



Comments from the Chair

Just a short review this month obviously with the warmer weather now upon us our running numbers seem to be ever increasing.

I would though this month like to say a special thank you to Diane Rafferty and all the people who have been involved in the beginner's class, the turn out has again been tremendous.

Whilst I have only been to three of the beginner's class's, the enthusiasm shown by the new runners has been excellent, well done to everyone. It takes guts to start running, but I can assure you all the hard work is worth it.

I hope to see you all down at the club on running nights Tuesday / Thursday and at weekend, yes some of us run most Saturdays and Sundays.

Rochdale Relay

Congratulations to all those who took part in the relay especially the mixed elite team for coming second overall and winning the mixed team prize. There were some notable achievements by both the women and men. I would though like to mention the superb last leg ran by Lee Buckwell, what a superb effort, just overtaking the next team with some 50 yards to go.

Finally, I know you will support me in welcoming the new members to the club, looking forward to see you all at the future social and running events.

Colin Hughes

Reminder

With the increase in numbers running from the club it is important that we all be considerate and park sensibly. The club car park gets very busy on a Thursday night, so can you please avoid parking in it so as to allow room for the rugby players. There is plenty of parking on the roads nearby.

Beginner's Course

This year's beginner's course has come to a close and was extremely successful. A team race was held on the last night, 7 teams - a total of 41 people took part. I know quite a few were nervous about taking part in what was their first race but judging by the smiles on their faces at the end, they all enjoyed it. The lilac team were the overall winners with some impressive times from all teams on a very hot night.

At the time of going to print, 18 new members had joined the club with many more showing a real interest in joining. The aim is to integrate them into the club. If you should find some new members in your running group, I'm sure you'll make them feel welcome and help them settle in.

I would like to thank everyone that helped with the beginners, it was much appreciated by myself and I'm sure by the beginners as well, without your help the beginner's course wouldn't have been possible - thank you.

Diane Rafferty

Nottingham - Robin Hood

Sunday 10th September 2006

For those interested in taking part in the Nottingham Robin Hood Marathon and half marathon, Judith has organised a 33 seater coach. Demand for seats has been frantic, there are currently only 3 places left. So if you are interested then see Judith Greenwood on a Tuesday night at Red Lion, Stainland or Thursday or Sunday at Heath.

If you haven't already entered then Judith has some application forms.

June 17th



Just a reminder that the pub relay is this Saturday 17th June starting at 3pm from Heath. There will be a barbecue after the run with the club providing the burgers, sausages and rolls. It would be good if you could bring along either a desert or a salad. There will also be activities for the kids later on (bouncy castle etc)

We would like as many new runners to come along and join in.

So here's how it works:- All participants are split into teams of about 5. Each team will be of mixed ability: fast, medium, slow, beginners and even non-runners (who will have to run a bit!). There will be as many pubs as there are team members.

The first team member will run from Heath to the first pub (other team members travel by car). On arrival at the pub the runner will have to drink 1 pint (man) or ½ pint (lady) of their chosen drink (doesn't have to be alcohol). When they have done that the second runner sets off to the next pub and the process is repeated. The winners are the first team back to Heath!

Everyone is welcome (especially none runners willing to ferry team members about in cars).

One for the ladies

Hiya Ladies (and Men) if your interested,

A beautician friend of mine Anne Mould is going to be at Heath on Friday June 16th 7-30. We will be hosting a Beauty Demonstration and also performing other treatments etc.

Admission is £2.00 and there will be a Raffle, and one of the prizes will be for a Complete Make Over - it could be YOU. This is to help me raise more money for Cancer Research, who are helping my fundraising for The Great Wall Of China Trek in October

So if you're fed up with all the footie come along and have a 'Girlie' night The bar will be OPEN.

Hope to see you all on Friday
Thanks
Avril Smith.

Committee

Meeting Minutes

24th May 2006 8.15pm at the Wellington, Elland

Minutes

1. Present

Colin Hughes (chair):

Gayle Benson; Richard Fawthrop; Penny Fleming;
Alan Gibson; Jackie Graham; Eileen Hiller (minutes);
Steve Knight; Geoff Matthews; Linda Murgatroyd;
Diane Rafferty; Avril Smith; Steve Turner; Chris
Walker

2. Apologies: none

3. Minutes of previous meeting

Accepted as a correct record

4. Matters arising

4.7 Timing Clock

Mary had asked the committee to decide on a suitable timing clock to be submitted as part of a wish list for the CADG. As no-one had any knowledge of timing devices, Alan L volunteered to ask Mary to choose the most suitable. Other items needed might include a start and finish banner. Progress is to be discussed at the next meeting.

