



Comments from the Chair

Bluebell 2006

Congratulations to Alan & Carol on another superb Bluebell, we had I am told a record entry. Also many thanks to all the helpers: Marshalls, Kitchen staff, Car park attendants, Race result co-ordinators and finally our Water attendants.

Whilst the weather may not have been great for the spectators, it certainly was for the runners. The first four runners breaking the course record, one of whom was our own Ben Mouncey, well done Ben. As we say running is not about winning, it is about taking part and personal enjoyment. It was so nice to see so many, new club runners taking part in this year's event. The profile of Stainland Lions as a club, has again been raised another notch, through the efforts of you the club members, well done.

London Marathon:

Congratulations to all those members who completed the London marathon, I hope you all enjoyed the weekend. I know that for many of you it was your first marathon.

Running Events:

We have so many runners now, running at many different venues throughout the area, it is somewhat difficult to keep up with all the races. However I would like to congratulate all the members of the club who took part in the Three Peaks fell race. Whilst everyone was a star, I would like to congratulate Naomi on being the eighth lady home, what an achievement in a very classy field. Also, I think Lee Buckwell, deserves a mention for going sub 36 mins at Rothwell, well done Lee.

Next Club Event

Our next club event, is the PUB Relay on June 17th, the rules are quite simple.

- You turn up
- Get allocated to a team.
- Find the quickest route to a designated pub.
- The baton is a drink, before the next person can set off, the runner must drink a pint of ??? (men) or a half for ladies.
- Once they have consumed the drink, the next runner sets off.

Once we finish we the have a Barbeque. The club will provide the bread and meat, you bring the salads and puddings. This year we hope to put on a mini Olympics for Mums, Dads and their Kids. So, please bring your kids and have a good fun day out. The start time will be announced later as will the course.

Finally:

Subscriptions, please if you have not paid then please do so. We have to date 150 paid up members , yet over 170 members using the Forum.

Colin

Bluebell Trail 06

Race Directors View, Tribute to Others!

Clairster Runners World - What a fab adventure! I had a great time and will definitely be back next year. All the marshals were really friendly and the organisation was tops! Well done guys, definitely rates as the most fun I have had in ages!

That's where it ends, but where did it start!

Was it on the day..... A few months before or let's for this article start somewhere.

The day before, with 'the goodie bags crew', who gave up their Saturday afternoon to assemble over 360 goodie bags, and suffered *repetitive chocolate bar load injury* a real big thank is extended to Richard Fawthrop, Steve, Alison and Alex Farrar, Gary & Mary Cowling and of course Big Phil & Carol.

Then the Day...I flung back the curtains at 5:30am my mind churning about the coming day ahead and then there was the weather, a thick gloom had descended over what had been previously a clear blue sky and my thoughts turned to rain.

There was no turning back now though, and I comforted myself in the thought that everyone would click into gear and sure enough, by or large that is what happened. Eileen Hiller opened Heath on Que., Geoff Matthews arrived early and pulled together his car park team and while all this was happening, Roger Northrop was signing-off, having completed a massive taping operation around the more difficult latter stages of the course – which began circa. 6:30am.

Then there was the great coming – marshals, marshals everywhere and without who's efforts and time, quite frankly we would not have had this event – **in all over 60**, well done Stainland Lions. They were to receive the highest praise from the race participants, and if anyone is in any doubt again we received excellent feedback on the Runners World Forum – Well Done!

I also personally marshalled, and would like as a marshal now to extend gratitude to our Chief Marshal Diane Waite - who was instrumental in helping us to our stations.

Confident the marshals were moving-in, Clay House and the Race Start Build were the next target –no worries here either, completed swiftly and quickly by Paul Chadaway and his team Trevor Murgatroyd, Alan Lashbrook, Simon Hogan, Jimmy Smith and Adrian Pitts. Then the industry really kicked-in, the start crew had built the finish, then Ed & Eric Greenwood were prepared and ready on the river, there was the smell of freshly cooked bacon pervading from Heath, from Avril, Helen and Liz's Butty Squad. Entries and Pre-Entries were attending to runners and the ambience lifted as Andrew Kettle and his friend Joe sounded out Heather Small's 'What have you done today to make you feel proud' well done guys!

