



THE LION'S TALE

THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS

""THE ROAD GOES ON FOR EVER""

JULY/AUGUST 2006



Comments from the Chair

Unfortunately Colin has been having problems with his internet access (BT yet again!) so he has been unable to send his comments for this newsletter.

Club Shop



Avril is now taking orders for the new club reversible jacket.

The cost is £20 each and come in the following sizes:- XS, S, M, L & XL. If you are unsure of the sizes then check with Avril as she has some you can try on.

Avril is normally at the Thursday night runs from Heath but if not contact Avril Smith on 01422 372941 or email avril-petersmith@aol.com.

Also available:- Car stickers £1



Blue long-sleeved tops £12

Stainland Lions Running Vests £12



Parking at Heath

On Thursday 3rd August I was embarrassed to be associated with Stainland Lions when I saw the traffic chaos caused by the indiscriminate and indeed illegal parking by some



members. When a lorry tried to get to the factories, past where members had 'abandoned' their cars. There was a tailback from Heath, through West Vale traffic lights and up to the viaduct and lengthy queues in both other directions from the lights. Had the Police been called at least seven cars could have been legitimately towed away for being illegally parked (on corners etc) or for causing an obstruction.

We have been told before about making sure we leave access for lorries to that area. It is not difficult to look when getting out of your car and ask yourself can a lorry get past here? If the answer is no then get back in and move it. We are supposed to be athletes surely we can park a little further away and walk that extra few yards to the club.

On Thursday there was plenty of parking spaces near the school and the car park at West Vale lights was virtually empty.

Some may say "well Hebden Bridge Rats were at Heath on Thursday, so we couldn't use the car park". I would first like to remind members that the Rugby season is about to start, Heath have been promoted to a higher division, attracted a new coach and hope for a much bigger turn out for their Thursday training. They should expect to be able to use what is THEIR car park. I wouldn't like to think that any member would stay away from Thursday runs, for any reason, especially as club nights are on a Thursday. There are plenty of parking spaces around the area but please have a bit of consideration in future.

Embarrassed Lion!!

New Member Profile

Name: **Bernadette Rowland**

Age: **69**

Occupation: **Counsellor Hypnotherapist**

What made you join Stainland Lions? **My husband and friends were joining and I decided to try it. I also needed to get my fitness back having had malaria.**

Tell us something funny, embarrassing or secret about yourself. **It wont be secret if I tell you!**

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

Tom Conte

What is your worst habit,. Behaviour or vice?

Don't you know I am perfect

Favourites:

Food: **Vegetarian**

Film: **Many**

Drink: **Red wine**

Music: **New age**

Pastime (apart from running): **Reading**

Book: **Yes**

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

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

Getting fitter

Great North Run

I am hoping to organise a coach for the Great North Run departing from Heath.on October 1st at about 6am and returning late afternoon.

16 seater would be about £15.00 each, if we can fill a larger coach it will be cheaper

Anyone interested please let me know asap with full name & phone number and a deposit of £5.00 .

Contact Avril Smith on 01422 372941 or via Forum or email avrilpetersmith@aol.com

Thanks



Yorkshire Wold's Half Marathon

Race report by Jimmy Smith

I decided to run the Yorkshire Wold's Half Marathon on Saturday 22 July. It sounded pretty nice, you set off from the village show at Bishop Wilton for a rural road course with some off road sections. However, when I entered I did not know we were going to be in the middle of a heatwave. So it was with some dread that I trained through the last two weeks of a 10 week half marathon training program that I downloaded from the Runners World website. I was hoping that having no structured training plan in the previous 8 weeks would not have too detrimental an effect on my performance. My work colleague Andrew Meskimmon (Dewsbury RR) told me that the course undulated a bit. Knowing him, I thought that this would be a bit of an understatement.

