



THE LION'S TALE

THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS

""THE ROAD GOES ON FOR EVER""

AUGUST 2005



Comments from the Chair

I start this month with an advanced reminder that all committee positions will be up for election at the AGM in January. The current committee are in the process of compiling brief descriptions of their responsibilities, to ensure that prospective nominees are fully aware of the respective roles. If you feel that you would like to know more about any of the positions, please feel free to approach any of the current committee members. It would be good to see some new faces putting themselves forward for election.

Well done to the two Stainland Lions teams who competed in the recent Leeds Relay, This is a new event for the club and one in which we hope to take part in again next year and improve upon the success we enjoyed this year.

Yet again, another successful Pub Relay took place recently – everyone had a really good afternoon, with particular thanks going to Colin, Trevor and Linda, for finding such an excellent alternative venue at short notice.

Whilst on the subject of pubs and drinking, a good time was had by all on the recent pub crawl around Elland and Brighouse. A big 'thank you' from all who attended to Karen and Steve for organising the evening. Can we have another one soon?

Finally, for those of you who ran the away run at Norland last week, you will have seen our wonderful scarecrows that were created over the course of a Sunday morning. I know I am totally biased, but I did think that they were amongst the best on display. It was great to see how four scarecrows could generate such interest and creativity – what a good advert for our club! Having studied the photos on the website, I'm not sure about your new woman Geoff!!

**** DOGS ON CLUB RUNS ****

The issue of members running with dogs has been raised by some concerned members. Some members are scared and feel uneasy and some feel that particularly if dogs are running loose there may be a potential accident waiting to happen. A discussion took place at the last club meeting, where it was decided that it was safer all round if dogs were no longer permitted to go on club runs.



I'm sure all those that participated in the pub relay had a great time, I know I certainly did. It made a nice change to have the event start at the Stainland Rugby Club. The main benefit from my husbands point of view was the wonderful beer they were selling, at very reasonable prices. A fair amount of ale was consumed between Phil & Mick, the effect being, very big smiles on their faces. We now call the beer happy juice as none of us can remember the name of it.

To my knowledge there was no cheating this year, which was a shame, so maybe next year!

Thank you to everyone that worked so hard getting the barbecue going, the steaks were delicious.

Maggie



PRESS OFFICER

Unfortunately Gary Williamson has formally resigned from his role as press officer, due to work pressures. However Granville Hall kindly offered at the last club meeting to take over the post (unless there is anyone else in the club keen to take it over)

A big thank you to Gary for all his hard work in the past, and when are you going to come and have a run.

GPS

**Product guide by Steve Boyer—
king of all gadgets**

There's been a couple of enquiries from fellow runners about the Garmin GPS watches quite a few of us are sporting these days. I personally recommend the **Forerunner 201** as it has a built-in re-chargeable battery pack and theoretically runs for 14 hours on a full charge. I simply put it on charge after a run, so it's always ready for action. A useful feature is the Virtual Training Partner, whereby you can key-in a distance and the time you want to take and it constantly calculates whether you are running too fast or lagging behind. This model can be connected to a PC so you can analyse runs, speed, altitudes etc. I find this feature amusing, but not essential at my level of athleticism . . . I bought a bracket to mount the watch on my bike handle bars for about £11 and that is really useful when I switch the watch to cycling mode as it displays speed rather than pace.

The only two minor drawbacks I've found with this unit are:

1. It's quite big and takes a little getting used to.
2. The signal suffers under heavy tree cover or between large buildings and will steal some of your mileage, but nothing to worry about.

The best price I can find on the Internet at present is £109.50 including delivery, 1-2 days at:

www.treadbear.co.uk



The **Forerunner 101** is a cheaper (around £90) battery powered, slightly thicker version of the 201 and lacks the PC connectivity, but apart from that has all the functionality of the 201. Fine if you are good with batteries and are happy to carry a couple around in your pocket (tip - wrapped in cling-film) when on a long run. Debbie has a 101 and we've experimented with re-chargeables on her watch, but they seem to fail at the worst time, so she's gone back to Duracells.

