



THE LION'S TALE

THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS

""THE ROAD GOES ON FOR EVER""

OCTOBER 2006

Club Shop

Now that the nights are drawing in don't forget to wear bright reflective clothing. If you do not have any reflective clothes Avril stocks a selection of reflective waistcoats for £5.



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

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

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



Great North Run



Well done to all those that took part and thanks to Ali for the pictures



The Great Running Challenge

An email came through recently about a new website, the details are as follows:-

Fantastic news for runners, walkers and people looking to become fitter and healthier from all over the world.

A great new web site which allows runners and people attempting to get fitter the opportunity to:

Challenge Themselves!
Challenge their Friends!
Challenge the World!

This great new site allows you to monitor your improvement over a number of distances from one mile to the marathon. Some distances that are pre set will give you the opportunity to measure yourself against runners from all over the world.

Even more fun you can set up your own challenges against friends and colleagues and invite them to your own personal challenge. They can attend a challenge from anywhere in the world! And on top of that at the end of each challenge you will receive a personalised certificate of achievement.

You will also have the opportunity to record all your favourite running times on the sites personal log page and never again lose those precious times in those memorable races.

There is so much more to see at the Great Running Challenge and you may want your club members to see how much fun they can have by providing a Link in your newsletter.

It costs just £3 to join. This is primarily to ensure the integrity and honesty of the site and we are sure you will agree that it is great value if you love your running or a challenge.

Check it out now and add a new dimension to your healthy lifestyle.

www.greatrunningchallenge.com
www.greattreadmillchallenge.com

Kind Regards

The Great Running Challenge team

3 Peaks 3 Peaks



Does anyone fancy walking the 3 peaks? Phil (Bigun at back) fancies having a go and wonders if anyone would like to join him. He's looking to go in early Spring. If you are interested let Phil know, either on a running night or via the forum. He will be holding a meeting about it after a club night, look out for more information.

Circuit training

The long awaited return of the Wednesday evening circuit training will return on Wednesday 4th October, 6.30pm for 7 pm start at Ryburn Valley High School.

The cost will be £2 but believe me it's money well spent as these are really good cross training sessions aimed at complimenting and improving your running.

Workouts are normally done as pairs so why not bring a friend? But don't be put off if you don't have any (although I fail to believe this if you're a Stainland Lion!) as there are usually some 'loose' bods looking for a partner on the night (and no it's not a dating agency either!)

Alan Lashbrook

Congratulations

Ian Thornham wishes to announce that he and Pipa had a beautiful baby girl on Monday 9th October. Both Mum and Sophia Charlotte, who was born at 5.35pm and weighed 6lb 15oz, are doing very well.

I'm sure you'll all join me in offering our sincere congratulations to all three of them.

Cheers

Geoff



Cross Country 2006

Calling all Cross Country runners!!! The new season is fast approaching us and I'd like to let you all know the fixture dates for 2006/7 so there's no excuses for not taking part this year.

For those of you who are new to the club then you'll be pleased to know that every year Stainland Lions take part in the West Yorkshire Winter League. This is an entry level league with a positive and friendly ethos. It consists of smaller West Yorkshire clubs, and encourages slower runners and those new to the sport, as well as having a competitive "top end". The emphasis, although there are individual awards, is on team participation. The league is comprised of 8 clubs, Stainland, Idle, LBT, Pudsey Pacers, Dewsbury, Skipton, Baildon and St Bede's. The league consists of 5 separate fixtures, each hosted by a different club, starting in November through to February, with a presentation night in March. Each race is usually around 4-5 miles.

There is an individual points league (male and female) as well as overall team standings. It's all about positions ladies and gents! The higher up you finish in each race, the more points you and your team receive. 200 points for first male and female finishers, 199 for second and so on and so on... We did very well last year finishing 5th overall in the team standings with some notable individual performances.

However, I would love this season for us to challenge for a top 3 place and this is where I must ask and encourage anyone who wishes to take part to turn up and have a go! Also, if you know anyone who would like to run as a guest from another club then the entry fee is £1 which is to be given to Chris (Cross Country Sec) from Idle on the race day. But please make sure you try and bully them into joining Stainland first!!!!

So here are the fixtures which are on a Sunday and all start at 11AM...(more details about each race will be posted nearer the time of the fixtures! and we will meet at Heath rugby club usually between 9-9.30am on the race day so I can take your details before we travel over. Alternatively we can just meet you there.)