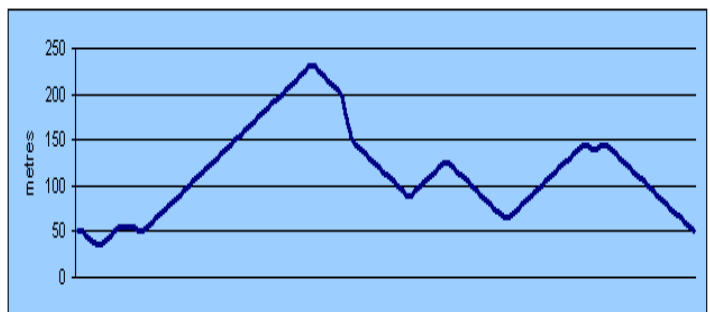
The day dawned pretty dull with me having a couple of banana's for my breakfast followed with another one an hour or two before the start. Luckily it was cooler or rather not as hot as it had been all week. We even drove through some light rain on the way to York. The day was warming up nicely when it got to the 10am start time and the humidity was rising even more quickly. The first mile is pretty flat as you can see from the chart. After that it is a big up for several miles, then down, back up again, down again, steep up and steep down! All I can say is that it is a pretty good scenic course with very little traffic on the roads. The organisers and marshals are friendly and helpful. Drinks and sponge stations are frequent and the relatively small field of 200+ are not tripping over each other.

The first and third hills seemed to go on forever and sweat was dripping into my eyes before too long. Remembering the heat and casualties of the GNR last year, I decided that if I could get round in under two hours, it was a result for me.

Therefore, I was running against the clock and not so much the other entrants who would pendulum forward and back dependent on whether it was up or downhill. I managed to pass a young lady on the last downhill who had passed me on the way up.

There is being no gallantry in these occasions to sex or age. It was 114.38 as I crossed the finishing line in 93rd place, I was the only Stainland Lion credited as competing (why did nobody else do it?). Colleague Andrew came in third at 81.52 but that is another story. All finishers get a pottery mug and as much juice as they can drink. I would definitely recommend the race to you if you fancy doing a 1/2 marathon next summer. I just hope that it will not be as hot and humid in 2007.

COURSE PROFILE



Joe Percy 2006



Committee

Meeting Minutes

20th July 2006 8pm at Heath

1. Present

Colin Hughes (chair):

Gayle Benson; Richard Fawthrop; Penny Fleming;
Duncan Greaves; Eileen Hiller (minutes); Geoff Matthews; Diane Rafferty; Avril Smith;

2. Apologies: Ben Mounsey; Linda Murgatroyd; Chris Walker

3. Minutes of previous meeting

Accepted as a correct record

4. Matters arising (where not on agenda)

4.1. Beginners' Course

Some discussion took place about people who continue to run with the club who have not joined. 14 people who are not members did the summer handicap. It was agreed new runners should be given some time to decide if they would continue to run. However, since some time has elapsed since the beginners' course finished, we should now make it clear that future club events and races are open to members only.

4.2 Budget

The total membership now registered with the NOEAA is currently 214. 50 memberships have been cancelled as the subscriptions were not renewed. Eileen agreed to take these off the address book and forward the new version to Duncan for updating access to the forum and the email distribution list.

Action: Eileen/Duncan

4.3 Running events

Recent events had been very well attended with 55 runners in the Joe Percy 10k; 70 runners in the Summer Handicap and 60 runners in the Tortoise and Hare.

4.4 York races, Saturday 15th July

Diane reported that this had been a very enjoyable day out and thanks were given to Chris, in his absence, for organising it.

4.5 'Up and Running'

The proposed fund raising event cannot be held as it involves running around the Heath pitches, which are now in use for training.

5. Joint 10K with Halifax Harriers to commemorate the new running track at Spring Hall

Claire Simpson has reported that the proposed charity to benefit from this event 'Children as Carers' don't have charitable status. As committee members were not sure if this would be a problem, Geoff agreed to discuss at the joint meeting with the Harriers to be held at the Three Pigeons on Wednesday July 26th.

Geoff and Penny both agreed to attend the meeting and report back.

Action: Geoff/Penny

6. Website

Steve has been unable to update the web site since beginning a new job in London and this has now become a problem, as it is a major source of communication for the club. Committee members expressed their gratitude to Steve for providing such an excellent facility and to Duncan, who has agreed to continue with updating the site— despite being in the middle of moving house.

Duncan is hoping to have a meeting with Steve this weekend to progress the handover.

Action: Duncan

7. Heath report

Richard had attended a recent Heath committee meeting, where he took the opportunity to tidy the Stainland Lions notice board and hand over the £500 cheque for the running club's use of the clubhouse.

He also reported on the following:

- Development of the club was discussed. Plans have been submitted to Calderdale including a new entrance, new showers and a five-a-side football pitch.
- Heath officers are meeting with the RFU to discuss the possibility of a £100,000 loan
- Problems have been reported with the gents toilets

The possibility of the Stainland Lions obtaining grants from the NOEAA was raised. Colin agreed to check with Kristine Monaghan and to report to the next Heath meeting with Richard.

