



Comments from the Chair

Chairs Comments;

What a turn out at the Huddersfield and Dewsbury 10 K events, this was absolutely fantastic. Personal bests achieved by quite a few people, one or two surprises in the finishing order also. It just goes to show all that winter training is now paying off.

On the subject of training, we need to be a bit more organised in our preparation. We try to organise at least 4 groups every Thursday and approximately 3 on Tuesday. It is in reality difficult to organise many more, however as a club we have individuals who are clearly improving, as can be seen from the recent race times and places. Some of these individuals are now ready to progress and to step up a group on training nights, we should be aware of this and give help and motivation. The groups have clearly mixed abilities, however in order to keep warm and keep the group together, please lets have the faster runners back tracking and doing Fartleks (Running at speed from the back to the front). When the lighter nights are here we may be able to organise things differently.

Saturday Runs:

If any body is interested at the beginning of April I am going to try and start an "Off the Road " section. The runs will vary in length and the venues will be different each week, it is envisaged we would be out for circa 2 hours. Would anybody be interested?

Rome & London Marathons:

Good luck to Geoff, Steve and Granville in Rome (Remember guys you are going out there to enjoy yourselves, so have a few beers the night before). To all of you doing the London Marathon keep up the training and enjoy the day

Parking:

A big thank you to all of you for responding to the message, re not all parking at Heath. I do understand the issues, some of you have raised, re how dark it is. Hopefully we can resolve these issues over the summer.

Cross Country:

Congratulations to Ben for coming second behind Ian Fisher, I personally think Ian Fisher was not expecting anybody to push him that hard in races, well done Ben. Also congratulations to Lorraine for nearly picking up the most improved runners trophy.

Finally thanks to Steve and his team for organising the Stainland Lions Cross Country. Oh Steve I forgot to tell you, Judith Greenwood still insists she was winner on the day, as she was one of only six people who completed the official course.

Look forward to seeing you all running.

Colin

Tokyo 10k

Race report from Avril Smith

Tokyo 10k Feb 12th. AVRIL SMITH>

Yes I did run! I was in Japan visiting my Daughter Paula, who had decided to enter us both for this race. The 'Run' up to the actual race day was to say the least eventful. On my second day in Tokyo we had an earthquake only 5.9 on the Ricta scale, minor size for them and no serious damage, but very scary to me. I now realise where the saying comes from (did the earth move for you)

Two days before the race I fell off my bike and the handlebars fell into my lower nether regions, very painful, very bruised, good job I wasn't in the Triathlon. Now its the day of the race. As this was in an area my daughter was not familiar, we were all looking for the signs to show us the way, I saw this huge Hi Viz looking sign that we have in the UK, but no, it was only advertising a new 'Noodle' shop!! We eventually found the start, my daughter & I went to collect our numbers (me in my Stainland Lions Vest) with union jacks pinned on. I think they thought we were 2 Olympic Runners from the UK, as they were all bowing and nodding their heads towards us.

Then we were off. We were running on this long stretch of road between the rice fields, the wind was blowing straight across with arctic temperatures, that's when I thought why am I doing this. Lots of stick thin Japanese were passing me, then this Red Shell Suited Yoko Ono lookalike and three older men passed me. Then I decided with true Yorkshire Grit it was me and them.

At the halfway drinks station they were all wanting to give me this vile green tea but I declined and just had water. With about 2 ks to the end they were all suddenly in front of me, all I could think of was Christ I can't be last and wearing my 'Lions' vest so all my training kicked in, I got my head down and kept saying to myself its only like 'smelly mile, go for it! So I did my famous sprint finish for the Goal, as they call the finish.

I was given a chip timer at the start of the race, which is attached to your number, one of the officials was pulling that off me and then 'Zapped' the bar code on my number then my certificate was being printed out on his lap top. That's technology.