The Race! Megaphone in hand – a warning to the 'garmanites', to the effect the Bluebell Trail is 10.3 miles. Oh and something around the first water station being at the top of a small undulation on the course called Trooper Hill...there was a reproachful laugh from those who knew and torpor from our race freshers'. Underway, the course was festoon with a ribbon of marshals willing on the runners. Watching the this the Third race, which owes much in its vision to Mary Cowling and Roger Northrop, both of whom were in attendance on the day. The 2006 Bluebell Trail broke a few records as well as a few hearts as runners faced the challenge of Trooper Lane, this was the fastest Bluebell, Karl Gray Calder Valley Fell setting a new course record 1:03:09. It was also the largest Bluebell with 306 entrants and the most runners with 271 competitors. The good clime led to the course record being broken by all the first 4 runners, including our very own **Ben 'the bullet' Mounsey** finishing in 4th place in a fantastic time of 1.05.51.

Well done Ben !

All the runners benefited from the labours of Big Phil – who poured more sand than trains' sandboxes on Dark Lane. Then as the runners finished the diligent result recording of Adrian Pitts, Linda Murgatroyd, Mary Cowling, Roger Northrop, Alison Farrar & Maggie Blaylock meant Steve Turner had the results on the Stainland Lions site by 4:00pm, and we also featured on John Schofield Results by 5:00pm. Thanks is also extended to the Halifax Harriers who again supported the Bluebell in numbers, and Linda Crabtree for ensuring we received good copy in the Halifax Courier 10th May 2006.

There were six-unsung hero's Colin, Carol, Avril & Pete, Linda & Mary. Colin worked tirelessly after the event to ensure we handed Heath over in the condition we found it, un-noticed and not forgotten.

Carol for her patience and support, Avril & Pete for making sure the equipment is passed over in good condition for our next race, the revised Stainland 7- Good luck with this Lynn. Linda for her immense contribution, canvassing sponsors for our raffle, writing out to all last years entrants and with Trevor enthusing the race wherever they raced.

Mary...who gave, gave and gave...again and again -always willing 'never shirking'; nothing is ever too much trouble – thanks Mary and finally on the shoulders of everybody a very successful race day was born.

So this is where it started and this is where it ends:

Tracy Marshall2 Ruuners World - Fantastic race, first time for me, was a bit apprehensive about the hill and river...but thoroughly enjoyed the race, seemed to go very quickly..If you can say that about 10 miles. Great organisation from what I could see and great (and many) marshals. Weather held off for most of the field.

It made me smile all day, will definitely be back next year. Best race I've run and enjoyed for a while. Cheers to everyone involved.

Thank you to you all.

Race Director
Alan Gibson



London Marathon

Race Report by Ansar Farook

How did I get on?

I can see the clock in the far distance and I am getting closer, everyone around is looking nervous but excited at the same time, the clock is getting nearer, whoosh, the clock has disappeared over my head. I am over the line! Wow....it feels good to be participating in one of the **greatest marathons** in the **world** and running for a great cause. **Reality check**.....26 miles to go! It all starts here, all the training flashes before you - the long runs, the pain, blisters, sore feet. I hope I finish it!?

Within the first minute, I hear '**Good Luck Ansar**', a smile appears on my face and I nod in return to the stranger as acknowledgment (thinking thanks mate, I'm gonna need it!). I knew from there this was gonna be a fantastic but tough day and the support everyone has told me about was gonna be incredible.

The **support** on the course was incredible. There was not one yard on either side of the road that was not filled with people shouting and supporting you.

Well done Ansar, Looking good Ansar. Keep going. You're doing well. Not far now, children giving high-fives to all the passing runners..... You get the idea.

Also knowing that all those people had sponsored me to the tune of around £1,900 meant that I could not let you down. I was worried that I may experience some injuries during the race but in fact, no pain at all. I was flying, I even had time and energy to turn back on the 25th mile and kiss the lovely lady.

On the course there were **jazz bands**, whistles, bells, drum bands, **Elvis** band, rock bands - every kind of music to cheer us on.

The fancy dress was also amazing - **Wonder-woman**, Elvis, fairies of a male and female variety, a guy wearing a thong, the couple getting married at Tower bridge, a guy barefoot, Flintstones, every variety of animal, **Wombles**, Spongebob, **Tigger**, you name it, it was there....