Action: Colin

Lions committee members discussed the possibility of the running club contributing to the development of the ladies showers and it was agreed that £2000 should be contributed.

Some discussion also took place about key holders for the downstairs changing rooms and toilets. As a result, Richard has the current set of keys and will investigate the possibility of extra keys being made for the outside toilets.

Action: Richard

8. Running Events

8.1 Stainland Seven

Due to the lack of time now to organise this run satisfactorily, and the worry it might not be financially viable, Penny suggested it would be better to relaunch it as a new event in September 2007. The committee agreed this would provide more time both to investigate a new route and provide sufficient marketing in advance for it to be a success.

8.2 Calderdale Relay

Gayle proposed holding time trials for the above event, as the club hopes to enter several teams, which would include runners of similar ability. The course will be the Bluebell trail and the trials will be held on the following Sunday mornings:

Sunday September 24th
Sunday October 8th

8.3 Great North Run

Avril has investigated 2 coaches to take runners to this event, either a 16 seater or a 22 seater. Members intending to travel to the GNR should contact Avril as soon as possible so that she can finalise the booking.

9. Social Events

Heath has been booked on August 19th for a summer social event, but Chris and Paul Wallis have had difficulty in finding a band at the right price, who can make that date. The committee are currently re-thinking and may postpone the event until September.

10. Purchase of a gazebo

Linda has suggested the club purchase a gazebo for around £60 for use at running events. This was agreed by the committee .

13. Date of next meeting

Wednesday August 23rd at the Wellington in Elland at 8pm

Eileen Hiller July 2006

Tours abroad

Hello there

I hope you don't mind me writing.

I run a small running tours company and have arranged events for a number of running clubs in your area. Over 700 people travelled with us last year and dare I say it, they have all thoroughly enjoyed themselves. They have suggested that I contact you to let you know of the packages I have on offer. The low cost flights from your area will be made available from the end of June/start of July,

and there really are some fantastic deals to be achieved. I would ask you to take a look at my website www.runningcrazy.co.uk and see if any of the featured races take your fancy.

My packages include everything you will need for the week-end, you just need to book your flights (see the low cost flight search engine on my site to help you) and bring some beer money! The first round is normally on me!

Finally I am offering 2 free trips to Benidorm for their Marathon and Half on 26 November - all runners from your Club are very welcome to enter—see the bottom left of the home page to enter on line, or see next months 'Running Fitness' magazine.

I do hope you will join us and wish you well with your running. Thank you.

Malcolm Hargraves
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Waterlooville
Hants
PO7 8LY

Tel: 02392 255033

E-Mail: info@runningcrazy.co.uk

www.runningcrazy.co.uk

New Member Profile

Name: David Bottomley

Age: 60

Occupation: Retired



When did you start running & why? May 2006 after seeing article in the paper

What made you join Stainland Lions? I found them a jolly group

What is your worst habit,. Behaviour or vice?
Modesty

Favourites:

Food: All

Film:

Drink: Real Ale

Music: Classical

Pastime (apart from running): Walking

Book: Any about travelling

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

To enjoy running

Captains Log

Road/Trail:

11.6.06 The Thirsk 10 Mile

A lonely lion competed in this race, well done Mark!

Pos

109 Mark Preston 79.33

17.6.06 Club Pub Relay & BBQ after (report by Colin)

Thank you for all those who turned up at the Pub Relay. I hope you and your families had a good day. Thank you to all the helpers it was most appreciated. Special thanks to Chris Walker who was there from 12 noon till the finish and to Linda Murgatroyd for saving the day with the Barbecue and the Bread rolls.

28.6.06 Joe Percy Undulating 10k

A great turnout for Stainland with 54 members competing. Well done to everyone who took part, it was nice to see some of the beginners from the beginners course. Hope you all enjoyed it! We finished in 5th place overall. Not a course for a PB, quite a tough course.

