



Comments from the Chair

How things have changed from my last spell as Chairperson !

We now have a thriving club with an ever increasing membership, our name is now known throughout the Yorkshire region. It has though, not come without a lot of effort from past and current members /committee members. I would like to thank all those who have had some involvement over the years. Whilst many members have contributed to the success of the club, I would just like to single out our retiring committee members, chairperson Penny , Secretary Alison , Treasurer Carol, Social Secretary Geoff, Team Captains Mary & Bob for the work they put in last year . This was the cornerstone of our success and their efforts help put the club where we find ourselves now.

What will 2006 bring?

Well we could not have got the year off to a better start, the annual dinner was an overwhelming success , Geoff you're a star.

What a turn out from our new members, apologies if I did not recognise you in all your Glam Rags. I sincerely hope you all had a wonderful evening. The dinner really summed up the spirit within the club at the moment, Penny touched on many of reasons why in her speech.

The club has always been considered a family club, which can accommodate runners of all abilities. We certainly have both in abundance, our elite runners can now compete with the best the region has to offer, we have new runners who have yet to express themselves, all of which gives us a very good chance of picking up some individual and team awards. Ben the bullet got us started, I hope at the next dinner to be reflecting on many outstanding achievements.

Finally to members who have not been with the club very long, the club has a lot to offer, both in running & social events. Just because you are a new member does not exclude you from any club race, or putting forward new ideas for functions/ races etc. (The pub relay in June is a must for new members) If you have any queries or ideas then please contact my self or any committee member.

Look forward to seeing you all running.

Colin

Woodkirk 10k

Race report by Simon Hogan

Recently I've been questioning my enthusiasm for racing as I felt it had waned a little in recent months so it was with some trepidation that I lined up with the hoards on a cold Sunday morning. Confidence wasn't helped by the fact that the 'start line' was actually a cordoned off A653 with the traffic backing up behind the 200+ runners whilst the police assisted with the marshalling at the start. The start itself was announced not by a gun or a whistle but a simple bellowed 'Go!' So, off we went.

The first mile was fast – very fast. Too fast! I was less than 200yds behind the pace car after the first down and then up mile and still running with the well-under-40 min boys which I soon realised was clearly wrong so I eased off a bit. I missed the first mile split but it felt sub 7 minute. The second mile split after a bit of a climb gave a reading of 14 min 42 secs and I was feeling pretty spent already after the fast start but nevertheless back down to a sustainable pace. Mile 3 was completed in a further 7 mins 13 secs and involved a nice downhill stretch away from the urbanisation of Tingley Bar before a hard left on to a muddy footpath for ½ a mile. 'Great', I thought, 'road shoes and mud don't mix!' Sure enough I was slipping and sliding all over the path but still managed to keep going in (roughly) the right direction before rejoining precious tarmac. This was followed by the 4th mile marker where I posted a 7min 6sec mile before a stretch of flat road and a progressively steep chicane climb around the remains of a defunct railway viaduct. Still managing to keep going I was feeling good again and passed the 5 mile marker no problem. The final mile, as anyone who's done this race before will know, is a killer climb. I passed the mile 6 marker in a cumulative time covering miles 5 and 6 in 16min 7secs.

Ever since mile 5 I had been tailed by a small cluster of runners all of whom I'd managed to shake off by periodic surging. However, this one persistent chap from Ealing Southall and Middlesex running club. Every time I surged he seemed to come with me and I didn't think he was going to travel all that way to be pipped at the last hurdle.

With less than ½ a mile of climbing to do before the finish which was, by now, actually in sight I had nothing left to give but was determined not to give in. With head bobbing Paula Radcliffe style I lunged forward with one final attack & crossed the line utterly spent in 47mins 4secs. Southern man came in just 1 second behind me and we sportingly shook hands. Though I was a bit miffed not to be under 47 mins, given the difficulty rating of the hilly course I was far from disappointed – particularly as last year I posted 47mins 29secs so to knock off some 25 seconds – 4 per mile is still an achievement with which I am quite proud.