Steve

SHOP

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

Great North Run

Nicola Clayton is running in the Great North Run on Sunday to raise funds for the British Heart Foundation. There was a great piece in the Courier about her on Tuesday. If anyone would like to sponsor Nicola she runs on a Thursday and Monday night.



Our scarecrows stood the test of time and survived the horrendous downpour. I think they did the club proud!

[New Member Profile](#)

Name: Charlotte Crabtree

Age: 33



Occupation: Physical Activity Development Officer

When did you start running & why? 2 weeks ago
(Have had this profile a few months now—Maggie)

What made you join Stainland Lions? To train for Great North Run and loose weight!!

Tell us something funny, embarrassing or secret about yourself. Too many to mention, I'm a fool!!

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy? Brad Pitt & David Beckham

What is your worst habit,. Behaviour or vice?

Favourites:

Food: Indian

Film: I love them all,
DVD fanatic

Drink: Hoegaarden

Music: Various

Pastime (apart from running): Playing guitar, extreme sports

Book: Anything by Patterson or King

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

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

Quotes of the month

Overheard in conversation -

“Steve helped with the scarecrow’s erection”

(Hoped he washed his hands afterwards!)

“The hills aren’t so bad once you get to the top”

GRIN & BEAR IT

(8th October 2005)

This event is co-organised by two of our members Charlotte & Eddie Rayner on behalf of Woodhead Mountain Rescue.

Is anybody interested in entering with a view to setting off with the mass start at 08.00 and walking/trotting round as a group? Will happily do either distance to accommodate the majority. If nothing else we can use it as an introduction to the cross country season.....

Mary

Committee Meeting Minutes

Stainland Lions Road Runners
Committee Meeting Minutes
24th August 2005 8pm

Present:

Penny Painter	Bob Ambler
Alison Farrar	Geoff Matthews
Mary Cowling	Karen Newill
Carol Lord	Stephen Newill
Chris Walker	

Follow up action from last months meeting:-

1. Yearbook

Karen has now put the yearbook on the members section of the forum for all to view. It was felt that we need to co-opt volunteers to assist with the updating of this document which can then be circulated to new members at the beginning of the year.
Committee to ask for volunteers to assist at meeting 1st Sept. Hopefully this can be completed in time for the start of 2006.

2. Heath Committee

No Heath meetings have occurred for some time and need to chase as we want to progress the development of the facilities at Heath. Ie showers & toilets
Steve Walker to contact (Peter Burton) Heath secretary with a view to getting things moving and a date for a meeting.

3. Treasurers Report

Carol advised that: Bank £7210.56cr
Cash £ 44.07cr

4. Secretary Report

No items for discussion

5. Social events

- Elland Pub Crawl – Karen proposed. Start at 5pm and visit various pubs ending up in Brighthouse for a curry. 3rd September. Start at Wellington Pub, Elland. All welcome –see Newsletter or forum for details. Opportunity to join at different stages of the evening, Full details in newsletter and forum
- Annual Dinner – Geoff has had limited feedback on a change of venue. Concerns over room size at Auctioneer. Geoff is to investigate the price options at Berties in Elland which due to location is considered a good alternative.

Once he has details he will post on forum for all members views. Date is likely to be late Jan 2006 as in previous years.