The support at Tower bridge, Cutty Sark, Canary Wharf and the Mall was out of this world. It is the nearest that us mortals get to stepping out onto a Premiership football pitch on match day.

Incredible. If you are thinking about having a go next year- don't hesitate **go for it** - you won't regret it! Running the London Marathon was the most fantastic experience.

I'd like to thank everyone who has sponsored and supported me throughout the last three months. It has been hard and I couldn't have done it without your support.

My finishing time was 4 hours 4 minutes. I can say I had a **very comfortable run** and it was rewarding and great fun. I don't know what overall position I came because I lost my timing chip which records your time during the race. I estimate I came 12,600 out of 38,000 people.

I was very tired on Sunday and I could still feel my feet from the experience even on Wednesday! I hope to be running soon after a well-deserved rest and racing in **Leeds Half Marathon** on **7th May**.

I just want to take this opportunity once again to say many many thanks for your very very generous support to the **NSE**. The money donated will help NSE buy specialist equipment for babies. See you all next year, for the ultimate **New York Marathon!**

LONDON MARATHON REPORT FROM ELLIE MAY

Thank you for sponsoring me to run the London Marathon. I thought you might like to know how I got on and how much money I have raised for Heart Research UK. So far I have raised approx £1,400 and have about another £200-£300 to collect, so you will be pleased to know that I have exceeded my target of £1,500.

As for the marathon, I really can't remember it hurting so much! I started really strong and was on course for finishing in 3 hours 50 minutes but something happened at 18 miles, my legs stopped working and felt like lead weights and my knees felt like they were going to give way on me! So I kept going run/walking until about 20 miles when I knew it was time for the Nurofen and a couple of energy gels. Once these kicked in I got my second wind and even managed a sprint finish – my time was 3.54.00. Unfortunately my timing chip came off half way round the course so I haven't got my official time yet!!

LONDON MARATHON - RACE REPORT FROM HELEN KETTLE

It all started in the Duke of Wellington Pub in Elland - Garry had got a place in the ballot and I had been rejected - I didn't have a problem with this! Garry was adamant that I should put my name into the draw, I was quite happy to try again through the ballot next year! In went my name, Diane Rafferty's name came out first- phew! Then for some unknown reason Mary seemed to get much delight out of announcing that I had got the next club place. I won't print what I said as my mum and dad might read this.

Its now Jan 1st - no excuses - need to start training - Garry is on a mission - he has done his research and over the next few months is to become a master of route planning on the computer (I sometimes think it took longer to plan the route than to run it - but thanks to him the training was varied and I have to say enjoyable). Most, if not all our training was done on our own as due to personal circumstances it was easier to train during the day but we are now looking forward to running with the club again. Unfortunately after only a few weeks we were struck down with injuries. Help! This was proving expensive with weekly visits to the physio but thanks to Michelle at Heathmount we were to make it to the start line - also many thanks to Michelle for sponsoring us both and for the voucher for a free massage after the marathon. (Must have been good customers) - Also many thanks to the GP's at the Practice where I work for all their advice over the past few months.

Friday 21st April and there is no turning back we are off to London. We had booked into a hotel at St Paul's (can highly recommend it) Much to our delight we had a microwave in our room - PORRIDGE! Unfortunately we did not have any bowls or spoons - come on Garry you are a scout how can we improvise! - Got it! I am not sure a MacDonald's Mcflurry is ideal to run a marathon on but the containers are great for making porridge in and they come with spoons - problem solved!

Now all we need to do is register - London is awash with Flora carrier bags and people drinking water - at this point we decide we had better buy some water just to look the part. Nerves are really setting in - everyone looks so fit and I think everyone is aiming for sub 3hrs 30 - or so they say.

Saturday 22nd April

It's a beautiful day so we head off to The Mall to see the finish line and dream.

Spend a couple of hours just lying in the park relaxing soaking up the sun. Everywhere you turn people are talking about the marathon - or am I getting paranoid. The good luck texts are coming in fast and furious - no turning back now.

