



# THE LION'S TALE

THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS

""THE ROAD GOES ON FOR EVER""

NOVEMBER / DECEMBER 2006



## Comments from the Chair

**Have you thought about nominating yourself for a post within the club? Take a look at the information inside and put yourself forward, you know it makes sense!!**

Stainland lions Road Runners are fast approaching the end of a hugely successful year and anybody who runs on a Monday, Tuesday or Thursday will witness the large numbers turning out week in, week out.

Being a committee member does carry with it a degree of responsibility but it is also a chance to shape the future of the club and build on the success we have enjoyed this year. The committee structure was formed at the beginning of 2005 and I believe all the current members have more than met the challenge of the job in hand, but it is now time to see some new faces with new ideas so we can continue to develop and progress. This is a very popular and successful running club with a bright future, but we need you, the members, now more than ever to ensure our continued success.

The AGM is scheduled to take place on Thursday 4th January 2007, when election of club roles for 2007 will take place, by way of a closed vote. I know that some members have expressed an interest in undertaking a particular role but have not nominated themselves on the basis that the current role holder may want to continue. Please do not be bashful in coming forward if you fancy having a go at any of the roles—if the club is to continue the great successes we have already seen then it does rely on willing volunteers to step forward

Colin

# WELL DONE

Well done to all those that ran in the Guy Fawkes 10 especially to Damian who was the first Stainland Lion runner back in a time of 1:03:25.



# Family Tree

I am tracing my family tree and have found that my great great great great great great great grandfather, phew, lived in Stainland, Yorkshire. His name was William Taylor born approx 1849 and he married Mary who was also born in 1849 he was a woollen spinner.

A bit of a long shot this one, but if anyone can help please email Lynda Taylor (john@in2net.co.nz)

## New York Marathon

Well done to Robert Hardcastle for completing the marathon in a fantastic time of 3hr 38min 41sec

## Holmfirth 15

### Race report by Simon Hogan

It isn't often these days that I'll set off on my own to do a race just for the hell of it. So what was it that made me decide to do this one? As I parked up in the designated car park behind Holmfirth High School I headed in to register with that one question going round in my head. Looking about I couldn't help noticing that the other early arrivals looked different in some way - all very serious, 6ft, skin and sinew. I was suddenly feeling very out of my depth. I started to think what else I could be doing at this time on a sunny Sunday. The answer that came back was 'a run with Colin'. Perhaps this was better after all! I decided to go for a warm up jog and promptly bumped into Mary Cowling who, wisely, was not running but attending a football match.

Start time was scheduled for 10.30. Noticing the gathering throng I made my way to the start line. Still feeling out of my depth I joined the pack just rear of centre. A smattering of Halifax Harriers were present but there was a noticeable lack of 'unattached' runners. As others were still joining the pack, the gun went and we were off.

The course is a 2 lap affair of mostly undulating main roads. The start of lap 1 and the end of lap 2 includes a circuit of the school grounds, incorporating a down hill stretch, followed by the steepest climb the course has to offer.

Already the elites were fast disappearing down the road. I could still hear the words 'why am I doing this?' sounding in my ear. However, after that first loop things started to get better with a gentle down hill stretch to Thongsbridge which turned in to the main A616 road for the gradual descent into Honley. Things seemed to be going quite well at this point as I was passing more and more people. At the 2<sup>nd</sup> mile marker I humorously/nervously (delete as appropriate) remarked 'only half a marathon to go!' which brought a titter from the surrounding runners. Anyway, onwards...

What goes down must go up! After the long, gradual descent I was perhaps lulled in to a false sense of security because after this came the second leg of lap 1, the long grind back up Woodhead Road (A6024) to Holmfirth. However, once I got into my stride decent progress was again being made. I was still managing 8 minute miling which was quite acceptable and I was managing to stay with the couple of runners I had settled in with. You have to remind yourself, though, that this is a main road with fast moving traffic still flowing so running in the road is done at your peril. As we hit Holmfirth I marked 10k in 46 minutes which seemed OK. A few people were out to cheer us on which was good to see. Perhaps they knew about the steepening incline ahead! This short stretch of climb was quite nasty so most were reduced to a crawl before it slackened off for the mile of flattish road back to start lap 2.