Geoff to report back to committee and then seek views of members

- Halloween/Bonfire Party (4th Nov) – Geoff will look into the possibility of holding this event at

Heath

Geoff to report back to committee with options

AOB

- Leeds Relay – Aug 5th. All members who elected to run should now have received details of their leg from Mary/Bob
- September Away run – Tuesday 6/9/05 @ 6.45pm. Moorcock Pub, Norland Details will be placed on Website
- **Volunteer for October away run needed (11th Oct)– ask at Sept Meeting**
- Calder New running track / Coaching
Colin absent from this months meeting therefore no update on coaching
Colin – review if we have any volunteers from the Club at Sept Committee meeting
- Boxing Day Fun Run –
It was proposed that this years event could be held at the Rugby Club @ Stainland. This was viewed as acceptable following the pub relay being held there. Reasons being that there would be as much room if not more/ shower facilities/ income would be generated into a local sport/ possibility of having a BBQ in the area around the Club house. Committee agreed the change of venue by vote.
- Stainland 7 –Mary had meeting with Fitness first who are happy to donate some free passes for events. They are also happy to advertise races in the gym via posters. Possibility of them also providing articles for the newsletter on a regular basis. Date changed to Sep 2006. It was agreed that Lynne may need help in organizing much as we have a sub committee for the Bluebell. With Lynne's agreement this will be suggested at the sept meeting.
Ask for volunteers to form sub- committee at Sept meeting
Fitness First mentioned a 10k race they are looking to organize in Halifax in conjunction with Halifax Town development. They asked if we would be happy to assist. Mary has given a positive response. More details will follow in due course.

- Gary Williamson has formally resigned from his role as press officer due to work pressures.

Penny will seek any volunteers from the members but it may be that the role will remain vacant until the election of the all roles at the AGM in Jan 2006

- Dogs – the issue of members running with dogs has been raised by some concerned members. Some members are scared and feel uneasy and some feel that particularly if dogs are running loose there may be a potential accident waiting to happen. A letter will be placed in the newsletter to politely inform Club members to be mindful of these issues.

- Printer- to assist Maggie in the printing of the newsletter and reduce the cost of replacement cartridges a printer has been purchased at a cost of £50. This will be owned by the Club and available for anyone in the role of newsletter publisher.

- Tuesday Night Runs – there appears to be a misconception that this night is a harder run! This is not the case and whilst some of the faster runners choose to run at the Red Lion there is always a middle group and usually if numbers permit a slow group. Therefore there are usually 3 groups to choose from. Obviously if slower runners choose not to attend on this night then the spread of abilities will diminish and there may as a result not be the variety of options. Please feel free to attend on a Tuesday and make this night as enjoyable as Thursdays. There are some lovely runs from Stainland to enjoy!

Steve T – would you please amend the website accordingly in line with the above message – Thanks

- Election of Roles (2006)

Whilst it may seem some time off the AGM will soon be upon us and we need to start considering the election of members into the roles. We will be looking to produce a list of all roles up for election along with a brief description of the duties responsible. Oct /Nov – members will be asked to nominate themselves for any of the roles available. Dec- All nominations rec'd by the committee will then be made public and members will be invited to vote at the AGM via a ballot system. The winners of the ballot will be announced on the night of the AGM

Alison – to advise committee of all current roles and consider future roles for 2006.

Alison – Provide description of the roles so far prepared in the yearbook

- Thursday Monthly meetings- The issue of the format of this meeting has been raised a 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

Next meeting: Wednesday 28th September @ 8pm, Wellington Pub. Elland

Meeting Closed

Alison Farrar

Secretary

26.08.2005

CAPTAINS LOG

Littleborough 5k – 30th August

It was another fabulous turnout from Stainland at this popular 5k; 30 members took part in a total field of 129. Andrew Smithson led the Lions home in 20th place with a flurry of members closely chasing his heels. Looking at the results it was great to see a whole host of new names, many from the beginner's course, flying the clubs colours. I'm sure it won't be long before these names become all too familiar to their competitors.

The Leeds Country Way Relay – 4th September

Two mixed teams were entered in this relay with excellent results. Team 'A' finished in 17th place with Team 'B' following in 32nd place; a total of 36 teams completed the course.

Considering this was our first attempt at the event, coupled with the fact that we had very little preparation time to do recce's, both teams did extremely well. A lot of the legs were run blindly on the day, which if my own experience of this course is anything to go by will have slowed many down considerably – I won't tell you how long it took Claire and I to recce Leg 1!