My Time was the slowest I've ever done 1.15, but considering all the mishaps beforehand it wasn't bad and we were the only Europeans running. After the run I was handed a bowl of raw fish soup and chopsticks, I declined, preferring the scrumpitious nosh at a drive through McDonalds on the way home.

The 'Lions' fame has been spread far & wide...

New Balance

As a matter of interest, New Balance have 3 factory shops in the UK and all of them are in Cumbria. Some of their shoes are up to half the shop price. As many of you are running Dent in a couple of weeks, I thought this might be useful information, please see the following website for shop opening times etc.

<http://www.newbalance.co.uk/2005/AboutUs/NB-FactoryShops.shtml>

Linda

p.s delivery charge £4.50 for goods ordered, no matter how many items. Would be a good idea to club together and do one order

ELLIE'S BALL

Just another reminder to everyone that Ellie is organising a charity ball and auction in aid of Heart Research UK. The date for the ball is the 14th April 2006 at Berties banqueting Suite in Elland. Tickets cost £35 per person, this includes bucks fizz and canapés prior to a 3 course meal and disco. Tickets are now available, For further information please contact Ellie May on telephone number 07769 650815 or 01422 359232 or via e-mail e.may@leedsmet.ac.uk

Huddersfield 10k

Well done to all those who ran in the Huddersfield 10k. Below are the times and places of all who ran from Stainland Lions.

Name	Position	Time
Lee Buckwell	46	40:26
Chris Walker	81	45:03
Andrew Smithson	83	43:17
Geoff Matthews	89	43:27
Mark Preston	90	43:29
Steve Turner	127	45:34
Naomi Sharratt	139	46:12
Gavin Dodd	140	46:13
Ansar Farook	141	46:15
Gemma Bradley	172	47:41
Andrew Brewer	174	47:45
David Waite	196	48:35
Richard Fawthrop	201	48:53
Lorraine Naylor	216	49:23
Simon Hogan	225	49:44
Chris Gooder	246	50:38
Antony McManus	247	50:40
Trevor Murgatroyd	252	51:01
Samantha Whitwam	253	51:02
Alan Lashbrook	268	51:43
Diane Waite	270	51:51
Craig Manderson	295	52:54
Melanie Rainford	302	53:20
Damian Cole	315	54:12

Paul Wallis	321	54:22
Susan Manning	326	54:30
Joanne Kitcher	343	55:11
Angela Fawthrop	348	55:48
Kathryne Booth	358	56:22
Clare Simpson	359	56:25
Jonathan Taylor	363	56:47
Phil Stapley	392	58:24
Paul Chadaway	393	58:27
Lisa Oldfield	394	58:27
Jane Wightman	408	59:17
Granville Hall	410	59:26
Teresa Hall	411	59:26
Catherine Mellor	421	1.00:06
Lesley Henderson	428	1.00:37
Susan Barritt	432	1.01:02
Carol Lord	435	1.01:33
Roy Henstock	457	1.02:47
Penny Fleming	466	1.03:46
Liz Smithies	468	1.04:09
Julia Newsome	482	1.08:27

A special well done to the following:-

Lesley Henderson - 3rd overall in the F55 category

Diane Waite - 4th overall in the F40 category

Naomi Sharratt - 5th overall in the F35 category

And finally well done to our Stainland ladies, consisting of Naomi Sharratt, Gemma Bradley and Lorraine Naylor who got us 3rd overall in the Ladies Team event.



The Art of taking Sweets from a Stranger



Report by Karen Newill after a very enlightening weekend at Dent spectating the latest grand prix event.

This weekend has been a learning experience. The ill-informed may think that handing out Jelly babies at races is a simple affair – and yes, 48 hours ago I was of the same mind but my goodness how wrong I was. There is a science to handing out jelly babies – and a range of techniques used to receive them – some are more successful than others.