Pos

19	Lee Buckwell	37-51
23	Damien Cole	38-47
56	Johnny Moore	39-33
49	Darren Sugden	42-15
50	Geoff Matthews	42-31
52	Naomi Sharrat	42-39
55	Ian Thornham	43-07
66	Chris Walker	44-11
68	Chris Bottomley	44-35
72	Gayle Benson	44-59
75	Gemma Bradley	45-02
80	Gavin Dodd	46-12
81	Simon Hogan	46-16
82	David Waite	46-24
83	Lorraine Naylor	46-40
85	Diane Waite	46-53
88	Nigel Higgins	47-04
90	Jimmy Smith	47-22
92	Richard Fawthrop	47-31
97	Liz Redfearn	48-23
98	Rus Woodfield	48-23
99	Linda Murgatroyd	48-34
106	Chris Gooder	50-10
110	Ansar Farook	50-59
111	Alan Lashbrook	51-00
113	Joanne Kitcher	51-05
117	Angela Fawthrop	51-53
125	Sue Manning	52-56
126	John Pridgeon	53-16
128	Eileen Hiller	53-27
134	Catherine Mellor	54-34
135	Steve Crowther	55-13
136	Jonathan Taylor	55-37
137	Susan Siddall	55-48

139	Aileen Baldwin	56-37
140	David Bottomley	56-38
144	Carol Lord	57-07
145	Lesley Henderson	57-42
146	Lesley Cresswell	57-47
147	Judith Greenwood	59-03
148	Pat Pitts	59-18
150	Philip Bottomley	61-37
151	Roy Henstock	61-41
152	Helen Learoyd	61-44
153	Penny Fleming	63-22
154	Phil Stapley	64-15
155	Teresa Hall	65-02
156	Julia Newsome	65-15
157	Karen Thorne	65-54
158	Alison Adams	66-51
159	Gail Brady	71-20
160	Avril Smith	76-36
161	Robin Cresswell	83-17
162	Julie Hey	83-17

5.7.06 Helen Windsor 10K Race

A great turnout for Stainland with over 30 lions racing, well done to everyone who took part. Not an easy course, undulating, not a course for a pb.

Results:

Pos

3	00:35:12	Ben Mounsey	3rd Male
17	00:38:19	Lee Buckwell	
20	00:38:54	Damian Cole	
63	00:46:03	Gemma Bradley	3rd Female
78	00:47:22	Simon Hogan	
81	00:47:30	Gavin Dodd	
87	00:48:31	Lorraine Naylor	2nd F35
93	00:49:12	Alan Wilson	
95	00:49:29	Ansar Farook	
113	00:51:56	Duncan Greaves	
114	00:52:16	Melanie Rainford	
119	00:53:20	Alan Lashbrook	
121	00:53:28	Angela Fawthrop	6th F35
123	00:53:54	Ellie May	
125	00:54:33	Clare Simpson	
130	00:55:58	Catherine O'Shaughnessy	
134	00:57:41	Lesley Cresswell	
135	00:57:56	Lesley Henderson	2nd F55
138	00:58:42	Carol Lord	
139	00:58:44	David Bottomley	5th M60
140	00:58:56	Ailen Baldwin	3rd F50
156	01:02:45	Phil Stapley	
158	01:03:08	Judith Greenwood	3rd F55
160	01:04:36	Kurt Harper	
161	01:04:36	Liz Timmins	4th F50
162	01:05:33	Karen Thorne	7th F40
167	01:11:06	Julie Hey	5th F50
168	01:11:44	Gail Brady	
169	01:11:45	Claire Tetley	
170	01:13:58	Jackie Barker	6th F50
171	01:14:54	Anna Vaughan	
172	01:17:15	Bernadette Rowland	2nd F60

6.7.06 Summer Club Handicap (report by Colin)

Just a short note to thank the people who gave their time to make the Blind Handicap a success. Marilyn & Pat for the record keeping. Trevor / Alan / Ryan for the barbecue. Our Marshalls. Linda & Eileen for the contents of the barbecue.

A special thanks though must go to the 70 people who turned out to run. This was a record entry for any club event. I hope you all had a good run and a good evening.

Results:

Winner	Joe Nolan	difference 13 secs
Second	Sue Barrett	difference 14 secs
Third	Helen Kettle	difference 15 secs

Any successful event is not a success unless all the participants had a good time. I sincerely hope every one enjoyed the evening.

13.7.06 Tortoise & The Hare Race

Well done to all who took part and helped with the organising. A very enjoyable evening.