D Day

7.30 time to go. Just as we get outside the hotel who should be running past but Sue Siddall and Sue Nuttall - Good Luck they shout - it's a small world. After a fraught journey we finally arrive at Blackheath and meet up with a few other Stainland Lions. I have to say I have never seen anyone use so much Vaseline as Richard Fawthrop - it was everywhere and I mean everywhere! Hope it did the trick Richard. After queuing for an eternity for the toilets -(not even sure I really wanted to go) - it was a dash for the start line. Chris was most perturbed that he was starting further back than us but he needn't have worried as he passed us long before the start line. Conditions were good although a little warm. I was surprised at how easy it was to run amongst so many people. Didn't see that many fancy dresses - think we managed to beat Mr Tickle in the end having run most of the way around with him. There was a man in a leopard G string who didn't seem to have put on enough Vaseline and was applying more as he went along - not a pretty sight. The miles seem to pass - so many people and so much noise - at the 13 mile mark we are running alongside people running the other way at the 22 mile mark - how do they do it? At 25 miles we are joined by Paul and his daughter Lisa and we all question how people do this for fun. Not far now the end is in sight. As we turn the corner at Buckingham Palace they are playing the song 'What have you done today to make you feel proud! That's all it takes and we even manage a sprint finish. FANTASTIC we crossed the line together, hand in hand - Altogether now - Aah!

All that remains to be said is that the feeling is unbelievable - I'll never have to do that again!!! Thanks to everyone in the Club for offering me the chance to do this and a special thanks to Garry as without his encouragement and planning - I wouldn't have achieved it. Thanks to everyone who sponsored us. The club place is up for grabs next year and there will be one less name in the draw but for anyone thinking of doing it - GO FOR IT - Well done to everyone who took part this year

LONDON MARATHON RACE REPORT BY RICHARD FAWTHROP

I was lucky enough to gain a place on my first attempt through the ballot. Unfortunately Angela was unsuccessful and was sent the fleece, which is a strange item because when you wear it people ask you when you ran the marathon. I'd run the London Marathon before back in 1993 in my postgraduate years with a couple of mates from university. We ran for the charity Action Research which I now think is called Cancer Research and raised a few thousand pounds. As we finished in 4:49:22 one of my mates said never again and we all agreed until an eighty year old woman who'd finished in front of us said, 'oh yes you will'. I always said that if I did it again I would do it for myself and on my own because I'd felt that my mates had slowed me down due to less training and they struggled in places. After that I did very little running until in 2002 when I ran the Leeds Marathon in over five hours (over 15 stone) and the Great North Run in two and a half hours. After that Angela and I had our second daughter in February 2003 when I stopped all exercise and in January 2004 I hit 17.5 stone saw some bad photos of myself at a conference in Liverpool and joined Stainland Lions.

Last year I trained hard with the club and started an intense eight week sub-3:30 running program for the Nottingham Robin Hood Marathon and was delighted to finish in 3:35:16. The support from family and friends from Stainland Lions made it a very special day. The feeling of crossing the line gave me a huge high with only a little soreness in my hips. I ran on the Tuesday with the club and was so over-whelmed by the congratulations from the club. I was high on emotions for a week, even sprinting to Copley and back on the Wednesday afterwards with Steve Turner. Then the celebrations began and the colds and the eating and naturally the drinking. Just too really put a spanner in the works it was then Christmas no chance of keeping the weight off. So as a result I nearly got back up to 16 stone.

So what to do for the London Marathon! I decided that my target would be sub 3:30 but to make sure I did a twelve week sub-3:05 training program. This was very intense out every night but one, every three weeks, lots of 12-14 mile runs after work, after Angela had come back from club night, after club and committee meetings. The big difference from the training for Nottingham was the different time of year, winter not summer. I was getting back home sometimes after eleven o'clock at night cold and wet. For the first 10 weeks I was always tired and really since the Nottingham Marathon did not feel on top form. Then finally the Meanwood trial, the training had calmed down, and I finally felt fit again, weight coming off, legs recovering. I started feeling positive about the London Marathon.

Angela and I travelled down to London on the Saturday morning after leaving the kids in Cheshire with my parents and headed straight for the exhibition centre to collect my race number. I was very impressed at the lack of people waiting for their numbers. Could not resist stopping at this Japanese stand that had these young Vietnamese women rubbing lotion on my legs and placing titanium stickers and tape all over my knees and instep which were feeling sore. In fact as the training reduced I started to feel many aches and pains that made me feel like I had over trained perhaps.

We went to the pasta party which had a quite long queue but I saw all the runners from the TV program 'running for glory' and listened to a few lectures on hydration and watched a fashion show of running clothes.