Firstly you need to select your variety of jelly babies. We were trialing Bassetts originals and the cheapo Asda version. Now I'm betting you would think that the former would prove to be the most popular but Oh no! Asda's (which, incidentally, contain beef gelatine – apologies to fellow vegetarian runners) proved significantly more popular with the Stainland Lions we tested (and with a few non-Stainland members who we took pity on).

Secondly you need to consider the apparel of the jelly baby giver. Curiously runners are more inclined to accept Jelly Babies from you if you are wearing a silly hat. Maggie (the only non-silly hat wearing giver amongst the four of us) had her Jelly babies declined the most number of times (although she had the Bassetts variety so this could have been a contributing factor).

Lastly the all important technique of receiving Jelly Babies. We encountered three distinct methods – the 'hold and sweep', the grab and the stop and select.

The most successful of these was the '**Hold and Sweep**'. This is where, without breaking stride, the runner cups the givers hand and then sweeps the handful of Jelly Babies into theirs. This technique was favoured by both Clive and Susan Siddall. Had they practised this in the comfort of their own home one wonders or perhaps they were both born with this gift which may be one of the reasons they were originally attracted to each other? Who knows.

The **Grab** was the method most favoured by Clover the Goat – because it resulted in the handful of jelly babies being scattered over the road and consequently being given to her (no doubt the runners will be glad to hear that we weren't handing out soiled Jelly Babies – but we hope Clover the Goat didn't suffer indigestion as a result).

The **Stop and Select** was favoured by those who took their Jelly Babies very seriously. Two notable examples were Mick (who only wanted black ones) and Avril (who wanted to rest!).

Congratulations to all those who took part in Dent – we would like to think our Jelly Babies helped you on your way. See you next year? Best wishes to Clover.

Karen Newill

Quote of the month

Well thank God for Dent, which prompted a few quotes worthy of a mention:-

"Shall I go down?" (One male Stainland Lion runner to another!! - perhaps I should mention it was uttered during the organisation of our runners for the group photo).

"Shall I give him one?" (A female Stainland Lion spectator—debating whether to give a jelly baby to a fine spectacle of a male runner).

Another worthy mention, although not a quote was the sight of one well endowed chap nearing the finish line, wearing short shorts (the one's with the netting on the inside). The netting was showing off to one side (the left side I think!) below the main bulk of the shorts, thus giving all spectators slightly more to ogle at. Unfortunately I did not have my camera to hand! The cold weather didn't appear to have much affect on the runner.

Maggie

Captains Log

Forthcoming Events

11th March 06 Dentdale 14 Mile GP Event -

Results to follow in April Newsletter.

19th March 06 South Leeds Stadium 5

26th March 06 Rome Marathon

Good luck to Geoff, Steve & Granville. Hope you have a great run!

2nd April 06 Wilkinson Ackworth Half Marathon

2nd April 06 Baildon Boundary Way Half Marathon

8th April 06 Meanwood Trail 7.5 miles - GP Event

9th April 06 Wakefield Hospice City 10K

9th April 06 Sheffield Wednesday Mayors 10K (Don Valley Stadium)

16th April 06 Guiseley Gallop Leeds 10K

23rd April 06 London Marathon

30th April 06 Rothwell 10K

7th May 06 Bluebell Trail

Relays

4.6.06 Rochdale Canal Relay - 7 legs of between 5 miles to 7 miles

Last year we had a great success with our mixed team finishing in 1st position. Hopefully we can do the same this year and have more Stainland teams out there racing. If anyone is interested in taking part then please contact me, either reply to the message about the relay on the forum or see me at a training run. This is a good event for people of all levels of running in the club.

18.6.06 Bradford Millenium Way Relay—5 legs (2 runners per leg), 47 miles in total.

As the club expands there are more events each that we're entering, but unfortunately the club can't fund every event. So each person that volunteers to run the Millenium Way will need to pay. It's £70 per team to enter, so £7 each to run. I know I'll pay to run, hopefully others will do the same. Again reply to the message about the relay on the forum or see me at a training run.

