

Nottingham Half Marathon

Well done to all those that ran the Nottingham Half Marathon. It was a very hot day, not ideal for running in. This was the first race I'd run in over a year but I was determined to run and to finish, no matter what time. As I predicted I was the last Stainland Lion runner back, but at least I didn't get run over by the ambulance like some poor bugger did!

I must admit I did enjoy the day, especially travelling down together as there was a great atmosphere.

A big thank you goes out to Judith for organising the coach and Marilyn for the food. There was a raffle on the coach coming back, which Judith informed me raised £65 for the social fund.

Maggie

Congratulations



Nicola has been in touch to say she has given birth to a baby girl on August 28th. They have named her Megan Elizabeth and she weighed in a healthy 9lb 5ozs.

Maps

Not sure if anyone has brought this to people's attention but I have been shown a brilliant website that I am spending ages playing with. It is found at www.mapmyrun.com if you type in UK instead of US and Greetland or wherever, you can plot your run and it will give you the miles. You can do it for off road as well (hybrid). If you register (costs nothing) you can also put in height etc and it will do lots of stats for you. Running round here the elevation key is very useful.

Fiona

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

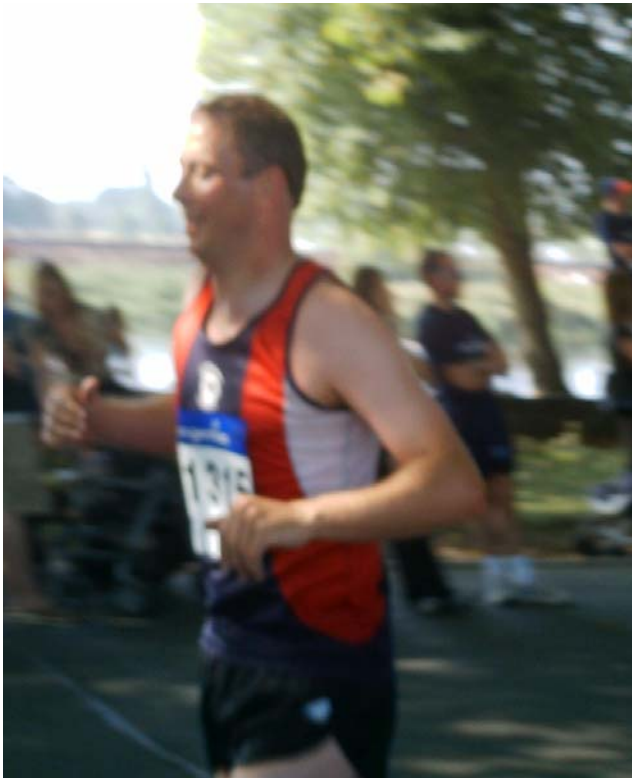
The long awaited return of the Wednesday evening circuit training will return on Wednesday 4th October, 6.30pm for 7 pm start at Ryburn Valley High School.

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

Nottingham Half Marathon



Mark, you should know better than to fall asleep on the coach!

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 Races:

12.8.06 Arncliffe Gala

4 Mile road race along the Yorkshire Dales country lanes of the original 'Emmerdale'. Also fell races at this family day out.

Pos

30	Lorraine Naylor	29.41
46	Lorraine Finn	37.24

13.8.06 Darlington 10K

Pos

68	Toby Underwood	38.51
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16.8.06 Cinnamon Trail Race

Approx 6 miles over the countryside.

Pos

2	Ben Mounsey	35.09
39	Stephen Knight	44.25
45	Mark Preston	45.29
65	Diane Waite	48.45
73	David Waite	49.44
95	Sally Riley	56.53

18.8.06 Race the Train 15 miles

The route crosses the faces of the hillsides, ascends and descends on quite steep terrain and runs on narrow footpaths. Ben Came 4th in a field of over 700 a fantastic effort Ben, well done! The Bullet is certainly achieving his goal of putting Stainland on the map!

Pos

4th	Ben Mounsey	1.31.43
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20.8.06 Belper 30K

Sorry to anyone who ran this race, I can't find the results.

27.8.06 Norland Moor Trail Race 7 miles, 800 feet

Well done Geoff for being the 1st lion home!