Chatting with the southerner runner later, he said that he had only wanted to get level with me to say 'you have it – you've worked harder than me!'

If there was any doubt about my enthusiasm for racing at the start of the race, by the end those doubts were thoroughly dispelled. I'm now truly looking forward to Huddersfield and then the big one at Dent

Circuit Training at Ryburn High School

Circuit training is now taking place at Ryburn School every Wednesday 7.00 pm start, for one hour. The training is varied and keeps your heart rate up, I would recommend it as an alternative to pounding the roads.

The training session serves two functions:

1. To help athletes from the area develop overall strength, combined with coaching from Level 4 coaches.

All newly qualified coaches have to put so many hours in coaching before they can be classified as grade 1. This a good forum to put in to practice their recently acquired skills whilst at the same time being mentored by grade 4 coaches.

I would suggest it is worth going along and giving it a go, it is very reasonably priced at £1.50.

Colin

Club Night Meeting Minutes

Thursday February 2nd 2006

at Heath Rugby Club

Committee Members Present: Colin Hughes (Chair);

Gayle Benson (Ladies Captain); Richard Fawthrop; Penny Fleming; Eileen Hiller (Secretary); Steve Knight (Men's' Captain) Geoff Mathews (Vice-Chair); Chris Walker (Social Secretary)

Apologies: Linda Murgatroyd (Treasurer)

1. Welcome to new members

Colin welcomed all new members to the club meeting. He thanked all committee members who had retired at the end of 2005 for their contribution, and welcomed the new committee.

2. Annual Dinner

The general consensus was that this had been a 'good do' and had been very much enjoyed by all. The success of the evening was largely due to the efforts of Geoff and Penny, which was very much appreciated by all.

3. Heath Update

3.1 Background

Colin described the historical background to the Stainland Lions as a running club and the reasons why a move had been made to Heath Rugby Club as a headquarters a few years ago. He pointed out that those reasons were still valid today:

- Once the club had grown to more than 30 members, meeting in a pub car park was not practical. Now the club has over 200 members this is even more unsustainable.

Having the club headquarters situated on top of a hill impeded the ability of the club to cater for the wider membership – or as Colin put it, many members would say -“Bollocks, I'm not running on a hill! The Heath venue provided facilities in a convenient, flat location.

The club needed to interact with an existing club for the mutual benefit of both. Heath thought the running club would provide a useful injection of funds, both from membership subscriptions and over the bar at social events. In addition it had been hoped funding could have been sought from suitable athletics bodies to assist in developing facilities at the club.

3.2 Problems for both clubs

Colin then outlined the problems which have accelerated during the past year.

1. Integration of Stainland Lions with any existing club would be more difficult now because of the size of the current membership.
2. Membership of Heath Rugby Club has also increased, and there is once again a flourishing junior team.
3. There is a huge discrepancy between the subscriptions both playing and social members pay at Heath and the amount the Stainland Lions pay per member. Social members at Heath currently pay £15, playing members pay £40 subs and £3 per game. The Stainland Lions payment to Heath has remained at the original, now totally unrealistic, amount of £200, which is less than a pound per member. Colin re-iterated Gayle's remark that this was the 'cost of 2 Mars bars'.
4. Car Parking. There has been a clash on both Thursday evenings and Sunday mornings. Heath is hoping to expand further and develop a new car park, but funding is needed and the Lions have made no effective contribution.
5. Communication. There have been faults on both sides in communicating when respective events have been planned.

3.3 Proposals.

Colin suggested the following strategies should be adopted:

- More realistic subscriptions would be paid.
- More running and social events would be held at Heath to generate bar funds
- Stainland Lions requested to park by the mill at the top, rather than in the car park.
- A better dialogue would actively be developed between the two committees.

An investigation of available funding would be made to contribute to development.