Lap 2 went the same as lap 1 except obviously I was feeling the effects of the first 7 ½ miles! The downhill stretch came and went but then the uphill stretch came again and, oh boy, now I was starting to feel the strain and my feet were starting to feel heavy. Upon re-entering Holmfirth the mile 13 marker was passed and shortly after that I clocked the ½ marathon at 1hr 38"31' - not bad, I thought. Then began the final climb on the way back up to the final mile.

That last circuit of the school grounds saw another runner passed but by now I was in unfamiliar territory having never raced beyond 14 miles (Dent). In fact, I should thank Colin for the extra training miles recently put in because without it I wouldn't have been able to pace myself. With the end almost in sight I rounded the final corner to be greeted by cheering onlookers. So, with the audience present and correct I put on my best race face that would freak any Mauri and begged my legs for one final kick up the short incline before turning into the school gates to race to the finish. A large clock straddled the finish and, quite frankly, I was amazed at the time showing: 1hr 53m 26s. I was hoping for a sub 2hr time so to finish with 6 ½ minutes to spare I was extremely pleased. The rest of the day was spent on a high!

No mistake, this is a long race but if you're marathon training I recommend it. If not, I would only recommend it to masochists!

Simon

# Boxing Day Fun Run

... for things that money CAN buy! Unlike the Radio 2 version!

Yes, it's nearly that time again, so here's a reminder and an appeal.

The Boxing Day Fun Run will be followed by our famous Charity Auction with the equally famous (in Stainland) Kevin Barker at the helm. Kevin, with gavel in hand, will be ready and eager to separate us from our hard-earned (or otherwise acquired) cash.

Paul (Shaggy) Biddulph is the Fun Run director and the arrangements for a successful day are well under way. However, Paul and the committee are eager to make this year's event even bigger and better than ever in the newly refurbished Red (pinkish) Lion, so we need your help as follows:

Please donate any items you feel we could auction to the generous but unsuspecting (and increasingly inebriated) public. With Kevin in charge that could be absolutely anything - snow to the eskimos springs to mind! Be it your unwanted Christmas presents from the long lost Aunt in Dorset who can't be bothered to come up to see you any more, or the Secret Santa pressie from some anonymous work colleague who obviously doesn't like you very much. Just bring them along on the day and help us to raise as much money as possible for our chosen charity, Martin House Hospice.

We would also really like to auction off some of your services, assuming you are willing to offer them of course. So if you run your own business and feel you could provide a service (or product) then we would love to hear from you. Equally important, if anyone has a special talent such as DIY, cooking, ironing, gardening, dog walking etc and would like to offer this to the highest bidder, I'm sure this would be really well received.

This part of the auction could be great fun so we would like to keep it as secret as possible until the day itself (although we might drop out a few hints nearer the time). If you do have something to offer please respond by private message or e-mail, or just jot the details down on a bit of paper and slip it discreetly to either me, Shaggy or any committee member between now and Christmas.

Please help us to make this a successful and memorable event. Terry Wogan eat your heart out... don't worry, we promise he won't be anywhere in sight!

Cheers

Geoff

# Virgin Vie

Dear All

You are invited to a Virgin Vie Party on Wednesday 6th December at 8pm at the Stainland Stags Rugby Club, Red Lion Car park, Stainland.

All proceeds to the Boxing Day Auction in aid of Martin House Hospice for sick children. So come along and have a fun night out and bring a friend if you like. For more info tel: Linda on 01422 374973

Many thanks

Linda x

# Grand Prix

Folks

It's that time of year again when we have to start looking for races for next year's Grand Prix. To help me do this I'd appreciate any feedback you have on what races you've enjoyed this year (or any other year for that matter) and would like to see included next year. Also, any that you didn't like and would prefer to see excluded next year.

I'm also collecting entries so if you want to enter the GP next year let me know, by email, forum, telephone or jungle telegraph etc.

If you've never entered the GP before and would like to take part next year, let me have your 10k, or predicted 10k times so I can work out what division to put you in. For anyone wanting to know what it's all about see the website under 'Grand Prix' or give me a shout.

