our runners in our away events. Or even for the runners who wish to keep warm while waiting for the slowcoaches like me!!!.

These are £15.00 each and are both size L.

Cheers
Avril (Kit Queen)

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E-mail Alison.farrar1@ntlworld.com or post to 2 Birchington Avenue, Birchencliffe, Huddersfield, HD3 3RD.

Boxing Day Fun Run

Volunteers required to help out with Marshalling etc on the day.

Also if anyone has (or knows someone) anything that maybe of value as an auction prize, ie skills or products, please contact Lynne on 01422 883406 or email el.davies@tiscali.co.uk

Raffle prizes also required. All proceeds to local charities.

Lynn Davies

Up & Running

I have spoken to many of you over recent weeks and I can now confirm that the Grand Opening of Up & Running's 20th Store will be in Huddersfield on Saturday 3rd December.

LOCATION

The shop will be on Brook Street, which is just near Tesco's in the town centre. The link below takes you to the shops page on the Up & Running Website, which includes a map.

<http://www.runningshoes.org.uk/site3/huddersfield.php#info>

CLUB & RACE LISTINGS

The Website also includes a list of local clubs, with links and a list of local races. Please let me know of any races or events that you would like me to add to this page.

Please forward this mail to any of your club colleagues – If you have received this mail from a friend please contact me and I will add you to my distribution list. Future mails will include advance notice of offers and promotions.

RUNNING CLUB DISCOUNTS

Club Members with up to date North of England Membership Cards will receive 10% discount on Shoes and 5% on Clothes. We also will have Video Gait Analysis so we can make sure you are buying the correct shoes.

If you are a race organiser, we can offer discounted Vouchers for prizes, please get in touch if interested.

MELTAM 10K

Up & Running will be supporting the Meltahm 10K on Sunday 29th January. There will be extensive spot prizes and a Corporate Team Prize which is open to companies, fitness clubs, other sports clubs etc. Entry forms are available on the Website.

FORUM

I hope the forum page will be used for feedback on a range of topics. Please feel free to contribute. I have made an entry relating to a particular passion of mine..The Calderdale Way...Which is your favourite Leg?

More information soon, Regards

Martin Horbury

Social Events

By Geoff & Dawn



Joint Night Out

When? Friday 2nd December

Where? Starting at the Shears Inn at Paris Gates, then moving on to The Three Pigeons, The Pumproom and Goose. After that you can either go dancing, have a curry or go home (or all 3 if you're up to it - hopefully in that order!)

Who? Members and partners

What time? Say 7.30 to 8.00 at The Shears but you can join us anywhere along the route.

Why? To have fun, get drunk(ish), have a boogie and stuff your face. Anyway, why not?

Annual Dinner

The Stainland Lions Road Runners Annual Dinner will be held on Friday 27th January 2006 at Berties in Elland....

... but you knew that didn't you?

The cost is £25 per head (bargain or what?) and I am now taking names, numbers and your money!

Please reply to this message (privately if you're shy) with your name (proper one if I can't tell from your username) and how many tickets you require. Please note that the event is open to all club members and their partners but we are restricted to 200, so don't miss out by waiting until January!

The menu is on the poster attached to the October Newsletter and displayed on the club noticeboard. I don't need your food orders yet, so you've got plenty of time to change your mind a few times!

There will be no specific dress code other than 'no trainers or jeans', however, if this is your chance to dress to impress, then go for it!

Geoff

Comments

Well all I can say this month is that you're lucky to be getting this edition! I have been experiencing a bit of trouble with the internet and emails. Our computer seems to want us to look at very unsavoury sites, naturally I blamed my 17 year old son! As it turned out he was quite blameless (and so was Mick), somehow it infiltrated our computer and even changed our dial up number (changed it to a number charged at an exorbitant rate).

So the outcome of it all is that we are now dragging ourselves into the 21st century and going onto broadband!

I haven't quite decided how I'm going to get by when my best buddy Debbie, & Steve sets off for Lanzarote on the 1st December. I'm going to miss them both very much, but I hope they'll enjoy themselves and have a relaxing life in the sun.