4. Cross Country Sunday February 19th

Karen Newill reported on this event which is to be hosted by Stainland Lions and begins at the earlier time of 10.30am. A map of the route will be put on the notice board at Heath. Help is needed for the following:

1. Marshals. Karen thanked all those who had volunteered to marshal the event. Although there were a sufficient number, reserves were also needed. In the absence of reserves, Karen asked if volunteers would find their own substitute if necessary
2. First Aid. Anyone who has a first aid certificate who would be willing to help, please contact Steve or Karen
3. 'Reconnoitre'. Members are welcome to join in on the 12th February, either to run with Steve or to walk with Karen. Dogs are allowed on the walk, but not on the run.
4. Raffle prizes. Please bring suitable raffle prizes on the day.

5. Cross Country Presentation Evening

This is the district league final event, which will be held at the Old Brodleians Rugby Club on Friday 10th March. There will be a curry buffet at £7 per head. Names and numbers to be given to Karen or Steve Newill by the 1st March.

6. Bluebell Trail

To be held on the 7th May. Entry forms are now on the website. Volunteers are needed to marshal, please contact Alan Gibson or Carol Lord.

7. Coaching Courses

Calderdale Athletics Development Group is holding an accredited level 1 coaching course at Hipperholme and Lightcliffe Sports College, beginning on the 4th March. Anyone who is interested should contact Mary Cowling before the 17th February.

8. Financial review

Colin reminded members that subscriptions for 2006 are due before the end of March. The intention is to try to share out the available budget amongst races. Suggestions from members for club funded races will be considered by the committee.

9. Club captains / New members

New member's questions about races should be directed to the club captains.

Steve Knight asked for recommendations for club runs. Gayle Benson asked for volunteers to substitute in the Pennine Bridleway relay to be held on Sunday February 5th

10. Social events

10.1 Chris Walker has arranged the following events:

- Norwich Union Grand Prix Athletics. A trip has been organised on the 18th February. Costs are £15 per head plus transport to be arranged. Details will be on the forum.
- Guys/Ladies (separate) nights out, to be held on Friday March 3rd
- Pub relay and barbecue to be held on Saturday June 17th.

He has also received suggestions from members for bowling; rock climbing; paint balling; a night at the dogs and a pub run along the canal from Littleborough.

10.2 A Ladies night is to be held at 'Up and Running' in Huddersfield on Wednesday March 15th. Martin Horbury is holding a promotional evening for Brookes shoes, including wine and nibbles and will provide a minibus home if there is sufficient interest. Please give names to the secretary.

10.3 Alison Adams has invited everyone to her special birthday party at Milans on Friday February 10th

10.4 Colin mentioned the availability of circuit training at Ryburn School, held every Wednesday at 7pm. Cost is £1.50

11. Any Other Business

11.1 Training runs

Some discussion took place about the organisation of runs on training nights. Colin asked for volunteers to share the responsibility for leading a run. Smaller groups were suggested and that the natural splitting of a group by pace should take place.

11.2 The new circuit track at Spring Hall

Colin is investigating the possibility of organising a half marathon with the Harriers for the official opening of the track.

It was noted the club will need a Criminal Records Bureau trained officer in order to use a Calderdale sports ground.

Colin thanked all for attending and the meeting was closed

Captains Log

Hello to everyone from the new captains of the club Gayle Benson, lady captain and Steve Knight, male captain. Also we have Eric Heaton vets captain and Diane Rafferty, beginners co-ordinator. Every month a captains log is put in the newsletter featuring race reports and forthcoming events, this doesn't always have to come from us, if anyone would like to input into this section by writing a race report or congratulating someone on doing well in a race then let me know, as we would like to hear from all the members in the club no matter how big or small the race maybe. My email - gayle@theblackhole.co.uk

Coley Canter 27th Dec 2005

A modest turnout for this 7 mile post Christmas race by Stainland, with 6 of our lions taking part. Paul Biddulph finishing 12th ahead of his usual rival Toby Underwood, but The Shagmeister says he was robbed because when Toby realised defeat by Paul was imminent, Toby decided to throw himself over a stone style and feign injury. This cruelly robbed Shaggy of his first ever true victory over Toby. Tracy Dean had an excellent race finishing 2nd in her category F40, well done! (Thanks to Paul for his input to this race report).