Pos	Team	Time
1	Damien Cole & Nicola Carthew	55.54
2	Bob Ambler & Teresa Hall	57.02
3	Tracy Dean & Sara Crossland	57.28
4	Mark Preston & Danielle Ambler	57.48
5	Granville Hall & Jim McNeill	57.49
6	Gemma Bradley & Angela Goulden	58.00
7	Geoff Matthews & Louise Sutcliffe	58.30
8	Nigel Higgins & Stephanie Hepworth	59.55
9	Lesley Cresswell & Gayle Kendrick	60.15
10	Gayle Benson & Liz Bates	61.26
11	Paul Wallis & Terri Conroy	61.50
12	Alan Lashbrook & Helen Woodfine	62.01
13	David Bottomley & Judith Greenwood	62.20
14	Steve Knight & Heather Parkinson	62.29
15	Angela Fawthrop & Linda Williamson	62.40
16	Steven Guilfoyle & Gail Brady	62.46
17	Mark Jones & Avril Smith	63.01
18	Ian Thornham & Denise Kidd	63.17
19	Colin Hughes & Margaret Aiton	63.19
20	Duncan Greaves & Julie Hey	64.05
21	Helen Learoyd & Brian Conroy	64.14
22	Jonathan Taylor & Phil Stapley	64.50
23	Carol Lord & Lynn Broadbent	64.57
24	Gene Gray & Maggie Blaylock	65.06
25	Melanie Jones & Sue Aitken	65.50
26	Gavin Dodd & Sarah Taylor	65.58
27	Susan Siddall & Karen Thorn	66.31
28	Sue Barritt & Penny Fleming	67.19
29	Jane Harrop & Donna Garside	68.21
30	Clive Siddall & Sally Rielly	74.25

16.7.06 Idle Trail Race

This race says it's a 10K but it's a little over, more like 6.7, 6.8 miles. A good, varying course off road, trails and the bit I didn't like the dreaded canal. Well done to everyone who took part, not easy in that heat, what a scorcher!

Congratulations to:

Me for collecting a prize for 5th lady overall.

Linda for first F35.

Diane for 2nd female F40, closely followed by Tracey 3rd F40.

Me, Lorraine and Sarah for coming 2nd in the ladies team.

Geoff for being the 1st lion to finish, followed closely by Ian.

A great effort by all, well done!

Pos

25	0:45:19	MATTHEWS, Geoff
27	0:45:48	THORNHAM, Ian
39	0:47:48	BENSON, Gayle
43	0:48:15	TURNER, Steve
47	0:48:52	HOGAN, Simon
51	0:49:20	PRESTON, Mark
54	0:49:39	WETHERILL, Sarah
57	0:50:13	FAWTHROP, Richard
61	0:50:50	WAITE, David
62	0:50:51	MURGATROYD, Trevor
64	0:51:01	NAYLOR, Lorraine
77	0:52:23	MURGATROYD, Linda
79	0:52:38	WAITE, Diane
88	0:53:12	DEAN, Tracy
98	0:54:23	GIBSON, Alan
111	0:55:57	LASHBROOK, Alan
113	0:56:07	FAWTHROP, Angela
121	0:56:33	McMANUS, Antony
136	0:57:58	MANNING, Susan
142	0:58:52	HIGGINS, Nigel
152	1:00:02	TAYLOR, Jonathon
171	1:03:06	NORTHERN, Jacqueline
176	1:04:06	GREENWOOD, Judith
181	1:05:25	ADAMS, Ali
186	1:06:06	STAPLEY, Phillip
192	1:07:31	LEAROYD, Helen M
206	1:12:07	FLEMING, Penny

23.7.06 Pudsey 10

Just 3 of our lions competed in a field of nearly 400.

A tough course, even tougher in the heat. Well done to you all!

Pos

28	Damian Cole	41.08
164	Gavin Dodd	51.32
227	Jo Kitcher	55.18

6.8.06 Moonraker Middleton 10k

A decent run, couple of hills but quite fast - hot again. Gav.

Pos

30	Damian Cole	38.56
107	Gavin Dodd	45.34

Well done guys!

Forthcoming Events:

27.8.06 Norland Moor Trail Race 800ft 7mile
2.9.06 Derwent Trail Race 13K
10.9.06 Yorkshireman Off Road Half/Full Marathon
10.9.06 Nottingham Half/Full Marathon
21.9.06 RonHill 67th Birthday 5K
24.9.06 Berlin Marathon
1.10.06 Great North Run
7.10.06 Coniston Trail 14K
8.10.06 Harewood Trail 10 mile
30.10.06 Dublin City Marathon

Fell:

10.6.06 The Carnival 1150ft 5.8 mile

Hot, sunny and windy. (29 degrees). A great 6 mile race run from the Carnival at Hebden Bridge up to Stoodley Pike and back. Just a pity it fell on the same day as Englands first match.