Action: Alan L

5. Budgeting

5.1 Membership subscriptions

Linda reported there are now 165 paid members and circulated the list. Committee members identified a few people who are running with the club who haven't yet paid. Colin agreed to speak to them on Thursday.

5.2 Accounts for the Bluebell Trail

Linda presented a profit and loss account for the Bluebell Trail, which shows a current balance of £950.35, although the Heath bar staff expenses are still outstanding. Peter Burton has been contacted at Heath for the amount, but as yet he has not replied.

It was agreed that £100 should be identified in the accounts as a preliminary budget for next year's race.

Action: Linda

6. Bluebell Trail feedback

Alan suggested that feedback should be sought from members at the meeting on June 1st. He thanked those who had provided prizes for the raffle and assistance provided by committee members.

It was agreed the date for the Bluebell Trail 2007 would be the 6th May to avoid clashing with the Leeds half marathon and Alan agreed to investigate a main sponsor for the event.

Action: Alan

Colin thanked Alan for his excellent organisation as race director, which was endorsed by all.

7. Website

Steve suggested the club should take advantage of commercial links to the website where appropriate, which was agreed by all. He reported the forum has been updated so that members can update their own details for the address book.

As Steve will be working in London from next week, Duncan Greaves has agreed to take over as web master. Steve to confirm the date.

Action: Steve

Colin thanked Steve for his excellent achievements in development of the website

8. Heath Committee Report.

Richard reported on the recent meeting with the Heath Committee as follows:

- Heath AGM is to be held on the 30th June, Richard has agreed to attend
- Pub Relay. Heath have particularly requested the pitches are not used as they are currently being re-conditioned
- The Heath website is now 90% ready for use
- Assistance with a Heath newsletter would be appreciated, Maggie was volunteered
- The RFU have been approached for grants to improve the pitch
- Heath asked if progress had been made with obtaining grants from the NEAA or other appropriate athletics bodies. Colin is making investigations into this.
- Bluebell Trail. Some disappointment at the level of bar takings. The committee thought this was to be expected at a running event. There was a suggestion that runners should be asked not to enter the clubhouse in wet running shoes. The committee agreed this could be made clear to runners at next year's event.

Improvements to the club, including a new ramp access and shower facilities, are planned.

9. Beginners' Course

Diane reported that a total of 78 beginners had filled forms in over the 3 weeks the course had been running so far.

A Beginner's Race Event is to be held on the 7th June. The course will be approximately 4 miles and there will be 6 teams of mixed ability. Club members will be asked to act as marshals.

It was agreed the winning team will be presented with medals and all participants will receive goody bags. (There are approximately 50 goody bags left from the Bluebell Race).
The clubhouse will be available for the presentation and membership forms will be provided.
Colin agreed to explain about membership and features of the club. Avril agreed to display kit.

Action: Diane/Colin/Avril

10. Kit

Avril has ordered sample Stainland Lion fleeces in different sizes. As soon as they are available for inspection she will take orders.

11. Pub Relay

This is to take place on the 17th June. The relay will begin at 3pm. It was suggested the last leg from the Wellington pub in Elland back to Heath would be suitable for beginners. Chris is planning a bouncy castle and a children’s sports day event to follow the relay, which will include:

- Egg and spoon race
- Three-legged race
- Sack Race
- Wellie wanging

Richard was confident there would be room to do this without using the pitch and it was agreed the pitch should be roped off.

There will be a barbecue to follow, the club will provide bread and meat and members will be asked to bring salads and deserts. Diane agreed to purchase 100 sausages and burgers and there is a quantity of teacakes left over from the Bluebell Train in a local freezer. (Eileen)
Budget for the event was discussed and it was agreed that costs would be covered by a raffle rather than a charge for running in the relay. Paul Wallis has approached the Halifax for raffle prizes and Chris agreed to approach Nestle.

Action: Chris/Paul/Diane

10. Running events

10.1 Wednesday runs

Linda suggested Wednesday runs should be added to the club running nights, which was agreed.

10.2 Joe Percy 10k – Wednesday 27th June

Jackie agreed to take the register of club members doing this, as it is a club event.

10.3 Stainland Scamper – Sunday 24th September

The date was chosen not to clash with other running events. Eileen agreed to contact Lynn.

Action: Eileen

10.4 Tortoise and Hare – Thursday 13th July

Halifax Harriers would like to be involved in this event, to be held from Greetland All Rounders Club
The race involves the following:

The Hare & Tortoise Relay

Team 2 Lions

Teams to be matched on approx 10k times

Quicker runner to be paired with a slower runner

Objective is for the Hare to carry the baton clockwise round the course and the tortoise to run anti-clockwise.