12 Paul Biddulph 49.53
18 Andy Smithson 51.36
22 Toby Underwood 54.01
35 Tracy Dean 60.06
46 Mary Cowling 64.57
47 Clive Siddal 64.58

Boxing Day Fun Run

The Boxing Day fun run was a great success, raising over £1,500 for the Martin House Hospice, Wetherby. Our very own Ben the Bullet won the race, well done Ben! A big thanks to Lynne, Trevor & Linda and everyone else who put a lot of effort into organising the event, also thanks to Stainland Rugby club for their help and donations.

Auld Lang Syne Fell Race

The last fell race of 2005 saw a great Stainland Lions turnout. Taking no account of the freezing temperatures, driving rain and howling wind, 9 brave (mad) souls lined up in a field of around 430, which included batman, robin, several dodgy police outfits and a fully inflated sumo wrestler. Great performance from all, particularly given the conditions. As for Auld Lang Syne 2006.....lets get at least one Stainland runner in front of that Sumo !

90 Paul Biddulph 52.23
216 Eric Heaton 59.37
227 Gayle Benson 60.10
238 Darren Sugden 61.02
306 Tracy Dean 65.04
323 Mary Cowling 66.17
388 Alan Gibson 72.10
392 Linda Murgatroyd 72.58
402 Roger Northrop 74.13
422 Gary Williamson

Sorry Ian can't give you a mention under Stainland if you will keep wearing that Calder Valley vest. (Thanks to Naomi for writing this race report).

Greg Houghton Memorial Fell Race 7th Jan 2006

This race is organised by Calder Valley and is in memory of Greg Houghton who lost his life after falling in the Cullin Mountains on the Isle of Skye. 7 of our lions turned out to in support. Well done to Toby who stomped home to finish in the top 30 of a strong field of nearly 200. Would be nice to see some of us ladies up on the fells in our lions vests.

30 Toby Underwood 62.45
58 Paul Biddulph 66.55
102 Darren Sugden 74.47
122 Colin Hughes 78.08
126 Gez Hodgson 78.40
129 Andrew Talbot 78.40
189 Roger Northrop 93.38

Sorry Ian once again we can't give you a mention under Stainland with your Calder Valley vest on. But congrats on finishing just behind the Stainland vest of Toby Underwood!

Winter Handicap 18th Jan 2006

A great turnout of 50+ people to run Colins route of 6.2 miles...ha ha...I think Colin may have slightly bent the truth with that distance or everyone ran slow that day...mmm. Luckily I had word is was more like 7 and a bit not 6 and a bit miles!

This race gives everyone a chance to win no matter what speed you run at, so watch out Ben the bullet not even you are guaranteed to win this one.

Granville Hall was this year's winner only 9 secs out on his estimated time, well done Granville! Also congratulations to 2nd place Julia Newsome 13 seconds out and to 3rd place Penny Flemming 14 secs out, well done ladies!

It was great to see so many new faces, hopefully when we have our Summer Handicap we'll see more faces new and old taking part.

Brass Monkey Half Marathon 22nd Jan 2006

Organised by Knavesmire running club. The route is fast and flat and based at York racecourse. Well done to all who raced on the day.

Andy Wiggins 1.21.48
Mark Preston 1.32.39
Chris Bottomley 1.43.57
Linda Murgatroyd 1.44.10
Zena Buckwell 1.50.19
Mick Blaylock 1.54.40
Maggie Blaylock (aka Jonathan Taylor) 1.58.51
Cathy Mellor 2.04.021
Paul Bainbridge 2.12.25

Four Villages Half Marathon 22nd Jan 2006

Organised by Helsby Running Club which this year celebrated it's 25th year. This scenic and fast half marathon is suitable for those trying the distance for the first time or if you're a seasoned veteran.