And finally, I'd like to say a big thank you to those of you who have supported this club event throughout the year and I hope you have enjoyed taking part. It's been fantastic to see so many races well supported. I think it's certainly raised Stainland Lions profile as a club judging by the comments we've had from other clubs about the number of Lions taking part in some of these races.

Alan

# Captains Log

## Road & Trail

### **15.10.06 Leicester Marathon** (and half)

Race report Alison & Steve Farrar

After completing my first ever marathon "The Yorkshireman off road marathon" at the beginning of September, I had the bright idea to have a go at a road marathon sooner rather than later so that I could utilise my new found stamina levels!

After scouring the Internet I found two options in October – well actually 3 but as the other was Loch Ness I didn't consider that! The former two being, Cardiff or Leicester, I plumped for the latter merely because I knew we could travel down in less than 2 hours and avoid having to take Monday off work. Cajoled Steve (my husband) into some unorthodox marathon training that consisted of 4 weeks intensive cramming as he had agreed to run along side me and carry my provisions.

Weather conditions on the day were ideal. The race facilities were great and the marathon runners (146 of us, only 20 Ladies) set off with the halfers (350) on what turned out to be a surprisingly undulating but peaceful route. Whilst the support was sporadic on the course (apart from friends and family of other runners) the marshalls were wonderful at cheering us on and water stations were abundant.

Had a great run and just managed to exceed any of my expectations at achieving sub 4 hour!

Results:

Alison Farrar 3.59.29

Steve Farrar 3.59.29

Recommend it to anyone fancying an Autumn marathon as the training in the Summer was great .

Have to say I had really fallen out with racing but this restored my memories of the camaraderie that is particularly evident on long races.

We met on route some wonderful characters who were part of the marathon 100 club and their average age must have been 65! The stories they told were inspirational and made the miles pass so much quicker. However, the prospect of another 99 is less appealing!!

### **22.10.06 Exmoor 'Stumble' trail race**

Well done to Tony McManus on completing this 6 mile race in 1hr 7 min, coming 19th out of 42 runners.

### **29.10.06 Holmfirth 15'**

Just one lonely lion did this race, hope you enjoyed the race Simon.

Pos

100 Simon Hogan 1:53:26

### **5.11.06 Guy Fawkes 10**

Congratulations Damien from the results it looks like you had a great run, finishing in a strong position from a field of over 800! Well done to everyone who took part, a popular event for the Lions.

Results

28th	D Cole	1:03:25
184th	J Bassinder	1:14:24
250th	S Hogan	1:17:42
274th	S Turner	1:18:27
284th	G Dodd	1:18:50
350th	D Waite	1:21:06
392th	Diane Waite	1:22:56
405th	N Higgins	1:23:14
504th	A McManus	1:26:50
505th	J Kitcher	1:26:51
558th	A Fawthrop	1:29:21
588th	P Wallis	1:30:35
590th	S Manning	1:30:39
611th	S Crowther	1:31:48
612th	C Mellor	1:31:54
621th	A Lashbrook	1:32:38
636th	E Hiller	1:33:54
667th	M Blaylock	1:35:47
719th	S Aitken	1:38:32
725th	J Greenwood	1:38:48
746th	L Henderson	1:40:07
805th	H Learoyd	1:45:19
812th	S Boyer	1:45:19
816th	P Stapley	1:47:01
819th	J Taylor	1:47:41
841th	P Fleming	1:51:24

## Forthcoming Events

### **3.12.06 Percy Pud 10K**

The Percy Pud is a long established 10K road race in Sheffield. It's a great course, very fast, running along the Damflask Reservoir towards Low Bradfield. For more information visit [www.steelcitystriders.com](http://www.steelcitystriders.com)

## Boxing Day Fun Run

- \* STAINLAND LIONS BOXING DAY FUN RUN AND CHARITY AUCTION IN AID OF MARTIN HOUSE CHILDRENS HOSPICE
- \* TUESDAY 26TH DECEMBER 2006, 11.00 AM START
- \* RED LION PUB STAINLAND
- \* REGISTRATION FROM 9.00AM
- \* £4.00 PER ADULT, £3.00 PER CHILD
- \* PRIZES FOR: BEST CHILDRENS FANCY DRESS, BEST ADULT FANCY DRESS
- \* SPECIAL APPEARANCE BY SANTA TO START THE RACE
- \* LIMITED PARKING SO PLEASE ARRIVE EARLY

Boxing Day Fun Run helpers please:

Hi, to all and good of the Stainland Lions. Now is the time to start nailing your colours to the flag-pole. Can any of you who can help out on Boxing Day mail me on [biddyboy1@yahoo.com](mailto:biddyboy1@yahoo.com).