Results:

Pos
18 Trevor Murgatroyd 69.21 MV40

17.6.06 Buckden Pike 1500ft 4 mile

A very tough climb up from Buckden Beck followed by a constant steadier climb over a number of false summits found the top after 1.5 mile. A couple of hundred yards along the top then a fast descent into a gully then a short climb out some more fast ground and then the very steep descent back through the beck, jump a wall and finish in the show ground. This course has been used in the English championships previously and was a very tough test.

Results:

34 Jonny Moore 43.32
82 Trevor Murgatroyd 53.43 MV40

19.6.06 Coiners Fell Race

Results:

Pos
25 Johnny Moore 59.04

Midsummer Madness (Calder Valley-3 day event)

Wicken Hill Whizz 1000ft 3m AS Fri 23-Jun(Ev)
Reservoir Bogs 1100ft 7m BM Sat 24-Jun
Tomtittiman 700ft 4m BS Sun 25-Jun

A great week end of races with different skills required in each event.

Positions in each race are the points awarded:

Pos	Name	Cat	W Hill	Res Bogs	Tomt
36	Trevor Murgatroyd	V40	76	56	66

Total198

9.7.06 Wharmton Dash (Saddleworth)- 2 mile 'AS' Fell Race

A nice little 2 miler up a very steep hill round the transmitter at the top and back down again, along the canal tow-path and through the neck high river (quite swimmable) finishing on the grass of the Saddleworth Annual Show. There's a t-shirt and a can of beer or a lucozade waiting for you at the end!

Results

Pos
35th Linda Murgatroyd 22.59 3rd Lady

11.7.06 Stoodley Pike 700ft 3.5mile

Results

Pos
3 Ben Mounsey 19.25
85 Ian Thornham 25.36
93 Geoff Matthews 26.04
112 Trevor Murgatroyd 27.54
116 Mark Preston 28.11
124 Linda Murgatroyd 29.08
143 Tracy Dean 31.21
144 Mary Cowling 31.24

A great little run that I think we all enjoyed on a warm sunny evening. Well done Ben on your 3rd place. Also congratulations to the ladies who got 3rd team.

10.6.06 Ennerdale Fell Race 7500ft 23 miles

Pos
107 J Moore 5:25:23

A tremendous effort in very hot and sunny conditions, 28 degrees. Well done Johnny!

8.7.06 Wasdale Fell Race 9000ft 21 miles (race report Darren Sugden)

Great efforts in what is one, if not the toughest race in the fell calendar. The conditions for this race were very favourable for the first 4hrs but then started to close with heavy rainfall which made the ascent and descent of Scafell Pike very tricky. This was another excellent performance from both Johnny and Paul.

Pos

70 Jonathan Moore 5.12.26
82 Paul Biddulph 5.22.57

16.7.06 Holmoss Fell Race 4000ft 16 miles (race report Darren Sugden)

What a day to run 16miles, only 30 degrees. This again, not for the faint hearted. The course is a figure of 8 starting at the side of Ridings wood, climbing to Holme Moss, down to Heyden Clough, up to Tooleyshaw Moor then onto Crowden. Big thanks to Paul's Dad for the food and water supplies at Crowden. Then you're on your way home back to Holme Moss via Bareholme moss, Crowden Great Brook and climbing through Laddow Rocks.

When At Holme Moss, you have the final leg which is the welcome descent through Holme Woods to the finish.

Pos		
17	Johnny Moore	3.01.06
24	Paul Biddulph	3.13.10
50	Darren Sugden	3.45.09

15.7.06 Inglebrough Fell Race 2000ft 7 miles

Pos		
15	Ben Mounsey	53.14

19.7.06 Widdop 1200ft 7 miles

Ian Thornham	1:04:53
Naomi Sharratt	1:08:56 (7th lady)

22.7.06 Turnslack 2000ft 8 miles

Ian Thornham	1:32:16
Trevor Murgatroyd	1:49:33

23.7.06 Gravy 6

A flattish 6 mile trail race around Longdendale Reservoir.