I'd like to congratulate Claire Wood on achieving 2 PB's in one race, her 10K time half way round and her half marathon time, she smashed her previous PB's, well done Claire!

Chip times:

Kevin Creller 1.43.37
Claire Wood 1.46.25
Alan Gibson 1.54.37
Carol Lord 2.03.51
Lesley Henson 2.04.01
Judith Greenwood 2.06.14
Philip Stapely 2.09.46
Alison Adams 2.09.47
Liz Smithies 2.12.01
Julia Newsome 2.21.05

Pennine Bridleway Relay Sun 5th Feb 2006

The Mary Towneley loop, the route is 47 miles split into 5 legs run in pairs. 3 Stainland Lions teams were entered this year. The A team stepped up 12 positions from last year to finish in a respectable 16th place, well done lads! Congrats to the B and Mixed team who did really well, was good to see you all there on the day. Keep those road shoes warm cos I'll be asking people again to take part in the next relay along with anyone else in the club who's interested, the more lions vests seen on the day the better.

Dewsbury 10K 5th Feb 2006

A race organised by Dewsbury Road runners, not the most exciting course but if your out for a PB then this is a good flat, fast race to do.

Chip times:

Mark Preston 41.06
David Waite 43.34
Alan Lashbrook 47.38
Steven Crowther 53.33
Roy Henstock 57.39
Michael Balmforth 43.55
Jonathan Taylor 52.29
Diane Waite 46.04
Eileen Hiller 50.30
Kathy Booth 53.34

The Trog 11th Feb 2006

Congratulations to the hardened runners who completed the Trog half or full. This race isn't for the light hearted and only grit and determination will get you to the end. The full is 20 miles of running over unfavourable ground where in some areas you can easily disappear into. The half is 9 miles which is still a difficult task. The results will be in the next newsletter .

Forthcoming Events – CHECK ALL GRAND PRIX EVENTS

February

Stainland Lion Cross Country 19th Feb 2006
Huddersfield 10K 26th Feb 2006 (Grand Prix event)

March

Dentdale 14 mile 11th March 2006 (Grand Prix event)
Rome Marathon 26th March 2006

April

Baildon Boundary Way Half Marathon 2nd April 2006
Meanwood Trail 7.5 miles 8th April 2006 (Grand Prix event)
Guiseley Gallop MT 10K 16th April 2006
London Marathon 23rd April 2006

7th May 2006 Bluebell Trail

Entry forms now available, if you know of anyone outside the club who would like to run then please hand out the entry forms or tell them to go online. This is a great race and is growing every year.

Cheers Gayle

VETS

The date for this years Yorkshire Vets Cross Country Championship Sunday 5th February 2006 at Bramley Park, Broad Lane, Leeds (it's not Bramley Falls where the recent cross country was held)

Brief details are as follows:-

1300 hrs 5k race for women and 10k race for men aged 50 to 69
1400 hrs 10k race for men aged 35 to 49

This year block entries are been taken so if you are interested can you contact me asap with your full name, age and date of birth. I'm hoping that the club may take care of entry fee's (I shall ask the next committee meeting for approval) otherwise entry is £4 each.

I would encourage as many vets as possible turn out. Do not be put off, the standard is no different than the cross country league and it is just as friendly. Please, please enter.

Thanks

Eric..Vets Captain
eric.heaton@virgin.net

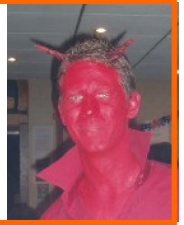
Quote of the month

Steve Turner was overheard to say on a run with Geoff Matthews and Granville Hall:-

"The hairs on my legs are sticking through my tights"!