Captains LOG

Road/Trail Races:

16.4.06 Guisley Gallop 10K Trail Race

Pos		
119	Mark Preston	47.04
254	Diane Waite	54.23
255	David Waite	54.23
258	Linda Murgatroyd	54.28
305	Ellie May	57.10

22.4.06 Hawkshead Trail 15K (Race report by Linda & Trevor Murgatroyd)

The village of Hawkshead sits in the picturesque valley Windermere and Coniston and standing on the start line all we had to wonder was which hill would we be jogging up.

The weather was perfect, it had been very warm the day before but had rained and clouded over through the night, so nice and cool.

We set off through a beautiful little village and started the climb. There is a lot of slate in the area and under foot was rough with shards of slate jutting through, not somewhere where you would want to fall otherwise you'd be cut to ribbons. The path just seemed to go up and up, never really flattening out, not until we reached the very top. As we dropped down we could see Lake Windermere in the distance, it was a stunning view. We ran along the edge of Lake Windermere for several miles until we started the climb back over the hill to Hawkshead.

We were met by a path very similar to Trooper Lane in steepness but much longer! Most people took this opportunity to catch their breath and have a natter on the way up. Again this hill seemed to go on forever winding its way through pine clad woods and just when you thought you were at the top it was up again, very tiring. Once at the top, the marshals said 'all downhill from here' but you know it's a lie and there's always just another little climb to get over and sure enough there was. The descent was great although treacherous in places with a great sense of achievement from many runners. As we reached the bottom it was round the corner and back to the recreation ground where the beer tent was calling. We even had our names and club read out on the PA system as we crossed the finish line, along with a nice smiley photograph. A certain couple celebrating a Birthday and wedding anniversary crossed the line holding hands and celebrated with a big hug and kisses. What better way could there be to celebrate?

All in all it was a fantastic run and I would certainly do it again next year. I've entered the Garburn 20k in June. If you like beautiful scenery, a few hills here and there, then this is the one for you. These hills make Stainland look flat!

Pos		
	Robert Hardcastle	1:36:48
	Diane Waite	1:38:45
	David Waite	1:38:45
	Linda	1:40:04
	Trevor	1:43:14
	Kathryne Booth	1:59:30

23.4.06 London Marathon (report by Richard Fawthrop)

Big congratulations to all the Stainland Lions who successfully completed the 2006 London Marathon. Below is a list of the Lions who completed the course. Ellie May unfortunately lost her chip on the way round and is still waiting for an official time. I have not heard from Ansar yet.

For many it was their first Marathon or their first London Marathon and I'm sure the crowds and the National monuments really help you get round. It was also good to see pairs of lions helping each other round father/daughter, husband/ wife and training partners. For others like myself it was trying to beat PB's and times from the past. So many finished the marathon for the first time others like Ellie and Eileen set new PB's and others like me found the going a bit tough and did not achieve the time hoped for but better luck next time. I see from the forum that many like not so big Phil and others are keen to do another Marathon like Chicago, La Rochelle or Florence. Well done to all who finished, I felt a bit down but my neighbours, family and friends were all really positive that I'd finished which after all is a great achievement.

Pos		
	Mark Preston	3:42:40
	Douglas Moody	3:42:41
	Chris Bottomley	3:43:57
	Chris Walker	3:53:44
	Andrew Talbot	3:53:53
	Richard Fawthrop	4:00:10
	Rob Lush	4:04:01
	Eileen Hiller	4:07:21
	Zena Buckwell	4:21:42
	Maureen Hole	4:42:57
	Catherine Mellor	4:46:00
	Garry Kettle	4:52:05
	Helen Kettle	4:52:05
	Paul Chadaway	4:54:43
	Lisa Oldfield	4:54:43
	Alison Adams	5:17:19
	Phil Stapley	5:17:20
	Judith Anderson	5:19:15
	Elizabeth Timmins	5:48:03
	Diane Rafferty	6:59:22

30.4.06 Rothwell 10K

A fast course for a PB. Well done to Lee who smashed his PB at Rothwell, coming 25th in a field of over 700. You've raised the gauntlet now Lee, who can get sub 35 mins between you and The Bul-let now? Well done to all Stainland who ran on the day.