Marshalls, tea and coffee servers, parking attendants, entries etc etc etc. Please mail me and I can then start allocating jobs.

Also I am struggling with organising stuff for the Auction. I have asked Geoff if he can see if there is somebody that could take care of this. I am going on holiday and am really too busy to get out and about unfortunately. Anybody want to volunteer ??? The help would be really appreciated.

Thanks Paul aka 'Shaggy' (apparently)  
Paul Biddulph

Any more races?

## Fell

### **14.10.2006 British Championships Fell Relays**

Firstly, I have to congratulate Ben Mounsey on a great run, finishing up there with the best of them. To finish his leg in 7th position in such a prestigious event is a fantastic achievement, well done Ben.

All our runners on the day had a good run apart from moi, by the end of my leg I'd well and truly had enough.

I fell quite bad twice descending, then went on to have an asthma attack which was helped by Naomi passing me a bag to breath into. I carried on feeling a bit worse for wear, then just to top it off we got lost! Luckily we were found by

Naomi's husband Rob, he told us we were running leg 4, which is a bit unfortunate when your meant to be running leg 2. We eventually got back on track and when running back to the finish I was getting overtaken by people finishing leg 3, just to add to the embarrassment! I can laugh about it now but I wasn't laughing on the day more like crying! Gonna try my luck next year though!

Results:

Overall Position 75th - Stainland Men:

1st Leg - Ben Mounsey - 46:08  
2nd Leg - J Moore & P Biddulph - 1:29:39  
3rd Leg - D Sugden & E Rayner - 1:58:46  
4th Leg - T Underwood - 54:23

Overall Position 106th - Stainland Ladies:

1st Leg - T Dean - 1:04:51  
2nd Leg - N Sharratt & G Benson - 2:07:42  
3rd Leg - M Cowling & C Rayner - 2:18:33  
4th Leg - L Murgatroyd - 1:06:58

### **Sun Withins Skyline Fell Race 7 miles 1000ft**

37<sup>th</sup> Toby Underwood 49.04  
162<sup>nd</sup> Tracy Dean 60.35  
219<sup>th</sup> Linda Murgatroyd 65.55

### **04.11.2006 Shepherds Skyline Fell Race 6.25miles 1150ft**

93<sup>rd</sup> Gayle Benson 56.04  
94<sup>th</sup> Naomi Sharratt 56.06  
152<sup>nd</sup> Trevor Murgatroyd 61.10  
160<sup>th</sup> Tracy Dean 61.59  
210<sup>th</sup> Mary Cowling 70.48

### **5.11.06 Cop Hill Fell Race (Meltham Community Centre)**

8<sup>th</sup> Toby Underwood 46.14

### **5.11.06 Dovedale Dash (1179 runners took part)**

209<sup>th</sup> Mark Preston  
420<sup>th</sup> Linda Murgatroyd

### **Calderdale Way Relay 10.12.06**

Remaining recces of legs:

26.11.06 Gayle & Claire leading Leg 5  
Leg 5 meeting at Heath at 8.30am, Mary will let people know what time

Compass & Whistles

Can everyone please buy or borrow a compass and whistle for the Calderdale Relay. I know I said the club will provide these but buying one for everybody who is doing the relay will be quite costly.

Also keeping track of and collecting the compass and whistles after the event will be difficult. We did buy a load before but I no longer know who has them. So the people who already have a compass and whistle from the club please keep them for the race. Others who don't, please get hold of both a compass and whistle because everyone will be checked on the day as it's part of the necessary kit you need to run with.

Everyone by now should know which leg they are running and who with, please make sure you know your leg.

What you need when you run your leg:

Full body cover

Compass & Whistles

Maps that I gave you. The actual map and route description

Stainland Lions Vest not blue long sleeve top

Make sure you all register at beginning of leg to get your running number.