They must meet and exchange the baton; both turn round and run back the way they came.

Finish is when **both** members of the team present their baton to the timekeeper. (Must finish together)

Rules: - The designated course must be followed at all times.

Highway code to be observed at all times.

There will be two routes one for the Hares (clockwise start) and one for the Tortoise (anti-clockwise start)

Courses will be published on the evening

Hares course **up to** 4.5m out and same back

Tortoise course **up to** 3m out and same back (flatter half)

Suggestions

Ensure you pass the baton to the correct person and not a member of another team.

Beware of any jiggery pokery-taking place

As the both courses follow the same last mile it is permissible for a team to run back together (tortoise encouraging the hare to keep going)

10.5 Relays

Teams for the Millennium Relay on the 17th June have been organised. Participants who have not already paid should forward £7 to Gayle as soon as possible.

Gayle reported there are 4 teams entered for the Rochdale canal relay on the 4th June and some of the newer members have been included.

11. Social Events

11.1 York Races, 15th July. More names were put forward for this. Tickets are £14 and Chris agreed to investigate a coach.

11.2 Night out in Halifax to be held on the 9th June from the Shears pub at Paris Gates.

11.3 Gateshead athletics weekend has been cancelled as Gateshead members will be away at a race that weekend.

11.4 Caelidh to be held at Heath on the 22nd July. Eileen agreed to write to Heath for clubhouse, awning and bar facilities. (This date has since proved to be a no goer – date tba)

Action: Eileen

12. A.O.B

12.1 Claire Simpson has approached the club suggesting a charity 10k or half marathon could be held in conjunction with the Harriers for the charity ‘Children as Carers’.

As there has already been a joint half marathon proposed to celebrate the opening of the new athletics track, it might be possible to combine these events, possibly in November. Geoff agreed to ask Claire for more details.

13. Date of next meeting

Wednesday 21st June at 8pm at the Wellington
Eileen Hiller May 2006

Captains LOG

Road/Trail Races:

16.5.06 Littleborough 5K Road Race

Pos

44 Damien Cole 18.40
125 Gavin Dodd 22.47

21.5.06 Bupa Great Manchester 10K Run

Lee Buckwell 35.51
Gav Dodd 47.42
Sam Whitwam 50.18

4.6.06 Roberttown 7 mile Road Race

Pos

49 Jimmy Smith 53.18

4.6.06 Blackpool Half Marathon

Pos

555 Gary Williamson 1:53:42
628 Catherine Mellor 1:55:47
1043 Sarah Wightman 2:15:31
1044 Jane Wrightman 2:15:31

4.6.06 Rochdale Canal Relay

A great turnout for The Lions with 4 teams entered. It was a great success with some excellent results. Our mixed A team won their category and finished in 2nd place overall!

Apologies to those people whose names have been mixed up on the results, the correct names are in place on the results below. I emailed the organiser with final teams and names last week, which was received but not used. Sorry guys!

Well done everyone, once again we proved to be a great running club and as Ben the bullet likes to say 'we're putting Stainland on the map'!

Results:

Winning team Halifax Harriers Men: 3:26:09

Stainland Lions Mixed A: 3:40:29
Darren Sugden - 0:31:29
Naomi Sharatt - 0:33:52
Gayle Benson - 0:32:14
Ben Mounsey - 0:35:32
Charlotte Raynor - 0:29:26
Eddie Raynor - 0:31:54
Lee Buckwell - 0:26:02
Mark Preston - 0:30:40

Stainland Lions Mixed B: 4:14:45
Simon Hogan - 0:34:00
Diane Waite - 0:39:06
David Waite - 0:33:20
Steve Turner - 0:45:05
Claire Simpson - 0:36:24
Lorraine Naylor - 0:36:10

Stainland Lions Ladies: 4:30:41
Jaqueline Northern - 0:38:18
Mel Rainford - 0:41:35
Amy Gaukroger - 0:35:23
Sarah Wetherill - 0:50:51
Liz Redfern - 0:35:07
Sam Whitwam - 0:38:26
Gemma Bradley - 0:31:01

Stainland Lions Open: 5:21:57
Avril Smith - 1:03:40
Alan Lashbrook - 0:40:23
Roy Henstock - 0:48:02
Colin Hughes - 0:44:15
Judith Greenwood - 0:39:57
Pat Pitts - 0:46:31
Marilyn Greenwood - 0:39:09

Forthcoming Events:

11.6.06 The Thirsk 10 Mile
17.6.06 Club Pub Relay & BBQ after
18.6.06 Bradford Millenium Way Relay
28.6.06 Joe Percy Undulating 10k
2.7.06 Skipton Tough 10 mile
6.7.06 Summer Club Handicap
9.7.06 Kilburn Feast 7 mile
13.7.06 Tortoise & The Hare Race
16.7.06 Idle Trail Race
22.7.06 Yorkshire Wolds Half Marathon

Half Iron Man, Lisbon, Portugal

4 of our lions went to compete in the half iron man competition in Portugal. The swim was 7.9km, cycle 90km and the run was 21.1km. Well done guys, congrats to you all! We wish you all the best of luck for the full iron man competition your doing soon!