Pos

37	Geoff Mathews	53.28
41	John Bassinder	54.03
47	Robert Lush	55.05
50	Mark Preston	55.32
71	Trevor Murgatroyd	58.36
73	Lorraine Naylor	58.57
76	David Waite	59.49
79	Andrew Brewer	60.17
85	Alan Whiteley	62.46
89	Richard Fawthrop	64.29
90	Mathew Hopkins	64.52
91	Daniel Lomas	64.52
92	Clive Aylott	65.22

95	Paul Wallis	66.44
97	Alan Lashbrook	66.55
98	Catherine Mellor	67.12
99	Joanne Kitcher	67.49
102	Su Manning	69.26
103	Angela Fawthrop	71.28
105	Johnathon Taylor	74.53
109	Judith Greenwood	77.00
110	Alison Adams	77.31
111	Jane Simmonds	79.40
112	Helen Learoyd	79.58
113	Phil Stapley	80.10
115	Heather Brewer	80.22
115	Diane Waite	80.22
117	Patricia Pitts	82.37

29.8.06 Littleborough Lions 5k Fun Run,

Pos

6	Damian Cole	18.05
32	Mark Preston	20.37
43	Gavin Dodd	22.05
53	Joane Kitcher	24.16
60	Andrew Smithson	27.00

2.9.06 Derwentwater 13K Trail Race

The course goes through some of the most scenic and varied countryside in the Lake District. Starting and finishing in Keswick, the circuit is well marked with marshalled footpaths and bridleways which take in panoramic views of Lake Derwent Water, the surrounding peaks of Skiddaw, Blencathra range and the northern lakeland fells. Underfoot conditions are good, and the course has fast running conditions.

Linda was the only lion to compete here, sounds like a great race, well done!

Pos

227	Linda Murgatroyd	1	:32:34
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3.9.06 Alices Run

A multi-terrain 10K, Luddendenfoot.

Pos

93	Teresa Hall	60.44
95	Granville Hall	60.46

3.9.06 Sandal Castle 10K Off Road

Pugneys Country Park, Denby Dale Road, Wakefield. Great turnout for Stainland. Congratulations to the girls for getting 3rd ladies team! Well done to Geoff again for being the 1st lion home.

Pos

42	Geoff Matthews	42:24
53	John Bassinder	43:05
58	Ian Thornham	43:36

67	Mark Preston	44:16
128	Trevor Murgatroyd	47:44
154	Lorraine Naylor	48:49
163	David Waite	49:09
165	Diane Waite	49:10
189	Alan Gibson	50:11
207	Chris Walker	50:45
213	Joanne Kitcher	50:54
231	Anthony McManus	51:53
244	Richard Fawthrop	52:33
261	Susan Manning	53:09
269	Catherine Mellor	53:27
297	Caroline English	54:47
304	Angela Fawthrop	55:21
351	Jonathan Taylor	57:07
364	Steven Crowther	57:42
397	Carol Lord	59:11
413	Lesley Henderson	1:00:04
425	Judith Greenwood	1:00:52
434	Alison Adams	1:01:25
453	Linda Murgatroyd	1:02:16
456	Sue Barritt	1:02:27
457	Gene Gray	1:02:32
489	Helen Learoyd	1:04:25
576	Avril Smith	1:14:04

7th Place Team Stainland Lions Men

27	Geoff Matthews
33	John Bassinder
37	Ian Thornham

3rd Place Team Stainland Lions Ladies

12	Lorraine Naylor
13	Diane Waite
19	Joanne Kitcher

10.9.06 Trafford 10K

Good, flat course for a pb which it seems like all of you achieved, well done! Damien, by the way your going it won't be long before your back to your best. Well done to Gav who has been trying to get under 45 mins. Well done Lorraine and Jo! Great results in hot conditions.

Damian Cole	36.56 (not pb but best for a long time)
Gavin Dodd	44.14 (pb)
Lorraine Naylor	45.20 (pb)
Jo Kitcher	50.44 (pb)

10.9.06 Nottingham Half & Full Marathon

A very early start to the day for our Nottingham trip. On the way down it was very misty, but of course as soon as we arrived the sun came out. A very good, well organised half marathon and full marathon. Our group did the half in very hot and sunny conditions. I know Geoff did a pb,

congratulations Geoff. And for a few of our newer members a first half marathon. Well done to everyone. Judith.

Congratulations to everyone who took part and to Debbie, Diane Marilyn who supported us. We had an excellent day and special thanks to Judith for organising the bus trip and Marilyn for bringing the food. Geoff.

Well done to you all! A fantastic turn out for Stainland!