Well done to all who participated on behalf of the club. Full team lists below:

Team A

Paul Biddulph & Johnny Moore
Naomi Sharratt & Jackie Graham
Colin Hughes & Andy Wiggins
Ben Mounsey & Ansar
Gayle Benson & Darren Sugden
Tracey Dean & Granville Hall

Team B

Clare Wood & Sarah Wetherill
Diane Waite & Alison Farrar
David Waite & Richard Fawthrop
Alan Lashbrook & Clive Aylott
Mark Preston & Clive Siddall
Teresa Hall & Helen Kettle

NOEAA Road Relay Championships – 1st October – Blackpool

Naomi Sharratt, Fiona Woodhouse, Jackie Graham and Sarah Wetherill have kindly volunteered to represent the club as a Ladies team in this forthcoming event. They will each run approximately 4k at Stanley Park, Blackpool. If anybody fancies a trip to the coast to cheer them on, let me know, I'm sure the girls would appreciate having some supporters on the day. Good luck girls.

Calderdale Way Relay – 11th December

The time has come to start the recce's for this year's impending Calderdale Way Relay. Bob and I have outlined some proposed training dates below. If you have prior knowledge of a particular Leg and you would be happy to take a group out at a different time or date, please feel free to do so as it may not always be possible for Bob or me to make the proposed dates due to any unforeseen circumstances.

Proposed Dates:

Leg 1 (Heath – Cragg Vale) Sunday 2nd October

Meet at Hinchliffe Arms 8.00am or Heath 8.30am

Numbers required prior to day to enable us to organise a number of vehicles to be parked at the end (Hinchliffe Arms).

Leg 2 (Cragg Vale – Todmorden) Sunday 16th October

Meet at Todmorden Sports Centre 8.00am

Drive back to Cragg Vale to start at 8.30(ish)

Leg 3 (Tod – Blackshaw Head) Sunday 23rd October

Meet at Blackshaw Head 8.00am

Drive back to Tod to start at 8.30 (ish)

Leg 4 (Blackshaw Head – Wainstalls) Sunday 6th November

Meet at Wainstalls 8.00am

Drive back to Blackshaw to start at 8.30(ish)

Leg 5 (Wainstalls – Shelf) Sat 19th November

Meet at Shelf 8.00am

Drive back to Wainstalls to start at 8.30(ish)

Leg 6 (Shelf – Heath) Sat 26th November

Meet at Heath 8.00am

Drive back to Shelf to start 8.30(ish)

5 Teams have been entered based upon the response so far. Places are still available at the moment and our aim is to ensure everyone who wants to participate gets a place on a team. If you feel unable to fully commit at the present time or would prefer to be a reserve, this is just as helpful to know, as many of you will be aware that the teams change on a daily basis the closer it gets to race day due to illness, injury etc. Please inform us if you have a preferred Leg and/or running partner, we will try to accommodate your wishes as best we can. If you fancy joining in please contact Bob or myself through the usual channels

We will aim to get the teams into some kind of order this month and publish the lists on the forum/newsletter thereafter. Final details etc. will be distributed closer to race day but full copies of the Calderdale Way instructions and maps are available if anybody would like one in the meantime.

2005/06 Cross Country Dates:

13.11.05 – LBT (Temple Newsome)

04.12.05 – Pudsey – Fancy Dress

08.01.06 – LBT and Pudsey (Bramley Park)

29.01.06 – Baildon

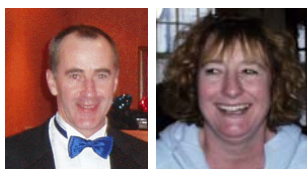
19.02.06 – Stainland

The Presentation Night is scheduled for Friday 10th March and for the first time ever we will be the hosts! More details to follow.

All fixtures and results are available from Idle AC's website: www.idleac.co.uk

Social Events

By Geoff & Dawn



Halloween/Bonfire Party—Friday 4th November

Fancy Dress, children welcome. Other details, such as cost and food to follow.