- 1) 19/11/2006 Hosts: Idle
Idle Cricket club (this will be a new course I'm told)
 - 2) 3/12/2006 Hosts: LBT
Temple Newsome (Same course as last year)
 - 3) 7/01/2007 Hosts: Dewsbury
Near Sports Centre or Oakwell Hall (not yet decided)
 - 4) 28/01/2007 Hosts: Baildon or St Bede's (not yet decided)
 - 5) 18/02/2007 Hosts: Baildon or St Bede's (not yet decided)
- 9/03/2007 Presentation night
Hosts: Skipton
Venue not yet decided (possibly nr Keighley as a neutral venue)



So there you have it. No excuses and I've given you plenty of time to dust off your cross country shoes and start training!!! Any questions, probs, info, complaints please don't hesitate to either post a reply on the forum, e-mail me (ben_mounsey@hotmail.com) or give me a ring (07852130434)

Look forward to the first race!!!

Ben Mounsey
Cross Country Captain 2006/07

Captains Log

Road/Trail

21.9.06 Ron Hill 67th Birthday 5K

A great turn out for Stainland making up more than 10% of the field, great stuff guys! Well done to Damien for being the 1st lion back in a great time of 18.26. Well done to everyone who took part.

Pos		
24	D. Cole	18.26
60	G. Matthews	20.16
62	J. Bassinder	20.18
66	I. Thornhall	20.32
79	T. Murgatroyd	21.12
82	C. Walker	21.14
108	A. McManus	22.47
109	C. Siddall	22.58
117	R. Fawthrop	23.21
129	A. Gibson	24.14
131	P. Wallis	24.16
138	Angela Fawthrop	24.40
147	Joanne Kither	25.11
148	Susan Manning	25.12
154	S. Crowther	25.50
155	J. Taylor	25.51
156	Cathy Mellor	25.52
165	Mick Blaylock	26.36
166	A. Lashbrook	26.37
169	Lesley Henderson	26.56
174	Carol Lord	27.45
175	Judith Greenwood	27.47
179	P. Stapley	28.12
181	Penny Fleming	28.44
186	Helen Learoyd	29.01
207	Maggie Blaylock	32.27
208	Debra Boyer	32.27

24.9.06 Tate & Lyle Selby Half Marathon

Pos		
59th	John Mager	1:27:42

1.10.06 Great North Run

I know a lot of you ran the Great North Run but unfortunately I don't know all your names and all I can find for the results is the quick results where you type in your name. I'll keep looking for some more full results and hopefully I can post in the next captains log. Hope you all had a great day and a great run!

8.10.06 Harewood 10 Mile Trail

Pos		
60th	T Underwood	68:42
113th	J Bassinder	73:28

120th	G Matthews	74:04
142nd	M Preston	76:10
158th	S Hogan	77:33
164th	T Murgatroyd	78.13
207th	H Cambert	81.10
260th	R Fawthrop	83.50
283th	L Naylor	85.15
298th	A Gibson	86.27
305th	N Higgins	86.49
330th	A McManus	89.06
367th	S Manning	91.49
376th	J Kitcher	92.50
382th	A Whiteley	93.02
399th	S Crowther	94.50
424th	C Mellor	96.52
440th	C Lord	99.03
448th	L Henderson	100.35
462th	J Greenwood	102.12
471th	S Postlethwaite	102.52
497th	P Fleming	107.36
501th	J Taylor	108.57
502th	H Learoyd	109.07

7.10.06 Coniston Trail

14km course through some of the most dramatic mountain scenery in the Lake District, taking in views of Lake Coniston and the surrounding peaks of the Old Man, Swirl How, Wetherlam and Dow Crag. Well done to all who took part sounds like a great race.

Pos		
193	HARDCASTLE, Robert	1:25:06
216	MURGATROYD, Linda	1:27:31
262	WAITE, David	1:31:21
263	WAITE, Diane	1:31:22
326	RILEY, Sally	1:38:58

Forthcoming Events:

29.10.06 Holmfirth 15'

30.10.06 Dublin City Marathon

5.11.06 Guy Fawkes 10

9.11.06 Barnsley 10K (a potential road pb course) starting and finishing Royston Leisure Centre

26.11.06 Leeds Abbey Dash

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

Fell

16.9.06 3 Shires Fell Race, Little Langdale. 12 miles 4,000ft

An unseasonably warm morning saw 265 runners set off from the Three Shires Inn in the Little Langdale valley on the 12-mile race. The route takes in the summits of Wetherlam, Pike o' Blisco and Lingmoor Fell with a total ascent of over 4000 feet. With the valley temperature around 20°C and no noticeable breeze on the ridges there was little respite for the runners who toiled in the heat, including a punishing steep 2000-foot climb up Wetherlam early in the race.