Social Events

By Chris



Norwich Union Grand Prix Athletics.

A trip has been organised on the 18th February. Costs are £15 per head plus transport to be arranged. Details will be on the forum

Guys/Ladies (separate) nights out.

To be held on Friday March 3rd. More details to follow.

Pub relay and barbecue

To be held on Saturday June 17th.

Suggestions have also been received from members for bowling; rock climbing; paint balling; a night at the dogs and a pub run along the canal from Littleborough.



RACE NIGHT

15th March 2006

Avril is organising a Race Night at the Wellington Public House in Elland, to raise funds for her charity. Avril is going to be walking the wall of China for charity, so come a long and support her. More details to follow ie time etc.

FRUIT LOAF RECIPE

From Avril

SOAK IN 1 CUP OF MILK

1 CUP ALL BRAN OR CRUSHED BRAN FLAKES.

1 CUP SUGAR

1 CUP MIXED DRIED FRUIT.

SOAK ALL THE ABOVE FOR ABOUT 4 HOURS TILL SOAKED IN.

THEN ADD :-

1 CUP SR FLOUR MIX WELL THEN TURN INTO WELL GREASED OR LINED WITH GREASEPROOF A SMALL LOAF TIN..

COOK FOR ABOUT 45MINS 160 OR NO 7 OR UNTILL FIRM TO THE TOUCH.

THIS IS DELICIOUS SLICED, SPREAD WITH BUTTER . ENJOY

REMINDER

Don't forget it's time to pay your subscription fees, which have been set at £20 this year. Let either Linda or Eileen have your money asap.

ELLIE'S BALL

As you will see from the attached poster Ellie is organising a charity ball and auction in aid of Heart Research UK. If anyone has any contacts or ideas of any companies that could be approached to donate items, could they please contact Ellie on 01422 359232.

Finally Ellie would like to recruit a team of people to help sell tickets and promote the event within the club. So if you feel you could help Ellie give her a ring.

Please note the following people were elected for posts at the AGM in January:-

Chairperson

Vice Chairperson

Secretary

Treasurer

Club Captains – Men's

Club Captains –Ladies

Social Secretary

Committee Position 1

Committee Position 2

Cross Country Captain

Beginners co-coordinator

Newsletter

Website

Coaching Co-coordinator

Publicity

Race Director –

Boxing Day Fun Run (2006)

Race Director –

Bluebell Trail (2007)

Race Director –

Stainland 7 (2007)

Heath Committee – 3 places

Kit

Grand Prix

Vets

Colin Hughes

Geoff Matthews

Eileen Hiller

Linda Murgatroyd

Steve Knight

Jackie Graham/

Gail Benson

Chris Walker

Penny Fleming

Richard Fawthrop

Ben Mounsey

Diane Rafferty

Maggie Blaylock

Steve Turner

Alan Lashbrook

Granville Hall

Paul Biddulph

Alan Gibson

Unappointed

R Fawthrop/ C Walker/

G Benson

Avril Smith

Alan Lashbrook

Eric Heaton

Editors Closing Comments

Happy New Year to you all and apologies for not producing a January newsletter. I felt it better to give the people in their new posts time before bombarding them with requests for articles for the newsletter.

I hadn't run for a little while, so when I returned in the middle of January, I was amazed at how many new runners there were. I think New Year's resolutions could have something to do with, but lets hope they all stick at it and enjoy themselves.

I have been thinking of re-jigging the newsletter and would value your opinion on what sort of things should be included and what should not. The newsletter has become quite long and drawn out, perhaps it needs to be shorter and more to the point. Or do you like it as it is? Let me know, you can email me on Maggie.blaylock@btinternet.com or you can catch me on either the Monday or Thursday night runs.

Maggie

Glossary of terms

1. How to join

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



Eileen



Linda

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.
- Tuesday 6.30pm from the Moor at Savile Park (opposite Fish & Chip shop). Ideal for beginners, average about 4-5 miles.
- 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 flat
- Sunday 9:00am from Heath. 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!).