David Waite	44:08
Diane Waite	44:15
Linda Murgatroyd	45:01

27.7.06 Rydal Round (race report Darren Sugden)

Yet another lovely day for the run, 26 degrees. Paul and Johnny out once again putting in the miles with an excellent 28th and 30th position. Sorry still no times available for this race.

5.7.06 Borrowdale 6500ft 17miles (race report Darren Sugden)

Yet another race for Johnny and Paul to add to their extended adventure of fell races. Yes this time it's only 17miles and 6500ft of climbing and the only question I'm still asking after doing this race is why did I do it? Why not? Only four summits to climb - Bessy Boot, Scafell Pike, Great Gable and finally Dalehead. With rain the previous week and the morning mist over some of the summits causing conditions under foot to be very tricky this was no race for setting personal bests with the previous winner for the last 6 years coming in 16 minutes slower than last year.

All I would like to add is a very big thanks to Johnny and Paul for their sustained efforts in those races and promoting Stainland Lions. Top Effect Guys - Balls of Granite. Also a big thanks to the support we received on the day, it really helps to see a friendly face on the way round!

Pos		
144	J Moore	4:27:10
153	P Biddulph	4:29:35
310	D Sugden	5:46:46

Forthcoming Events:

9/8/06	Whittle Pike - AS 7.30pm 4.5m/1400'
12/8/06	Arncliffe Gala - AS 3.00pm 1.8m/443'
19/8/06	Burnsall Classic - AS 5.00pm 1.5m/900'
20/8/06	Sedbergh Hills - AL 12.00 noon 14m/6000'
22/8/06	Bunny Run Return - 7.30pm 3m/300'
26/8/06	Chipping Show - AM 2.30pm 8m/2600'
26/8/06	Pendleton - AS 3.00pm 5m/1500'
2.9.06	Ben Nevis Fell Race
23/9/06	Thieveley Pike - AS 2.00pm (Ladies) 3.00pm (Men) 4.25m/1300'

If you want to find out more about fell races then visit www.fellrunner.org.uk

Relays:

18.6.06 Bradford Millenium Way Relay

Mens Team:

Leg 1 - S Turner, R Fawthorpe	1:42:31
Leg 2 - G Matthews, I Thornham	1:24:34
Leg 3 - D Waite, S Hogan	1:09:52
Leg 4 - B Mounsey, E Rayner	1:27:05
Leg 5 - L Buckwell, D Cole	1:18:35
Overall Time	7:02:37
Place Overall	18th

Ladies Team:

Leg 1 - M Cowling, T Dean	1:54:22
Leg 2 - S Wetherill, J Graham	1:36:12
Leg 3 - D Waite, L Murgatroyd	1:13:54
Leg 4 - S Whitwam, G Bradley	1:31:49
Leg 5 - N Sharratt, C Rayner	1:23:10
Overall time	7:39:27
Place Overall	26th
Overall Ladies Place	5th

The mens team were on course for getting the baton round for the first time but it wasn't to be when Ben and Eddie got lost on their leg. What happened to your recce Mr Rayner & Mr Mounsey!

Naomi & Charlotte broke the ladies record on their leg. Go girls, superb running!

22.6.06 Scamonden Dam Relay

Well done to Eddie, Charlotte and Andy who got 1st mixed team. I'm sure the team with Lee, Ben and Paul would have done well, but Lee got a little lost...oopsss!

13.7.06 Scamonden Dam Triangular Challenge

Well done to all who took part. I've done those steps once before and it's not an easy task, but to you hardened fell runners it will have been a doddle...ha ha...well maybe not!

Congrats to Toby, Paul, Ben & Wiggy on getting a close 2nd. Darren tells me you were only 8 steps of the leader Ben. It's yours next year lads!

Also congrats to Darren & Chris who were in a team with 2 of Bens friends, they got 5th place, good going guys! I'll be up for this challenge next year!

14.10.06 British Fell Relays 2006

Castle Carr Estate - Luddenden Valley

This relay has tough climbs, fast and technical descents, runnable tracks, bogs and the occasional tussock. Experience of fell running is essential, it won't be easy! To enter the relay you must have competed in two cat 'A' fell races.

The details of the legs are below. Teams of 6 people.