Race Reports

12.2.06 Liversedge Half Marathon, Robertown

Not a course for a PB, there are some tough inclines. One of the hills is nicknamed the 'hill from hell', as from the comments on Runners World

Website, but I'm sure us hardy lot from Halifax will think it's a breeze, or maybe not in the middle of a half marathon. Enjoyable race though, I did it, not this year but the year before.

Pos

145	Chris Walker	102:50
263	Ellie May	115:36
324	Paul Chadaway	123:17
326	Lisa Oldfield	123:25
372	Patricia Pitts	131:16

26.2.06 Pocklington Snakeland 10

A fast and fairly level course, although the "Snake" does have a sting in it's tail. A course which goes up and down with a couple of cruel undulations on the way. At least the last mile is straight and flat as you sprint into town.

378	Clive Siddal	1.19:59
443	Susan Siddal	1.23:45
610	Paul Bainbridge	1.41:14

26.2.06 Huddersfield Road Runners 10k—GP Event

A great turn out for Stainland Lions with nearly 50 people competing. It's not the easiest of 10k's and has a few hills to battle with, but despite that we had some good times on the day. Well done to Lee Buckwell, finishing 1st for the Lions. Congratulations to the ladies team for finishing 3rd overall on the day, well done girls.

12.2.06 Wadsworth Trog

This year the weather fell kindly on the Trog. A beautiful, crisp frosty day with clear skies awaited the runners for this 20 mile fell race. The notorious weather that usually accompanies the race came a day late for the runners, which was fortunate for me as I didn't encounter falling into bogs as I'd heard runners did the previous year. Only 3 Stainland runners ran this year, with Ian Wood wearing that other shirt again! Johnny and Ian took the bull by the horns and ran an impressive race, finishing in 3.37:05, job well done lads! A personal thanks to Naomi for pulling me around the course, which I finished in 4.22:55. Naomi left me on the last hill, powering on to finish in a time of 4.21:03, well done Naomi! (Race report Darren Sugden).

Pos

36	Jonathan Moore	3.37:04
37	Ian Wood	3.37:06

98 Naomi Sharratt 3.37:04
101 Darren Sugden 4.22:55

Cross Country

The club competes in the West Yorkshire Winter League (WYWL) which has 5 races each year. Cross country events encourage those new to the sport, as well as having a competitive "top end".

Full results on www.idleac.co.uk

Overall Results

Well done to the Stainland Ladies finishing in 3rd position, Stainland Men finishing in 5th, Stainland Vets finishing in 5th and Stainland finishing in 5th position overall.

Individual Results –Men

Congratulations to Ben the Bullet for finishing 2nd overall, hopefully you'll catch Fisher next year! Andy Wiggins for finishing in 8th position overall and to Andrew Smithson finishing in 18th position overall. Well done lads.

Individual Results—Women

Congratulations to Tracy Dean finishing 3rd in her category! Naomi Sharratt and Linda Murgatroyd for finishing in the top 15 overall. Naomi was on her way to finishing in the top 5 ladies but unfortunately was ill for the last event. Well done lasses!

A big thank you to Steve and Karen, all marshals and anyone else who helped to make the Stainland cross country a success. I know a lot of preparation and effort must have gone into organising this event. I was glad to be a marshal on the day when I saw all the cold runners passing by after just doing the river crossing .. Bbbrrrrrr!!!!

APRIL AWAY RUN

Organised by Colin Hughes. Meet at the Ivy House pub on Shay Lane for 6.45pm on Thursday 13th April.