Pos

37th	J Moore	2:30:13
80th	P Biddulph	2:42:22
156th	D Sugden	3:02:56

30.9.06 Thieveley Pike Fell Race, Holme. 4.25miles 1300ft

Ladies

33rd	Tracy Dean	47:42
38th	Linda Murgatroyd	50:07
48th	Mary Cowling	55:17

Men

10th	Ben Mounsey	31:58
100th	Johnny Moore	39:03

30.9.06 Good Shepherd Classic, Mytholmroyd. 15miles 2000ft

Pos

6th	Paul Biddulph	2:20:30
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7.10.06 Grin 'N' Bear It

There are no results out yet, will post in the next Captains Log. Well done to Ben for finishing 1st, fantastic run once again! Ben finished with a comfortable lead on 2nd place

Forthcoming Events:

14.10.2006 British Championships Fell Relays

We've got 2 teams entered, results will follow in the next captains log.

15.10.2006 Beefy's Nab Fell Race

Sun Beefy's Nab Fell Race. 3pm. 3M/650'. Lamb Inn, Oxenhope. Gr 036345

U

21.10.2006 Screes Fell Race

Sat Screes Fell Race. 2.30pm. 5.3M/1600'. Screes Inn, Nether Wasdale, Cumbria

22.10.2006 Withins Skyline Fell Race

Sun Withins Skyline Fell Race. 11.30am 7M/1000'. Penistone Hill Country Park, Nr Haworth

29.10.2006 Race You To The Summit Fell Race

Sun Race You To The Summit Fell Race. 11.30am 4M/800'. Summit Inn, A6033 Todmorden Rd, Nr Littleborough. 40th Anniversary

29.10.2006 Halloween Howler Fell Race

Sun Halloween Howler Fell Race. 11.30 3.75M/800'. White Lion Inn, Kildwick

04.11.2006 Shepherds Skyline Fell Race

Sat Shepherds Skyline Fell Race. 2pm. 6.25M/1150'. Shepherds Rest Inn, Lumbutts Rd, Nr Todmorden. Gr 945232

5.11.06 Cope Hill Fell Race (Meltham Community Centre)

12.11.06 Leg it round Lathkil Bakewell, Derbyshire. 7.25mile 825ft.

18.11.2006 Tour Of Pendle FULL_TOUR

Saturday 18th Nov at 10:30 am from Barley Village Hall
£5 entry (cheques payable to K.F.Carr) to :- Kieran Carr, Oakdene, Whalley Road, Billington, Clitheroe. BB7 9LG
Tel 01254 822618

18.11.06 Great Whernside Fell Race (4m 1550ft)

classic up and down fell race to the summit of Great Whernside from Kettlewell 11 am)

7.12.06 Stoop Fell Race.

Penistone Hill Country Park, 11.30am start

Duathlons

26.11.06 Moorland Mayhem

Greetland Allrounders Sports Ground
3K Run, 10K Bike, 3K Run
Beautiful and interesting off road runs with a multi lap off road, mountain bike course.
Limited Entries 80
Entry £15

12.11.06 Coed Y Brenin Off Road Duathlon

Race in one of the best forests in Wales!
5K Run, 20K Mountain Bike, 5K Trail Run
Entry £20, £25 on the day.

IRISH NIGHT

Featuring Jim Farrell's Band

'Both Barrels'

27th October 2006

8.00pm til late

At Heath Club House

Supper included

Tickets available from Committee members



£7.50



New Member Profile



Name: **Denise Kidd**
Age: **53**
Occupation: **Tax Consultant**
Email Address:

When did you start running & why?

May 2006. Mid life crisis (or is it a challenge?)

What made you join Stainland Lions?

Saw the Beginners Course in the Courier

Tell us something funny, embarrassing or secret about yourself.

I can recite Humpty Dumpty in Urdu!

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

Cliff Richard (sad but true)

What is your worst habit, behaviour or vice?

Don't have any—don't you know I am perfect!

Favourites

Food: **Salmon** Film: **The full monty**
Drink: **Dry white wine** Music: **Cliff Richard**
Pastime(apart from running): **Sudoku**
Book: **The Da Vinci Code**

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

Coming Last

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

Not to be last!!!

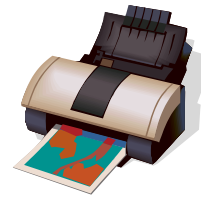
(Sorry Denise was unable to scan picture in, I have your photo if you want it back)

Good Luck

Good luck to Avril in her bid to trek the Great Wall of China. Avril has raised a lot of money for charity, but if you would still like to sponsor her it's not too late. Just log onto www.justgiving.com/Avril and pledge an amount.

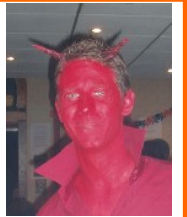
For Sale

Do you have an Epson Stylus c64/ c66/ c84/ cx6400/ cx6600? If so i have a box full of inks (both black and all colours). They were for the clubs printer that is used for the newsletter but unfortunately this has now expired to the great printer graveyard. Price £1.25 each cartridge (black/cyan/magenta/yellow). These cartridges are compatibles but are very good (newsletters printed with them) if you are interested email me at maggie.blaylock@btinternet.com or phone on 07812 089935 or i run on a Tuesday from the moor or thursdays from the club.