Please take note of all cut off times on print out in envelopes I gave out.

## London Marathon Club Places

Have you entered for the 2007 London Marathon and not been successful? Don't forget you still have the chance of a club place. The club has been allocated 4 places for the London Marathon. Members wishing to enter the ballot will need to have been a registered member of the club before the official closing date for the London Marathon ballot on 20th October 2006. Rejection slips from the official ballot must be submitted to Colin or Eileen by the 14th December. The places will be allocated by ballot after the December away run on the 14th December (venue tba). The draw for the first 2 places will be open to all who apply, a subsequent draw for a further 2 places will be limited to applicants who have not run the London Marathon before. Please ensure you find out where the away run is going to be, either by asking on a Thursday night or checking the members forum. If you know of a good venue for the away run please let one of the committee members know.

Maggie

# Kids Xmas Party

Hi Everyone

Heath Rugby Club are organising a kids Christmas party for Sunday 17th of December at Heath. It's in the afternoon 1-3pm so all those running the Stoop race can go afterwards.

The basic idea is that you bring along a small present for your kids which gets placed into Santa's sack. There will be entertainment for the kids and games to play, food will be provided. Then Santa arrives across the rugby pitches with his full sack!

Eileen said that she had taken her kids in the past and it had been very enjoyable. So far there about 10+ kids going from Stainland including my 2.

If you are interested please let me know either on the forum or give me a ring on 07974 133224. Heath need to know numbers ASAP as they are double booked for that day and if we show good numbers they can move the other event.

As we did not have a Halloween party this year we thought this would be something for all the runners kids to come along to and socialise with the Rugby club. Only seven weeks to Christmas!! Regards

Richard

## Editors Closing Comments

Well this edition took some doing but I finally got there. Outside forces were set against me, viruses from all over decided to attack my computer just as I was ready for printing the newsletter. Luckily Steve & Debbie came to my rescue and got my system up and running again.

As you can see from the last few pages of this newsletter it's time for nominations. Just to say if anyone would like to try their hand at producing the newsletter I would be quite pleased and would offer as much help as I could to get you up and running.

There will not be another newsletter before Christmas (bah humbug!) so I'd just like to wish you all a very merry Christmas and a happy new year.

Maggie

## New Member Profile



Name: **Jacqueline (Jake) Dinsdale**  
Age: **I forget, but it's much younger than my birth certificate would have it!**  
Occupation: **Health Care Assistant**  
Email Address: [jakpen@blueyonder.co.uk](mailto:jakpen@blueyonder.co.uk)  
When did you start running & why?

### To improve fitness level

What made you join Stainland Lions?

**Seemed a friendly club and was locally based**

Tell us something funny, embarrassing or secret about yourself.

**When I was five years old I was taken to hospital with a suspected overdose of tarmac. My parents found me trying to eat the road. I've spent the rest of my life trying to find something that tastes as good**

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

### Joaquin Phoenix (Phwooah)

What is your worst habit, behaviour or vice?

**I have absolutely no vices whatsoever (apart from lying occasionally)**

### Favourites

Food: **Yes Please**

Film: **Quills**

Drink: **Definitely**

Music: **Anything by Bob Dylan**

Pastime(apart from running): **Cross stitch, card making, walking my dogs**

Book: **Crime novels**

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

What are your running plans for the coming year (goals, races etc)? **Manchester 10k & GNR remain objectives, but I'd also like to take part in club events. I entered the GNR, which was my first competitive run, & I'd like to improve on my time next year.**

## Social Events

*By Chris*



### Virgin Vie Party

Wednesday 6th December, 8pm at Stainland Stags Rugby Club in aid of Martins House Hospice for sick kids. More info from Linda on 01422 374973.

### Ladies Night Out

Girls, Girls, Girls, Kick your mud claws off, blow the dust of your manola blanhiks n book the baby sitter cos its time to party.

Halifax, Friday 8th December (Which gives you at least 36 hours to recover for the CWR)!

8pm Bar 11

9pm Hairy Lemon

10pm Yates's

11pm Main Street

Old n new faces welcome. Di

### Kids Christmas Party

Sunday 17th December 1-3pm at Heath Rugby Club. More info from Richard Fawthrop on 07974 133224

### Annual Dinner

It's that time of year again. Dust off you suits and get you glad rags on as its time for the famous Stainland Lions Annual Dinner.