Club Night Meeting Minutes

*Minutes of Members' Meeting
Thursday March 2nd 2006
at Heath Rugby Club*

Committee Members Present: Colin Hughes (Chair); Gayle Benson (Ladies Captain); Richard Fawthrop; Penny Fleming; Steve Knight (Men's' Captain) Geoff Mathews (Vice-Chair); Ben Mounsey (Cross Country 2006) Diane Rafferty (Beginners) Chris Walker (Social Secretary) Meeting notes taken by Avril Smith (Kit)

Apologies: Linda Murgatroyd (Treasurer) Eileen Hiller (Secretary)

1. Finance

1.1 Halifax Athletics Track

Following the donation by the Stainland Lions of £1000 to the above project at Spring Hall, Colin proposed approaching Lesley Wood of the Halifax Harriers to jointly organise a half marathon which would coincide with the official opening of the track. The committee would progress.

1.2. Subscriptions are due by the end of March.

The committee have agreed that only paid up members will be allowed access to the forum after this date. Also agreed was that members who had joined since last September and paid £15 could upgrade their subs for 2006 by paying an extra £5.

2. Relays

Races in 2005 had cost £520 for three relays. Further consideration was to be given to the funding for races in 2006 by the committee.

Linda and Trevor Murgatroyd suggested introducing new members to relays by holding a club relay in which new and experienced runners would be included. Teams would be decided by names in a hat. Members thought this a good idea.

3. Car Parking

There is a map on the forum showing the areas around the mill which can be used for parking. Some members are using the well lit public car park in West Vale. These arrangements now seem to be working as the majority of members had parked away from Heath.

4. Monthly Away Runs

To alleviate the car parking situation further, from April the away runs will take place on the second **THURSDAY** in the month.

The March away run will be on Tuesday 7th March. Meet at 6.45pm at the top of Savile Park opposite Crossley Heath School, next to the swings.

5. Cross Country Sunday February 19th

Steve and Karen Newill were thanked for their efforts in organising a successful event. Members were reminded of the district league final event/presentation evening 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 are to be given to Karen or Steve Newill.

6. Bluebell Trail

6.1 Marketing

The date is the 7th May and entry forms are now on the club website. It is also advertised on the Runners' World website; John Schofield's Active Runners and on Active Europe next to the New York Marathon! This is an important event for the club which needs to be marketed well. Members were asked to take forms to other races and Avril agreed to take forms to the Dent 14.

At least 50 volunteers are needed to marshal, please contact Alan Gibson or Carol Lord.

6.2 'Reconnoitre' Sunday March 19th from Heath at 10am

Alan felt it important that all marshals should run or walk the route so that they are all fully aware of the course and hopefully prevent runners getting lost. This was thought to be a good idea

6.3 Health and safety/ Equipment

New ropes and a safety harness have been purchased and Alan has approached the police and the council,

7. Joe Percy 10K

Lucy has previously arranged the club entry for this race held in June, but is unable to do so this year and so a volunteer is needed.

8. Social Events

A Pub Relay is to be held in June; the Summer Handicap will be on Thursday 6th July, to be followed by a social evening; and a junior knockout/sports day followed by a barbecue is also planned.

9. London Marathon

Colin suggested that everyone doing the London Marathon could communicate via the forum for training runs etc. transport and accommodation.

10. Raffle

Diane organised a raffle

Colin asked for suggestions from new members to improve the club; he thanked all for attending and the meeting was closed.



My first successful venture into the world of Social Secretary came in typical Stainland Lions fashion with a 'piss up'. I'd spoken to many fellow lions prior to our planned Friday night out and there was a lot of interest and confirmed attendees, I even went to forewarn the Shears so that they didn't have a sudden deluge of people arrive unexpectedly. Of course, little did I realise that the weather was due to play an unfortunate trick.

As many of you know, at around 4 o'clock on the Friday afternoon the snow started to fall and traffic chaos ensued as everyone struggled to get home in the extended rush hour. I arrived at the Shears at 7:30 as the first one there, ok embarrassing but I figured the others would show up shortly. 15 minutes later and I'm still sat there on my own beginning to wonder if anyone was going to turn up at all. Another 5 minutes pass and in walks bigun' at back Phil, thank god for that – our number had doubled!! A couple at a time others started to arrive over the next half an hour, giving tales of their long arduous journeys, till we had a dozen or so, which was quite reasonable considering the weather.