Social Events

By Chris



Night out in Hebden Bridge—Friday 20th October

Due to popular demand there's another Night Out on the 20th.

This time by way of a change, we're going to Hebden Bridge instead of our usual route.

Unfortunately, I don't know if I'll be there as, I'm hopefully going to be moving into my new house on that day, however I'm sure Geoff will look after you all in my place.

The last train out of Hebden, back to Halifax is at 00:03am so you've no excuses for not coming!

Have a great night.
Chris

Irish night – Friday 27th October

At Heath,. Jim Farrell's band Both Barrels will provide entertainment. Tickets are now available from committee members at a cost of £7.50 supper included.

Annual Dinner – 26th January 2007

This has already been booked at Bertie's Banqueting Rooms in Elland. More information to follow.

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 Heath All welcome average 5 miles
- Tuesday, 6:45pm from Red Lion pub at Stainland. Can be quite hilly (being Stainland!). 6 – 7 mile run.
- Tuesday 6.30pm from the Moor at Savile Park (opposite Fish & Chip shop). Ideal for beginners, average about 4-5 miles.
- Thursday, 6:30pm from Heath Rugby club. This is the main club night. Up to three groups go out, fast, medium and beginners. Runs range from 5 – 8 miles. Everyone welcome. Suitable for beginners.
- Thursday 6:45pm from Red Lion pub Stainland – for those who want a more testing run than the flat
- Sunday 9:00am from Heath. In addition other weekend runs are usually planned on a Thursday night and may be posted on the website (if people let Steve know that is!).

3. Our website

Already mentioned above – the address is www.stainlandlions.com Duncan Greaves looks after it so let him know if you want anything posted. Loads of useful information so definitely worth a browse. You can also see who's who on the committee on the 'Contacts' page.

4. The Newsletter

Well as you are reading it, no need to explain much. Please, please, please feel free to send me any articles you like on a general running theme. Don't worry about spelling and presentation (mine's not that good anyway) I'll make it look ok before publishing. They are published every month. You can either download a copy from the club website or have a paper copy handed out or posted out to you.



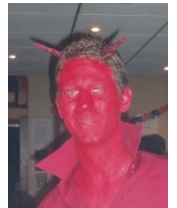
5. Monthly Meetings

We have our monthly meetings on the first Thursday of every month. They are held at Heath Rugby club after a shortened Thursday night run. They usually start about 7:45 and last about an hour. You can get a drink at the bar. All members are welcome to come along. They are quite informal – you won't have to stand up and say anything – unless you want to that is! It's a good way to finding out what's going on. If you want to put something on the agenda contact Alison.



6. Social Events

This is the stuff we Stainland Lions are famous for. See Chris's regular column in the newsletter, please feel free to speak to him about any ideas you may have and he will be only too happy to help with the arrangements



7. Grand Prix

This is our annual club competition / league. At the beginning of the year we pick a number of races – 10 for example over varying distances, roughly one per month. You try to run at least 8 of these races. Everyone is sorted into one of three divisions, depending on their fastest (or estimated) 10k time. You score points depending on where you finish in each race compared to others in your division. It's managed by Alan Lashbrook so he'll give you more information. Results are posted on the website and in the newsletter and there's a trophy for each divisional winner.



8. The Website Forum

You'll find the member's forum on the website. If you can it's worth joining and checking it on a regular basis. It's a great way to keep in touch with what's happening—running events, pleas for help, things for sale and, of course, the ever popular social events. It's really easy (& free, of course) to join but speak to Duncan Greaves if you have any problems.





Dates for your diary

	DATE	EVENT	CONTACT DETAILS
	22/10/06	Pickering :& Moors 10k	Runners World
Social	27/10/06	Irish Night	Chris—Social Secretary
	29/10/06	Holmfirth 15	Runners World
	30/10/06	Dublin City Marathon	Runners World
Social	2/11/06	Club Night in bar after run	Committee members
GP	5/11/06	Guy Fawkes 10	See website link
Social	9/11/06	Away Run	Club Captains or see members forum
XC	19/11/06	Cross country—Idle	Ben Mounsey
	26/11/06	Leeds Abbey Dash	Runners World
	26/11/06	Moorland Mayhem Duathlon	Roger Northrop
	3/12/06	Percy Pud 10k (Sheffield)	Race is full
XC	3/12/06	Cross country—Temple Newsam	Ben Mounsey
	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	26/12/06	Boxing day fun run—11am start	See website link
Social	27/1/07	Annual Dinner	Committee members

Please note: I have started printing off entry forms for as many of the races mentioned above for those who do not have access to the internet. I shall be at the club on a Thursday night.

Maggie