Position (clock)	Chip Time
Pos	
323	Geoff Matthews 1:32:11
570	Cathy Mellor 1:37:18 (aka Mark Preston)
1617	Liz Redfearn 1:46:17
2175	Richard Fawthrop 1:53:44
2178	Angela Fawthrop 1:53:44
2206	Alan Whiteley 1:51:14
2537	Sarah Wetherill 1:57:48
2767	Ellie May 1:57:38
2797	Alan Gibson 1:55:52
3323	Caroline English 2:02:02
3681	Clare Simpson 2:03:17
3847	Sue Barritt 2:05:00
3848	Gene Gray 2:04:59
4263	Sue Aitken 2:09:02
4492	Lesley Henderson 2:11:13
4595	Judith Greenwood 2:12:19
4917	Mick Blaylock 2:13:44
5008	Carol Lord 2:14:53
5253	Penny Fleming 2:17:51
5414	Angela Goulden 2:21:42
5760	Phil Stapley 2:24:59
5761	Ali Adams 2:24:59
6020	Liz Bates 2:31:37
6021	Anna Griffiths 2:31:34
6489	Maggie Blaylock 2:39:59

10.9.06 Yorkshireman Half & Full Marathon

A good turnout for Stainland with 8 lions doing the half and 7 doing the full. Great results on the day with 'The Bullet' finishing in 1st place. Ben had a comfortable lead of 2 mins and that was with a little detour of the route...ha ha. Well done to everyone else who did the half, not an easy race with a tough finish.

In the full, me and Naomi had a stomping race finishing 2nd ladies team overall and 1st in our age group. I'd like to thank my mate Naomi for keeping me going and pushing me right to the end, what a star!

Tracy Dean had an excellent race knocking over 20 mins of her time last year and finishing 4th lady overall and 2nd lady vet, go girl!

Diane and Linda ran well together finishing with a strong time of 4.50mins. Well done to Mary and Alison too! The first marathon for Linda, Alison and Naomi, well done lasses! Also a big thank you to everyone who came along to support us all, it certainly helps to see a face you know on the way round.

Half Marathon:

Pos		
1	Ben Mounsey	1.29.42
52	Ian Thornham	1.52.25
81	Simon Hogan	2.00.42
119	David Waite	2.10.49
197	Alan Lashbrook	2.29.06
208	Luan Underwood	2.36.12
209	Claire Wood	2.36.12
247	Pat Pitts	3.05.54

Full Marathon:

Overall Pos

??	Naomi Sharatt (2nd Ladies Team)	4.14.04
??	Gayle Benson (2nd Ladies Team)	4.14.04
24	Tracy Dean	4.19.24
??	Diane Waite (2nd Vets Team)	4.50.16
??	Linda Murgatroyd (2nd Vets Team)	4.50.16
77	Alison Farrar	5.23.22
78	Mary Cowling	5.23.22

Forthcoming Events:

17.9.06 Harewood House Cancer Research 10K

21.9.06 Ron Hill 67th Birthday 5K

24.9.06 Berlin Marathon

1.10.06 Great North Run

7.10.06 Coniston Trail 14K

8.10.06 Harewood Trail 10 Mile

29.10.06 Holmfirth 15'

30.10.06 Dublin City Marathon

5.11.06 Guy Fawkes 10

5.11.06 New York Marathon

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 Races:

9.8.06 Whittle Pike

Pos		
63	Gayle Benson	54.27 (F 3rd)
77	Tracy Dean	56.34 (FV40 2nd)
106	Diane Waite	1.12.03
107	Mary Cowling	1.12.04

20.8.06 Sedburgh Fell Race 14miles 6,000ft

102	Johnny Moore	2:39:45
240	Toby Underwood	3:15:51
245	Naomi Sharratt	3:16:54
272	Darren Sugden	3:27:12
310	Charlotte Rayner	3:45:38
310	Gayle Benson	3:45:38

27.8.06 Grasmere Guides

Ben finished in 10th place.

2.9.06 Blackshaw Head 5.5miles, 900ft

Another great performance from Ben only 11 seconds behind the winner.

Pos

2nd	Ben Mounsey	37.11
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Golf Ball Fell Race Head

So close again to winning only 21 seconds behind the winner.

Pos

2nd	Ben Mounsey	36.56
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2.9.06 Ben Nevis Fell Race

A great race, one which I'd definitely prefer to watch than compete after seeing our guys ascending and descending the big Ben! About half way up the runners take a detour from the main path and run directly up the steepest part of the mountain, no easy task! The descent looked even worse, many people falling whilst struggling with the steep mountainside. Our lions put in a great performance, well done lads!

Pos

90	Johnny Moore	2.03.29
123	Ian Wood	2.08.51 (in a red and white stripped vest, not as nice as ours!)
143	Paul Biddulph	2.12.28
170	Toby Underwood	2.17.32

No results are out yet.