Results for half iron man:

	Swim	Bike	Run	Total
Eddie Raynor	33.05	2.31.21	1.25.03	4.33.26
Andy Wiggins	38.41	2.29.57	1.24.58	4.36.49
Zena Buckwell	35.30	3.01.49	2.02.50	5.46.04
Charlotte Raynor	50.11	3.08.03	1.59.05	6.02.35

Fell Races

14.5.06 Mytholmroyd Fell Race 1930ft, 6.15 miles

150 runners turned out on a misty, miserable morning for one of our local fell races, organised by Halifax Harriers. The start was a good climb followed by a steady run over the top of the moors then dropping down onto a road and bridle path. The second big climb was up some steps cut into the moor which as tough as they were all uneven. Back over the moor, good job the course was well marked as the mist was down the tops. A fast descent down to the finish with a free bottle of water to every finisher and plenty to talk about.

Our star lady Naomi put in a great effort to pick up 3rd lady, well done!

Pos

28	J Moore	52:43
53	N Sharratt	57:50 (3rd Lady)
57	C Hughes	58:45
71	D Sugden	60:51
120	T Murgatroyd	67:31

17.5.06 Blackstone Edge Fell Race 1200ft, 3.8 miles

On a very wet, miserable Wednesday night 3 lions stepped out at Littleborough to partake in the 25th running of this local fell race. The course was a classic with all surfaces included, road, trial, moor land, field, bogs rocks tussocks and peat. We started on a fast road stage followed by some up hill trail then down through a bog before turning to attack the climb. It was a tough climb and towards the top became a bit of a rock climb, On the top was a mixture of large flattish rocks and peat. Then on to the moor land, tussocks but down hill. Back to the bottom the up through the bog and finish with fast down hill trail and road. The distance was only 3.77mile but was enjoyable and well worth a go. Johnny ran well for his 17th position and Linda came in first in her category.

Pos

17	Johnny Moore	35.31
54	Trevor Murgatroyd	45.20
58	Linda Murgatroyd	48.18

23.5.06 Stanhill Fell Race 800ft, 5 mile

Pos

50	Mark Preston	43.47
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4.6.06 Garburn Trail Race 20K

A 20k point to point course through some of the most scenic countryside in the UK. Starting in Staveley village, the course is along well marked and marshalled footpaths and bridleways and takes in panoramic views of Lake Windermere and most of the Lakeland fells. The trail follows the Kentmere valley before the big climb to the Garburn Pass. From here, it's nearly all downhill to the finish in Windermere (except for one hill near the end). Underfoot conditions are quite variable, there's a bit of everything. Short sections of tarmac, grassy footpaths, stony bridleways with stiles to climb over all add to the unique nature of the event.

Pos

43rd lady Linda Murgatroyd 2.13.48

21.5.06 Lordstones Fell Race 7.2 miles 2330ft

Johnny Moore competed in a time of 69.28. Well done Johnny!

Forthcoming Events:

7.6.06 Chevin Fell Race 900ft 3.5 mile

10.6.06 The Carnival 1150ft 5.8 mile

17.6.06 Buckden Pike 1500ft 4 mile

18.6.06 Kinder Trog

19.6.06 Coiners Fell Race

23.6.06 Wicken Hill Whizz 1000ft 3mile

24.6.06 Reservoir Bogs 1100ft 7mile

25.6.06 Great Bakewell Pudding Race 700ft 6.25 mile

25.6.06 Tomtittiman 700ft 4mile

11.7.06 Stoodley Pike 700ft 3.5mile

22.7.06 Turnslack 2000ft 8mile

Relays

18.6.06 Millennium Way Relay

Not long now to the relay, hope you all know your legs. I'll be thinking of you all whilst I'm laid sun-bathing! Good luck to you all!

22.6.06 Scammonden Dam Relay

Starts 7.15pm. Meet at car park by the toilets at the dam. 3 leg relay, approx 25 mins running. £3 per team, plenty of prizes, men's, juniors, vets, mixed and ladies. It's good fun, I did it last year and won a plant so quality prizes are on offer!