* Please note, there will not be an actual bonfire as the rugby club are holding one the following evening

Annual Dinner

Have been in touch with Berties in Elland regarding holding the annual dinner there. Provisional date is Friday 27th January. I hope to have more information about this very soon.

Fundraiser

My name is Maureen Hole, I usually run on a Thursday night and a Sunday morning. I'm a new member and have managed to get a golden bond place for the London Marathon in 2006. I'm just starting to fund raise for the Royal British Legion and am in the progress of organising a Charity evening.

It will involve a children's fashion show, of See Saw clothes, they are a company which specialise in unique, reversible quality clothes, age 0-8. There shall also be Usbourne books and I'm trying to organise a few other stalls. Perhaps jewellery, handbags, make-up etc. It is going to be at St Mary's Church at Cottonstones on the 2 November, starting at 7.30pm, tickets £2 and this will include light refreshments.

I'm off on holiday to Spain for a couple of weeks on Sunday, so tickets won't be available until the start of October.

Thanks
Maureen

Editors Closing Comments

Doesn't time fly when you're having fun? It's actually getting dark before we get back from our runs, next it'll be Christmas.

Some of you may have noticed that I have to nag people to get reports from them, and even that's not working.

PLEASE, PLEASE, PLEASE have a go at writing an article for the newsletter, whether it's a race report or about anything else. It would make the newsletter a lot more interesting, as otherwise you'll just get loads of reports written by me!!

I shall be off to Newcastle on Sunday to watch Mick run. I've no doubt that Richard, Smithy and I will try a few pubs in the vicinity whilst we wait for everyone to come in. I hope all our runners have a great time and enjoy every moment.

I'd just like to congratulate Richard on his great time for the marathon he ran last weekend, I shall expect a race report!

Signing off until the next time

Maggie

October Away Run

Tuesday 11th October meet at 7pm outside the pub nearest to the boats at Hollingsworth Lake (name of pub escapes us). More details will be posted on the members forum nearer the time. Run being organised by Phil Stapley and Debbie Boyer.

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

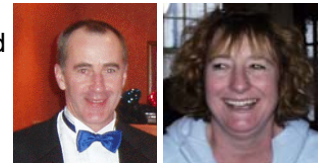
We have our monthly meetings on the first Thursday of every month. They are held at Heath Rugby club after a shortened Thursday night run. They usually start about 7:45 and last about an hour. You can get a drink at the bar. All members are welcome to come along. They are quite informal – you



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>
GP	18/09/05	Yorkshireman ½ m	Alan Lashbrook
	18/9/05	Great North Run	Runners World
	25/9/05	Kirkstall Abbey 10k	Runners World
VET	25/9/05	Homfirth Harriers—Honley	Eric Heaton
	2/10/05	Bramham Park 10k	Runners World
	2/10/05	Horsforth 10k	Runners World
	2/10/05	Helwith Bridge Duathlon	Runners World
	8/10/05	Grin & Bear it	Mary
	9/10/05	Castle Howard 10k	Runners World
GP	9/10/05	Harewood Trail 10k	Alan Lashbrook
Social	11/10/05	October Away run	Phil Stapley
VET	16/10/05	Bridlington Road runners ½ marathon	Eric Heaton
	23/10/05	Pickering & Moors 10k	Runners World
VET	30/10/05	Holmfirth 15	Runners World
Social	4/11/05	Halloween Party	Geoff / Dawn
	6/11/05	Cop Hill 7 (Huddersfield)	Runners World
GP	20/11/05	Roundhay Park 5m	Alan Lashbrook
	27/11/05	Leeds Abbey Dash 10k	Www.helpthe aged.org.uk/dash2005
	27/11/05	Benidorm Marathon	Douglas Moody
	11/12/05	Calderdale Way Relay	Mary/Bob
	26/3/06	Rome Marathon	Lucy Hodgson