Maggie

Quote of the month

Tracey to Granville on the warm up prior to the XC race:

"Are you taking your pants off then Granville?"

Suffice to say Granville took them off..... eventually.

Background: He was wearing long jogging pants over his shorts for the warm up!

Nominations for Club roles 2006

Notes:

All positions highlighted in bold will form the Club committee role on behalf of the Club

Self Nominations only

Members can nominate themselves for 3 positions but can only hold 1

Nominations to be received by the secretary by Monday 14th November

All nominations will be distributed to club members in the November newsletter

All voting for roles will be by way of secret ballot at the AGM to be held on 5th January 2006

POSITION		NOMINEE
COMMITTEE POSITIONS		
Chairperson		
Vice Chairperson		
Secretary		
Treasurer		
Club Captain - Mens		
Club Captain - Ladies		
Social Secretary		
Committee Position 1		
Committee Position 2		
NON-COMMITTEE POSITIONS		
Cross Country Captain		
Beginners Coordinator		
Newsletter		
Website		
Coaching Coordinator		
Publicity		
Race Director Stainland 7 (2007)		
Race Director - Boxing day Fun Run (2006)		
Race Director - Bluebell Trail (2007)		
Heath Committee:	Position 1	
	Position 2	
	Position 3	
Kit		
Grand Prix		
Vets		

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

alison.farrar1@ntlworld.com

OR

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

Office Roles & Responsibilities

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

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

Chairperson

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

Vice Chairperson

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

Secretary

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

Treasurer

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

Coaching Co-ordinator

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

Club Captains (Male & Female)

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

Cross Country Captain

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

Beginners Coordinator

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

News Letter

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

Web Site

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

Social Secretary

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

Publicity

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

Race Directors

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

Heath Committee

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

Kit

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

Grand Prix

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

Vets

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

Committee Member (2)

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

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 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 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.



Maggie

5. Monthly Meetings

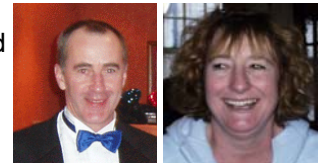
We have our monthly meetings on the first Thursday of every month. They are held at Heath Rugby club after a shortened Thursday night run. They usually start about 7:45 and last about an hour. You can get a drink at the bar. All members are welcome to come along. They are quite informal – you



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

	<u>DATE</u>	<u>EVENT</u>	<u>CONTACT/DETAILS</u>
	27/11/05	Leeds Abbey Dash 10k	Www.helptheaged.org.uk/dash2005
	27/11/05	Benidorm Marathon	Douglas Moody
Social	2/12/05	Joint night out	Geoff Matthews
	4/12/05	Cross Country Event—Blackcarr Woods	Steve Newill
	6/12/05	Away run—from the Wellington in Elland	Mary Cowling
	11/12/05	Stockport 10	Runners World
	11/12/05	Calderdale Way Relay	Mary/Bob
	18/12/05	Stoop 5(+) Haworth	Mary Cowling
	18/12/05	Travellers 6 Huddersfield	Runners World
Social	26/12/05	Boxing Day Fun Run	Linda Davies
	31/12/05	Auld Lang Syne (6 miles)	Mary Cowling
	1/1/06	Hangover 8/14/21 Dewsbury	Runners World
Social	5/1/06	Stainland Lions AGM	Penny Painter
	8/1/06	Cross Country event—Bramley Falls Park	Steve Newill
Social	16/1/06	Winter Handicap—Heath	Team Captains
	22/1/06	4 Villages—Half Marathon	Runners World
	22/1/06	Brass Monkey Half Marathon—Dent	Race Full
Social	27/1/06	Annual Dinner	Geoff Matthews
	29/1/06	Cross Country event—Tong Park	Steve Newill
	29/1/06	Meltham 10k	Martin Horbury
	5/2/06	Pennine Bridleway Relay (off road)	Johnny Moore
	26/2/06	Huddersfield Road Runners 10k(+)	Runners World
	19/2/06	Cross Country event—Heath Rugby Club	Steve Newill
	10/3/05	Cross Country presentation night—Heath	Steve Newill
	26/3/06	Rome Marathon	Lucy Hodgson