Position		
25	Lee Buckwell	35:26
168	Eric Heaton	40:50
244	Gav Dodd	43:34 (Gemma Bradley ran with Gavs number)
299	Michael Balmforth	45:07

30.4.06 Calderdale Duathlon

Pos		
15	A Wiggins	1:44:45
38	A Smithson	2:00:53
62	S Wetherill	2:29:41

7.5.06 Bluebell Trail (Report by Alan Gibson)

The Bluebell Trail 2006 was the 3rd time we have hosted our very own trail race and it certainly broke a few records as well as a few hearts as the runners faced the challenge of Trooper Lane, this was the fastest Bluebell, Karl Gray Calder Valley Fell setting a new course record 1:03:09. It was also the largest Bluebell with 306 entrants and the most runners with 271 competitors.

In fact the conditions for this year's Bluebell Trail were fantastic for running, (not so good for all our marshals, with that soothing drizzle). The good climate led to the course record being broken by all the first 4 runners, including our very own Ben 'the bullet' Mounsey finishing in 4th place in a fantastic time of 1:05:51. Well done Ben. The next Stainland Lion was 41st, Ian Thorham 1:20:43, then 42nd 1:21:00.

Other Notables were our very first lady back Samantha Witwam 115th in 1:33:22, well done Samantha - The next Stainland Lion lady was 165th Liz Redfern 1:40:53 and then 180th Angela Fawthrop 1:45:04.

In addition we had 24 Lions on the course comprising many of our newer members 11 ladies and 13 of our men.

We also had approximately 60 marshals who made this run successful, and also the army of helpers @ Heath RUFC.

Clairster Runners World -What a fab adventure! I had a great time and will definitely be back next year. All the marshals were really friendly and the organisation was tops ! Well done guys, definitely rates as the most fun I have had in ages!

Bluebell Trail (Colin Hughes, Chairman)

On behalf of the club and the committee I would just like to thank Alan & Carol for their superb effort in coordinating this years event. As is the case now, we seem to be getting positive feedback every time we organise a race.

Also it was very nice to see some of our new members attempting the course, I hope you enjoyed the pain. NOW you know why some of us mature runners opt to Marshall or become a Domestic for the day in my case.

Whilst I know Alan will be thanking people later, I would as Chairperson, just like to thank all the Marshalls and back room people for contributing to what was another superb event.

Alan & Carol, once again thank you for organising the 2006 Blue Bell race.

Pos		
4	Ben Mounsey	01:05:51
41	Ian Thornham	01:20:43
42	Mark Jones	01:21:00
51	Chris Walker	01:24:18
65	Chris Bottomley	01:26:48
79	Joe Nolan	01:28:57
115	Samantha Whitwam	01:33:22
117	Jimmy Smith	01:33:33
138	Anthony McManus	01:37:23
165	Liz Redfern	01:40:53
172	Paul Wallis	01:42:09
180	Angela Fawthrop	01:45:04
185	Paul Bainbridge	01:45:39
190	Julie Talbot	01:46:19
203	Jacqueline Northern	01:50:08
213	Grenville Turner	01:51:12
217	Karen Hirst	01:52:10
231	Eileen Hiller	01:55:17

233	Jonathon Taylor	01:55:23
251	Ali Adams	01:59:58
262	Patricia Pitts	02:07:40
271	Rosie Barber	02:23:42

Leeds Half Marathon 7.5.06

Sorry to anyone who ran this race and I haven't mentioned, the results were not up when I did this log. Hope you had a good race. Results to follow in next Captains Log.

Forthcoming Events:

- 21.5.06 Sandal Castle 10K
- 21.5.06 Chester Half Marathon
- 3.6.06 Wharfedale Off Road Full/Half Marathon
- 4.6.06 Blackpool Half/Full Marathon
- 4.6.06 Rochdale Canal Relay
- 11.6.06 The Thirsk 10 Mile
- 18.6.06 Bradford Millenium Way Relay

2.7.06 Skipton Tough 10 (10 mile road race) starts 11am. The course is rural, scenic, rather bumpy and not for wimps as they say on the entry form. The entry form is in on the website in the events section.

Fell Races:

10th Anniversary Waltz 2006 - British and English Championship

The race was run with clag and fairly strong winds on the tops. Of the 750 entries for the run, 596 turned up on the day and 580 completed the course.