Following the success of last year's dinner we will once again be returning to Berties' Banqueting Rooms in Elland on Friday 26th January. The cost of tickets is £26 per head, which I'm sure you'll agree is a small price to pay for the service and atmosphere received last year. Once again we will be using the Rennie Mackintosh suite downstairs for meeting up at 7:30pm were there will be nibbles and the Wine ordering table, we then ascend to the Crystal Ballroom at 8:00 for the main meal, speeches, prize-giving and dancing.

As many of you will know the club has grown tremendously this year, I believe we've got over 200 members now, which is a great achievement. The problem this causes however is that if everyone wants to come with partners we'd need to hire out a stadium. As such we have no choice but to impose a limit for entry to Berties to the first 200, so names will be taken on a first come, first served basis.

A copy of the menu will be posted very shortly along with a form so you can make your selections. Please can you let me know as soon as possible how many tickets you require, including names of those attending. I can be contacted through the forum, private message or email [social@stainlandlions.com](mailto:social@stainlandlions.com)

I look forward to seeing you all there.

Many thanks

Chris

# Glossary of terms

## 1. How to join

You can get an application form from our website at [www.stainlandlions.com](http://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 Heath All welcome average 5 miles
- Tuesday, 6:45pm from Red Lion pub at Stainland. Can be quite hilly (being Stainland!). All welcome. Suitable for all levels
- 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](http://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
	3/12/06	Percy Pud 10k (Sheffield)	Race is full
XC	3/12/06	Cross country—Temple Newsam	Ben Mounsey
Social	6/12/06	Virgin Vie Party 8pm Stainland Rugby Club	Linda Murgatroyd
Social	8/12/06	Ladies night out 8pm Bar 11 Halifax	Diane Rafferty
	10/12/06	Calderdale Way Relay race	Club captains
GP	17/12/06	Stoop Fell Race (Penistone Hill Country Park) 11.30 start entry on day	
Social	17/12/06	Kids Xmas Party—1-3pm Heath	Richard Fawthrop
Social	26/12/06	Boxing day fun run—11am start	See website link
	30/12/06	Hot Toddy Road Race –White Hart Hotel 11am start	Www.ukresults.net
Social	4/1/2007	AGM	Committee members
XC	7/1/07	Dewsbury Cross Country	Ben Mounsey
Social	27/1/07	Annual Dinner	Committee members



Merry Christmas



# **NOMINATIONS FOR CLUB ROLES 2007**

**NOTES:**

- \* All positions highlighted in bold will form the Club Committee role on behalf of the Club.
- \* Self nominations only
- \* Members can nominate themselves for 3 positions but can only hold 1
- \* Nominations to be received by the secretary by December 15th
- \* All voting for roles will be by way of secret ballot at the AGM to be held on the 4th January 2007

<b>POSITION</b>	<b>NOMINEE</b>
<b><i>COMMITTEE POSITIONS</i></b>	
<b>Chairperson</b>	
<b>Vice Chairperson</b>	
<b>Secretary</b>	
<b>Treasurer</b>	
<b>Club Captain - Mens</b>	
<b>Club Captain - Ladies</b>	
<b>Rabbits Captain</b>	
<b>Beginners Captain</b>	
<b>Social Secretary</b>	
<b>Committee Position 1</b>	
<b>Committee Position 2</b>	
<b><i>NON-COMMITTEE POSITIONS</i></b>	
Cross Country Captain	
Fell Running Captain	
Beginners Co-ordinator	
Newsletter	
Website	
Coaching Co-ordinator	
Fund Raising Co-ordinator	
Publicity	
Race Director—Stainland 7 (2008)	
Race Director—Boxing Day Fun Run (2007)	
Race Director—Bluebell Trail (2008)	
Heath Committee: Position 1	
Heath Committee: Position 2	
Heath Committee: Position 3	
Kit	
Grand Prix	
Vets	

**Please return all completed forms to Eileen Hiller by email or post:-**

[E.m.hiller@hud.ac.uk](mailto:E.m.hiller@hud.ac.uk)

**OR**

**1 Parkside, Manor Heath Rd, Halifax HX3 0ED**

# OFFICE ROLES & RESPONSIBILITIES

The club's officer's manage the smooth running of the club and its organised activities. The following section outlines which post is responsible for a particular area of the club's activities and affairs. Officers are elected at the club's AGM and run for a term of one year. Any fully paid up member of the club is eligible to be nominated for any of the roles within the club.