Forthcoming Events:

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

17.9.06 Dalehead Fell Race, Rosthwaite. 4.5miles 2210ft

24.9.06 Around The Flags Fell Race, Sedburgh. 4miles 1175ft

30.9.06 Thieveley Pike Fell Race, Holme.

4.25miles 1300ft

30.9.06 Good Shepherd Classic, Mytholmroyd.

15miles 2000ft

7.10.06 Langdale Horseshoe, Cumbria

8.10.06 Grin 'N' Bear It

15 mile fell run or 23 mile walking challenge.

Follows footpaths,

bridleways and some open moorland in the North East Peak District. This year there is an improved route. Please note: An adult must accompany under 18's, no dogs, map reading

skills are essential, suitable clothing and equipment is needed for poor conditions. Hot meal and drinks free for all participants. Open to runners and walkers. Mass start 8.00am. Runners 10.00am. If you want any further details then visit www.woodheadmrt.org

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

Relays:

14.10.06 Fell Relay

We've entered 2 teams into the relay. Unfortunately we couldn't enter anymore teams as there were too many teams and would only allow 1 team per category. So we have a Mens Open team and a Ladies Open team entered.

10.12.06 Calderdale Relay

We've had plenty of interest in this relay, it will be great to see so many Stainland vests out there competing. There are 7 teams entered, a few places are left to fill so if you are interested then let me know. There's some information below for those of you who haven't heard about it yet.

If you like off road running this is for you, it's also good being part of a team. The relay has 6 legs run in pairs, if you want to run a leg with someone you train with, let me know.

Leg 1 - 9.5 miles start Old Rushworthians RUFC

Leg 2 - 7 miles start Cragg Vale (Hinchliffe Arms)

Leg 3 - 5 miles start Todmorden (Centre Vale Park)

Leg 4 - 9.25 miles start Blackshaw Head

Leg 5 - 7.5 miles start Wainstalls Road

Leg 6 - 11.25 miles start Shelf (Bridle Stile Road)

We are planning on doing some recces, I'll sort the dates of the recces once the teams have been posted. People have kindly volunteered to help in leading the recces.

Leg 1: Carol Lord & Claire Wood

Leg 2: Colin

Leg 3: Mary Cowling

Leg 4: Trevor Murgatroyd

Leg 5: Gayle Benson

Leg 6: Colin

Half Iron Man:

Huge congratulations to Andy Wiggins and Eddie Rayner who have both qualified for the World Championships, Half Ironman in Florida, 11th Nov. We wish you all the best of luck for then!

Andy qualified in Wimbleball, UK:

Swim 1.9K	Bike 90K	Run 21.1K
35mins 33secs	3hrs 2mins	1hr 40secs

Eddie qualified in Monaco:

Swim 1.9K	Bike 90K	Run
21.1K		
26mins 42secs	3hrs 7secs	1hr 30secs

Cheers Gayle.

Calderdale Way Relay Race 2006



The Calderdale Way Relay race is run in 6 legs by pairs of runners. The course is about 50 miles in total and climbs about 5000 feet. The legs vary in length from 5 to 11 miles. Most of the course is off road with changeover points at road junctions with the Calderdale Way. Stainland Lions will be entering a number of teams for 2006 with club captains [Gayle](#) and [Steve Knight](#) organising the teams. The race takes place on Sunday 10th December at 8.00am, registration from 7.00am. Legs 2 through 6 beginning at correspondingly later times as the race progresses. The route is not marshalled, except for changeover points and some road crossings so recceing the route is essential if you want to avoid getting lost on the day!

Committee

Meeting Minutes

23rd August 2006 8pm at the Wellington

1. Present

Colin Hughes (chair):

Gayle Benson; Richard Fawthrop; Penny Fleming; Eileen Hiller (minutes); Steve Knight; Geoff Mathews; Diane Rafferty; Chris Walker

2. Apologies: Ben Mounsey; Duncan Greaves

3. Minutes of previous meeting

Accepted as a correct record

4. Matters arising (where not on agenda)

4.1 Web Site

Duncan has sent his apologies for not updating the website. He is in the middle of moving house and everything is in storage until he moves on the 1st September. He is currently staying with his mum where he has no internet connection. However, as soon as he has moved in he has assured us he will sort out the website. Colin suggested he would contact Duncan and offer some help.