Pos		
172	J Moore	1:58:02
373	T Underwood	2:18:02

15.4.06 Rivington Pike 1000ft 3.25 mile (Race report by Linda & Trevor Murgatroyd)

A short (3.25m 1000ft) mainly path and track race. The start is on a main road and travels towards a good hill, it then reverts to farm tracks then only about ¼ mile of rough terrain as you climb to the pike. (A strange little castle like monument) Round that and back to the bottom as fast as the little legs will travel.

Pos		
	Trevor Murgatroyd	27.58 mins

30.4.06 Three Peaks Race 4500ft 24.5 miles (Race report by Darren Sugden)

The Three Peaks Fell Race provides a challenge that is not for the faint hearted by linking together the three summits in a 24.5 mile race with 4500ft of climbing, which should only be undertaken by strong runners.

It starts in Horton-In-Ribblesdale and follows an anti-clockwise route, first up Penyghent at 694m, then Whernside at 736m and finally up Ingleborough at 723m, before descending the final five miles back down to the start .

Instead of taking the more circuitous route to the summit of Whernside followed on the Three Peaks Walk, they follow the old direct route straight up to the summit. This year the race was blessed with excellent conditions which were cool at 10 degrees with a little sunshine which everyone seemed to catch.

It attracts many of the countries best fell runners with the winner Robb Jebb this year completing the race in just under 3hrs. Well done all the stainland crew for completing the race with Ian Wood having to retire due to wearing a Calder Valley shirt!!

Naomi was 8th Lady (3rd Lady novice). Stainland men were 13th team.

Pos		
100	J Moore	3:56:33
113	P Biddulph	3:58:32
178	T Underwood	4:20:02
189	N Sharratt	4:22:07
284	J Graham	4:48:45
311	D Sugden	5:01:39

1.5.06 Cragg Vale Fell Race 720ft 4 mile (Race report by Linda & Trevor Murgatroyd)

A slow start on a single track path which lead on to a farm lane then climbed steeply to reach the moor top. We then travelled over rough moorland heading towards Mytholmroyd before turning sharp left round towards Stoodly Pike. Left again through a wood and then came the tough bit, navigating through the bog trying to pick the ankle deep sections as opposed to the knee deep swamp bits. A short path followed by some fast down hill fields lead us back on to a track and then a very fast down hill road section to the cheering crowds and the finish. Good little run (4m 720ft).

Pos		
Ben Mounsey		28.48 mins (6th Overall)
Linda		42.43 mins
Trevor		42.44 mins

Great support from Naomi and Rob, David and Diane Waite and Shaggy.

6.5.06 Ravenstones Fell Race 1250ft 10 mile (Race report by Linda & Trevor Murgatroyd)

Following a warm morning the cloud cover came over the hill just as the race was about to start. There was a good contingent of Lions who had made the short trip over to Greenfield for this 10 mile fell race.

The race started up a steep field then on to a flat-tish track, running on for a couple of miles past the

side of Dovestones Reservoir. We then encountered the big climb (a steady walk for most) up on to the top of the moors where we attempted to find the best track for jogging on by avoiding the tussocks and mud holes. We made our way to Chew Reservoir then went round the moor in an anti clock wise direction until we met up with a path around the edge of the high rock face with some breath taking views down the valley.

The second half of the course was the faster section followed by the steep descents back on to some fast trails and down a couple of fields back to Greenfield. Shaggy and Toby both had fine runs but Naomi 2nd Lady prize received a loud Lions cheer. The consensus of opinion was that it had been a good event and that we all had enjoyed it.

Pos		
27	Paul Biddulph	1.19.47
35	Toby Underwood	1.22.35
51	Naomi Sharratt	1.27.53 (2nd Lady)
60	Darren Sugden	1.30.30
80	Gez Hodgson	1.36.08
82	Colin Hughes	1.37.15
103	Steve Turner	1.47.24
110	Linda Murgatroyd	1.55.36
111	Gayle Benson	1.55.36
114	Diane Waite	2.01.56
115	Trevor Murgatroyd	2.01.56
118	Luan Underwood	2.14.34
119	Claire Wood	2.14.34