After a while some of us made a move to meet the next group at the Three Pigeons, however Phil had driven down to the car park as he wasn't drinking (silly boy!), so we piled into the back of his van to add some extra weight so he could take a run at the icy cobbled hill. I thought I'd gone on a pub crawl, not a rally! We met up with the others in the Three Pigeons and from there moved onto the Pump Room, the Goose and Yates. Some of the party also went on for a curry although I was well and truly trolled by then. I had a thoroughly good night and a stonking headache in the morning as I'm sure many others did too.

Can't wait for the next one, hopefully with better weather!!

Chris

Pos	Stainland Grand Prix 2006	Jan	Feb	Mar	Apr	May	Jul	Jul	Aug	Sep	Oct	Nov	Dec	Events Completed	Points Total	(*=dnf)
		Club Winter H/Cap (15th)	Hud-desfield 10k (26th)	Dent (11th)	Mean-wood Trail (8th)	San-dal Castle (21st)	Joe Percy 10k	Idle Trail Race (16th)	Nor-land Moor Trail (27th)	Ron Hill 67th Birthday 5K (21st)	Hare-wood Trail (8th)	Guy Fawkes (5th)	The Stoop			
Division 1																
1	Geoff Matthews	17	17											2	34	
2	Naomi Sharratt	18	14											2	32	
3	Steve Turner	15	15											2	30	
4	Mark Preston	13	16											2	29	
5	Lee Buckwell	8	19											2	27	
6	David Waite	12	10											2	22	
7	Andrew Brewer	10	11											2	21	
=8	Simon Hogan	11	9											2	20	
=8	Gavin Dodds	7	13											2	20	
10	Gayle Benson	19	-											1	19	
11	Chris Walker	-	18											1	18	
12	Damian Cole	9	8											2	17	
13	Ian Thornham	16	-											1	16	
14	Clive Siddell	14	-											1	14	
15	Ansar Farook	-	12											1	12	
=16	Chris Bottomley	-	-											0	0	
=16	Colin Hughes	-	-											0	0	
=16	Russell Woodfield	-	-											0	0	
=16	Trevor Murgatroyd	-	-											0	0	
Turnout %		68.42 %	66.67 %	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00 %			
Division 2														Events	Total	
1	Chris Gooder	17	16											2	33	
2	Richard Fawthrop	14	17											2	31	
=3	Granville Hall	18	10											2	28	
=3	Diane Waite	15	13											2	28	
5	Alan Lashbrook	13	14											2	27	
6	Gemma Bradley	8	18											2	26	
7	Tony McManus	9	15											2	24	
8	Clive Aylott	16	-											1	16	
=9	Jacqueline Northern	12	-											1	12	
=9	Craig Manderson	-	12											1	12	
=11	Elizabeth Redfern	11	-											1	11	
=11	Paul Wallis	-	11											1	11	
13	Linda Murgatroyd	10	0											2	10	
=14	Alan Gibson	-	-											0	0	
=14	Ellie May	-	-											0	0	
=14	Mary Cowling	-	-											0	0	
=14	Mick Blaylock	-	-											0	0	
=14	Stephen Newill	-	-											0	0	
Turnout %		61.11 %	55.56 %	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%			



Dates for your diary

	DATE	EVENT	CONTACT DETAILS
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
Social	6/4/06	Monthly club night at Heath	Committee members
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	13/4/06	April away run from Holmfield	Colin Hughes
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
Social	4/5/06	Monthly club night	Committee Members
	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)
Social	6/7/06	Summer Handicap & barbecue	Club Captains
	9/7/06	Kilburn Feast 7 mile	See Maggie for entry form
	22/7/06	Yorkshire Wolds Half Marathon	See Maggie for entry form