## **Chairperson**

Lead and ensure the smooth running of the Club. Represent the Club in the wider community. Ensures that the Club continues to improve and meet its obligations to its members. Chairs meetings. Ensure all elected officers fulfil their responsibilities. Ensure that all Members are heard and represented fair and equitably.

## **Vice Chairperson**

Works with the Chairperson to achieve the above. Steps into the Chairperson's role in their absence.

## **Secretary**

Deals with correspondence for the Club. Maintains the membership register. Minutes the meetings. Maintains the Club's associations. Maintains the yearbook. Deals with Club London Marathon places.

## **Treasurer**

Ensure smooth running of the Club's finances. Pay bills and maintain receipted accounts. Reports the Clubs income and expenditure for the year. Support event organisers with financial matters. Maintain up to date list of members.

## **Club Captains (Male & Female)**

Take responsibility for the running activities of the Club, including:- devise routes and organise training runs, co-ordinate teams for Club entered races, act as link between running members and Committee, inform of progress and performances via monthly newsletter, enthuse, inspire and broadcast the joys of running with the Lions.

## **Rabbits Captain**

Take responsibility for ensuring the running activities of those members running at 10-11+ minute mile pace are catered for. Devise routes and act as link between running members and Committee. Inform of progress and performances via monthly newsletter. Enthuse, inspire and broadcast the joys of running with the Lions

## **Beginners Captain**

Take responsibility for ensuring the running activities of the new members are catered for. Devise routes and organise training runs. Help integrate the members into the club. Act as link between running members and Committee. Inform of progress and performances via monthly newsletter. Enthuse, inspire and broadcast the joys of running with the Lions.

## **Social Secretary**

Organise the Annual Dinner and Presentation Night. Organise and ensure the smooth running of social events. Support other members organising social events open to the club.

## **Committee Position 1 & 2**

Attend monthly committee meetings. Assist in co-opting members to volunteer to organise club events / races.

## **Cross Country Captain**

Represent the club at the West Yorkshire Cross Country League meetings. Ensure the Club is represented at each event with as strong a team as is possible. Collates the team scoring at each event. Organises our own event.

## **Fell Running Captain**

Co-ordinate the fell grand prix. Collates the team scoring at each event. Put new events on the website and encourage new members to try a different running discipline.

**Beginners Co-ordinator**

Organise and run an annual course for people new to the club and new to running, culminating in a 5k race. Promote membership of the Club to the new runners. Act as a contact point for people wanting to join the club, meet them on the night, assess their running capabilities and pair them up with someone of a similar ability or take them out on a run/walk basis for a period of time until they can run with the club.

**Newsletter**

Collate the content of the newsletter. Produce and publish the newsletter. Distribute the newsletter to members.

**Website**

Maintain the Club Website. Ensure the content is varied and interesting.

**Coaching Co-ordinator**

Organise special training sessions. Attend Calder Athletics Development Group Meetings (once a quarter). Develop and promote coaching levels within the club. Act as co-ordinator for Club members to pursue coaching level training.

**Fundraising Co-ordinator**

Responsible for organising fundraising within the club.

**Publicity**

Promote the club and activities. Submit race reports to local press. Maintain notice board at Heath with relevant info/articles.

**Race Directors**

Organise their respective events. Ensure that all relevant paperwork is in place. Ensure that the Club adhere to all relevant Health & Safety matters. Ensure that all external agencies are informed and that all necessary permissions are in place. Ensure that all returns are completed in a timely manner.

**Heath Committee**

Represent the interest of the Club at the Heath Development Committee meetings. Report back to the club on any developments.

**Kit**

Ordering and stocking of club kit. Selling club kit. Developing new lines of kit.

**Grand Prix**

Keep and maintain records for the GP. Select races for the forthcoming year.