Routes:

The team categories will be Mens Open, Ladies Open and Mens Vet 40 and will consist of:

Leg 1 (AS, solo): 5.9mls - 1500'

Leg 2 (AM, pairs): 9mls - 2300'

Leg 3 (pairs/navigation): approx. 7 or 8mls

Leg 4 (AS, solo): 5.9mls - 1500'

If you want more information on cat 'A' fell races, it's on the forum.

Calderdale Way Relay Time trials

I've decided not to do the time trials now. If people are interested in being part of a team then let me know. If some of you know which leg you want to run and who they want to run with, again let me know.

Calderdale Way Relay 10.12.06

Anyone who is interested in competing in the Calderdale Way Relay then please let me know. I know it's a way off yet but it's a big event for the club and I'd like to get the teams together in plenty of time.

Please can everyone make sure this year that they do a recce!

The race starts from:

Old Rishworthians RUFC, Copley.

Sunday 10th December, 8am start.

Teams of 12 - 6 legs run in pairs.

Max 100 teams.

Ironman:

2.7.06 Switzerland Ironman:

(3.8k Swim 180k Bike 42K Run)

Andy Wiggins - Total time 10.45.31

Swim 1.16 Bike 5.40 Run 3.44

Charlotte Rayner- Total 14.12.20

Swim 1.39 Bike 7.28 Run 4.57

16.7.06 Austria, Klagenfurt Ironman

(3.8k Swim 180k Bike 42K Run)

Eddie Rayner - Total time 10.16.08

1.03 swim 5.15 bike 3.49.57 run

Roger Northrop - Total time 13.03

Swim 1.08 Bike and run splits not available!

Gary Williamson - Total time 14.16

Swim 1.16 Bike, 7.25 Run 5.12

Huge congrats to you all! It really is a great achievement, a true test of strength and endurance and you all proved you can do it.

Charlotte well done on becoming an iron lady, always knew you would do it, go girl!

Social Events

By Chris



Just a quick note to let you all know the Caelidh will **NOT** be taking place in August as previously advertised.

This is due to problems with the bands. However, we are at the moment trying to book Jim Farrell's Irish band for a do to be held in October. I will let you know more details over the next couple of weeks as soon as they are confirmed.

I don't know about you but I can't wait until October for a drink so I think it's high time we had another one of our favourite pub crawls. Shall we say **Friday 25th August** starting from The Shears at Paris Gates as usual.

See you all there at **8:00pm** and if you don't know the format feel free to ask me or one of the committee members and we'll gladly fill you in on the route!

Cheers

Chris.

Editors Closing Comments

Sorry for the lack of a newsletter in July, only I've had terrible problems with my internet connection (I do not recommend BT broadband!)

Anyway it's all up and running again now. Many thanks to our new members for their profiles, and to Jimmy for his race report. Don't forget to send those reports in, as people do want to read about your experiences, as strange as you might find that!

Congratulations to all those who did so well in the Iron Man competitions, how on earth did you do it?!

My get up and go has finally come back, so I'm getting into training for the Nottingham Half Marathon and am looking forward to the atmosphere on the coach going down. Thanks to Judith for organising the coach.

See you out there

Maggie

Grand Prix Results

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 (Brighthouse). 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 Duncan Greaves 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. You can either download a copy from the club website or have a paper copy handed out or posted out to you.



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 Duncan Greaves if you have any problems.





Dates for your diary

	DATE	EVENT	CONTACT DETAILS
Social	25/8/06	Pub crawl—starting Shears (Parish Gates) 8pm	Chris Walker (Social Secretary)
GP	27/8/06	Norland Moor Trail 7 miles	See website link
	2/9/06	Derwent Trail Race 13k	See Club Captains
	3/9/06	Alices's Run 10k from Calder High School 10.30am	Runners World
Social	7/9/06	Club night meeting after run	Committee members
	10/9/06	Nottingham Half & Full Marathon	Runners World
	10/9/06	Yorkshireman Off Road Half/Full Marathon	See Club Captains
Social	14/9/06	Away Run (details to be arranged)	Club Captains
	17/9/06	Harewood House Cancer Reearch 10k	Runners World
GP	21/9/06	Ron Hill 67th Birthday 5k	See website link
	24/9/06	Berlin Marthon	Runners World
	1/10/06	Great North Run	Runners World
	7/10/06	Coniston Trail 14k	See Club Captains
GP	8/10/06	Harewood Trail 10 mile	See website link
	30/10/06	Dublin City Marathon	Runners World
GP	5/11/06	Guy Fawkes 10	See website link