9.5.06 Jack Bloor Fell Race 1150ft 5.2 mile

A fine sunny and warm evening in Ilkley saw Steve T and myself looking up a steep climb to the top of the moor. A shout went up and 200 people set off in various directions, the funniest start I have ever seen. We follow a small group of Ilkley runners who went at 90 degrees to the main field over a bridge only to join back in with the main group further up the climb. We had 6 check points to reach in order and had to deposit a small tag at each. The first was all climbing, the second was fast down hill on good tracks. We then turned back up a gentle climb through heather to a narrow track to number four, going to five was fast descents on paths just watching for the big stones, then turn left through the bog section of about 800yards three good strides then splash, Steve showed good speed in this section. We then dropped down on to steep paths to number 6 which we both almost missed. We only had to descend through the rocks and bracken over a beck and to the finish. A great race thoroughly enjoyed by the both of us. Climbs, descents, heather, tracks and bogs and a fine evening. (take note Mary C one for your diary) And just to round it all off a Keighley and Craven lad gave us both a bottle of beer that their team had won.

Pos		
142	Steve Turner	1.48
143	Trevor Murgatroyd	1.58

Forthcoming Events:

14.5.06 Mytholmroyd Fell Race 1350ft 7 mile
17.5.06 Blackstone Edge Fell Race 1200ft 3.5 mile
23.5.06 Stanhill Fell Race 5 mile
24.5.06 White Lion 800ft 3.75 mile
3.6.06 Pen-y-gent 1650ft 5.5 mile
4.6.06 Saddleworth Fell Race 950ft 3 mile
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

Relays:

4.6.06 Rochdale Canal Relay

The teams have now been posted on the forum, I have print outs of the routes so if you don't have one, I'll have them with me at training nights. Again can everyone recce their leg before the race. There are some estimated arrival times for each leg on the forum too. If people don't have access to the forum, please ask me.

18.6.06 Bradford Millenium Way Relay

The teams have now been posted on the forum, there maybe some changes to the mens team, leg 2 & leg 4 because a couple of people have dropped out, the people who are on these legs can you please hold off recceing your route until I sort, I will let you know asap. Everyone else is staying the same.

There are details of each leg on www.stbedeac.org.uk. Please can you pull off your routes and recce your legs, everyone needs to know their leg before the race. I will give you more information once I receive it in the post.

Also the cheque has been cashed which I sent in, so can people please give me their £7 entry fee.

14.7.06 Washburn Valley Relay

Organised by Otley Athletic Club. 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 and is on public footpaths, bridleways and a small amount off 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 reccees are essential. Anyone interested and I'll find out more about the relay and we'll see if we can get some teams entered.

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 redevelopment.

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!

I know its a fair way off yet but I could do with starting to get an idea of numbers - Last year they filled a coach!

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.

Abba Tribute Night

There's an ABBA tribute night on the 2nd June at the Ritz, Brighouse. According to people who've been before it's a really good night out. Its from 8 til 12 and tickets cost £9. I would suggest getting tickets quickly as it sells out within weeks. Box office number is: 01484 720058

For ease and speed I would suggest people organise their own tickets. We can all meet at Wetherspoons first between 7 and 7.45pm.

Can you all let me know if you've got tickets so I can get an idea of numbers coming, thanks. It should be a fun night.

Chris

Editors Closing Comments

Help! Still no motivation for running. Is there a cure? A pill or something that I could take, because I know that I'll enjoy it once I get my butt off the settee!

Steve & Debbie are back over, looking nicely bronzed. They're here for Steve's brother's wedding and flying back out on Thursday 18th May.

I must mention the Blue Bell Trail, and how well it all went. Alan seemed quite calm on the day, I don't know what Carol put in his tea the night before, but it worked. I've had a few emails from people who ran the race and enjoyed it so much they made the effort to contact us via our website. Can't be bad.

As with previous months' this is another bumper issue. It was great to have so many race reports from those who ran the London Marathon. It's great to read about their experiences, and each report so different from the next. On the day I sat in front of the telly from the beginning to the end of the programme, thinking I would surely spot someone from Stainland, but could I heck! Not even big Phil, who said he was going to wave to me.

Maggie

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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 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. You can either download a copy from the club website or have a paper copy handed out or posted out to you.



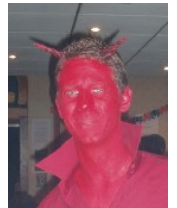
5. Monthly Meetings

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 Steve Turner if you have any problems.