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.



Steve

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. If you want to put something on the agenda contact Alison.



6. Social Events

This is the stuff we Stainland Lions are famous for. See Chris's regular column in the newsletter, please feel free to speak to him about any ideas you may have and he will 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 – 10 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 member's 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.



West Yorkshire Presentation Evening Winter League



At: Old Brodleians Rugby Club

(Directions: M62 J26 follow A58 to Halifax, after 6km turn right at Hipperholme traffic lights, continue up the hill for 800m, ground on the left after Shell petrol station.)

On: Friday 10th March, 8:00pm

- **Disco**
- **Curry Buffet**
(Samosas, Bhajis, chicken rolls, Chicken cuury & & Vegetable cuury with rice, naans and chippatis, [selection of sandwiches for non-curry eaters], fruit salad and gateaux)
- **Presentations**
- **Price £7 per head**

**Final numbers required by
Wednesday 1st March please.**

**Enquiries to: Stephen Newill
01422 256581 or 07962261060**

You are cordially invited to attend...

A charity ball and auction

...in aid of Heart Research UK

Friday 14th April 2006
at Berties Banqueting Rooms
at 7pm

Tickets £35 per person

(includes disco, Buzz's Fizz and Canapés on arrival and three course meal)

Dress code: Black tie*

Heart Research UK plays a major role in the fight against heart disease by funding research into the prevention, treatment and cure of heart disease at hospitals and universities.



* Or other smart suits.

To book tickets please complete your details below and send together with cheque (made payable to Ellie May) to Heart Research UK Ball, 12 Hebble Vale Drive, Wheatley, Halifax, HX2 8TL.

For further information please contact Ellie May on telephone number 07769 650815 or 01422 359232 or via e-mail e.may@leedsmet.ac.uk

Name _____

Telephone Number _____

Address _____

Number of tickets required _____

Amount enclosed _____



Dates for your diary

	DATE	EVENT	CONTACT DETAILS
Social	19/2/06	Norwich Union grand Prix Athletics visit	See Chris (Social secretary)
GP	26/2/06	Huddersfield Road Runners 10k (+)	See link on website
XC	19/2/06	Cross Country Event—Heath Rugby Club	Steve Newill
Social	3/3/06	Guys/Ladies nights out	See Chris (Social Secretary)
	5/3/06	Norton 9 (Doncaster)	Runners World
Social	10/3/06	Cross Country presentation night—Heath	Steve Newill
GP	11/3/06	Dentdale 14 mile	See link on website
Social	15/3/06	Avril's Race Night at Wellington, Elland	Avril
	19/3/06	South Leeds Stadium 5	Runners World
	26/3/06	Rome Marathon	Not sure try team captain
	2/4/06	Wilkinson Ackworth Half Marathon	Runners World
	2/4/06	Baildon Boundary Way Half Marathon	Ask club captains
GP	8/4/06	Meanwood Trial 7.5m	See link on website
	9/4/06	Wakefield Hospice City 10k (thornmes Park Stadium)	Runners World
	9/4/06	Sheffield Wednesday Mayors 10k (Don valley Stadium)	Runners World
Social	14/4/06	Ellies Ball	
	16/4/06	Guiseley gallop Leeds 10k	Runners World
	23/4/06	London marathon	
	30/4/06	Rothwell 10k	Www.rothwellharriers.org.uk
	7/5/06	Bluebell Trial	Club captains or website
GP	21/5/06	Sandal Castle 10k	See website link
	11/6/06	The Thirsk 10 Mile	Thirskandsowerbyharriers.co.uk
Social	17/6/06	Pub Relay and barbecue	See Chris (Social Secretary)
	9/7/06	Kilburn Feast 7 mile	See Maggie for entry form
	22/7/06	Yorkshire Wolds Half Marathon	See Maggie for entry form