The idea of the relay is for each member of the team to run all the way round the dam, but in any direction either on road, tracks, water, clockwise or anticlockwise. Which ever way you think will get you round the quickest. You must visit the check-point on your way round, which is located in the car park, far side of the dam. No access in front of boat club.

The start and finish is by the dam wall next to the water tower overflow. All members of the relay must start and finish here. We'll be doing some recces at some point, will put on forum once confirmed. Pie & Peas afterwards at Lower Royal George. If interested think of your teams before the night and see Paul Biddulph and Steve Knight on the night.

13.7.06 Scammonden Dam Triangular Challenge

Starts 7.30pm. You run from the never ending steps at the dam to point B which is flat, run downhill on the road to point C, then up the steps to the start again. I'm not certain of how the relay works but Paul Biddulph and Steve Knight can help with more details.

4 leg relay, £4 per team. Plenty of prizes men's, juniors, vets, mixed and ladies. Meet top car park overlooking dam. Pie & peas afterwards at Lower Royal George. It would be better to think of your team before hand, then see either Paul Biddulph or Steve Knight on the night of the race.

14.7.06 Washburn Valley Relay

We've been sent some details from Otley Athletic Club about the Washburn Valley Relay their organising. The race is for teams of 4 people. Starts 7.15pm from Yorkshire Water Swinsty Moor car park.

The course is split into 4 sections averaging 4 miles to 6.3 miles which is on public footpaths, bridleways and a small amount of road in the scenic Washburn Valley around Blubberhouses, Timble, Swinsty Reservoir and Fewston Reservoir.

There is an entry fee of £5 per team. The course will not be well marshalled so recces are essential. If anyone is interested then I have some entry forms and details of each leg, let me know and I'll pass on them on. I'm not around for this one so you will need to enter your own team/s. Teams need to be entered before 7th July.

Social Events

By Chris



Day at the Races

As many of you know we had a wonderful day last year at Doncaster Racecourse. This time round we have to do it a bit different as Doncaster is now closed until 2007 for re-development.

As such I can confirm that we'll instead be going to York Racecourse on Saturday 15th July. For those of you who didn't go last year its a must!

Can you please pop me a note on the forum to let me know how many tickets you would like - I will try to get a confirmation of cost asap.

Summer Ceilidh—sometime late July/August more details to be announced

Great night out, dancing, drinking & eating. The dancing is hilarious especially further into the evening when everyone is well oiled. More details re date etc in the next newsletter and on website.

Editors Closing Comments

My motivation for running is getting better, especially after helping with beginners. Have booked myself onto the coach to go to Nottingham to do the half marathon, I'm sure Judith will get on my case if I don't do the training!

Have you all seen Steve & Debbie's website, showing pictures of them doing the Les Treslas Quadrathlon back in May. Steve took part in the 72km bike ride, and Debbie the 2km cliff run. Well done to them both (absolute nutters!!)

Both myself and Mick went along to the pub crawl on Friday 9th June and partook of one too many beers. We then got up and took a run Saturday morning at 8.30am and that was us wiped out for the weekend! (Didn't even manage to get to BBQ and watch footie). Have decided it's definitely orange juice for the pub relay for me.

Cheers

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 (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	17/6/06	Pub Relay and barbecue	See Chris (Social Secretary)
	18/6/06	Bradford Millenium Way Relay	Club Captains
GP	28/6/06	Joe Percy 10k	See website link
	30/6/06	Wharfedale Off Road Full/Half Marathon	Club Captains
	2/7/06	Skipton Tough 10 mile	Club Captains
	5/7/06	Helen Windsor 10 k from Greetland Allrounderd meet 7pm	Www.halifaxharriers.co.uk
Social	6/7/06	Summer Handicap & barbecue	Club Captains
	9/7/06	Kilburn Feast 7 mile	Club Captains
	13/7/06	Scammonden Dam Triangular Challenge	Club Captains
	13/7/06	Tortoise & The Hare—Norland	Trevor Murgatroyd
	14/7/06	Washburn Valley Relay	Club Captains
Social	15/7/06	Trip to York Race Course	See Chris (Social Secretary)
GP	16/7/06	Idle Trail Race	See website link
	22/7/06	Yorkshire Wolds Half Marathon	See Maggie for entry form
GP	27/8/06	Norland Moor Trail	See website link
	10/9/06	Nottingham Half & Full Marathon	Runners World
GP	21/9/06	Ron Hill 67th Birthday 5k	See website link
GP	8/10/06	Harewood Trail	See website link
GP	5/11/06	Guy Fawkes 10	See website link