Action:

Colin

5. British Fell Relay

Following a debate if this race should be paid for by the club, it was unanimously agreed to do so. The club would then be supporting three types of races:

Road: Joe Percy 10k

Off Road: Calderdale Way Relay

Fell: British Fell Relay

6. Joint 10K with Halifax Harriers

6.1 Geoff and Penny had attended a joint race committee meeting with the Halifax Harriers on Wednesday 26th July. The following was agreed:

- The race will be named 'The Calderdale Charity 10k' (or 5k depending on the final distance to be agreed)
- The first race will be held to coincide with the official opening of the new athletics track at Spring Hall on 13th May 2007
- Geoff agreed to ask Brian Coates if the Courier could suggest which local charities could be included – in order to gain maximum publicity
- 3 routes are being considered, taking into account traffic, safety and police assistance. The favourite is a 5k loop which would start and finish on the track and has low traffic volume

A fun run will also be held on the track with the possibility of stalls etc. to add to a family day out

6.2 Use of the track

Geoff agreed to ask at the next meeting with the Harriers when the Lions can begin to use the track and what the arrangements are for its use.

Action: Geoff

7. Heath meeting report

Richard had attended the Heath Committee meeting on Monday August 21st and reported the following:

- Club development. Planning Permission has now been approved for the development. The total cost is estimated at £700k, of which at least half will be for development of the ground. The remainder is for the development of the clubhouse including a new entrance and an extension to the clubhouse. The ground floor part of the extension will include new showers and toilets.
- Funding. Heath has been granted £100k from the Rugby Football Union, for which they have found guarantors. They will need to raise the remainder. It is hoped the new clubhouse will generate more funding from events
- Timescales. There will be an EGM to agree the final process at the end of September and it is hoped building can start in October. The building process will not impinge on the current facilities in the initial stages, as it will take place at one end of the present clubhouse.
- Heath has been nominated as a priority rugby club in Yorkshire by the Regional Council, partly because they have an efficient infrastructure in place and a strategic plan for development of the club.

Some discussion took place about the involvement of the Stainland Lions in this and the need for the running club to have a base to be used as its HQ. We have already agreed to donate £2000 towards development of the toilets and showers. It was agreed we need to discuss with Heath the Stainland Lions involvement and have some written assurances about the long term availability of the Heath Clubhouse for the running club. We would also need to discuss with Heath what our contribution could realistically be. Colin agreed to write to the Heath chair, Dave Bradley on both issues.

Action: Colin

Richard felt there were some serious issues with Heath the running club need to tackle:

- Car Parking
- Keys – ensure all keys for any part of the building are held securely. This includes the keys for the outside toilets, which it was agreed we need to make available to the runners on Thursday evenings and Sunday mornings

Fund raising. We need to be more serious about raising funds, whether by holding events or by seeking grants.

Colin agreed to contact Graham Woodward from the Calderdale Athletics Group about grants.

Action: Colin

8. Stainland Seven

Colin was concerned that all interested parties had been informed that the event would not be held this year, but would be re launched in September 2007. Linda agreed to check with Lynn Davies who these might be and Eileen agreed to contact local running clubs.

Action: Linda/Eileen

9. Social Events

Chris reported on the following:

9.1 Night out – Friday 25th August from the Shears pub at Paris Gates

9.2 Irish night – Friday 27th October to be held at Heath. Jim Farrell's band Both Barrels will provide entertainment.

Chris agreed to ask for volunteers to help with the supper via the Forum. (Irish stew was one suggestion). He also agreed to provide tickets, the cost to be £7.50, and asked if committee members would help to distribute them which was agreed by all.

Action: Chris

9.3 Annual Dinner – 26th January 2007

This has already been booked at Bertie's Banqueting Rooms in Elland. Geoff agreed to go along with Chris to check out the venue

10. AOB.

10.1 Annual prizes

Colin asked the committee to be thinking who should be awarded the prize for the most improved runner in 2006. It was agreed there should be a prize for a male and a female.

10.2 Boxing Day Fun Run

It was agreed to ask Paul Bainbridge, as race director, to the next committee meeting, to discuss the venue for the event.

Action: Eileen

11. Date of next meeting

Wednesday September 20th at the Wellington in Elland at 8.15pm

Eileen Hiller August 2006

Editors Closing Comments

This month's newsletter promised to be a really good read, with plenty of people promising me race reports, but they never materialised. I'm sure you all enjoy reading about other people's experiences when they race, so please don't leave it up to someone else, send me a race report. You can either give me a copy of what you want including on a Thursday night at the club or you can email me a copy. It doesn't matter about spelling or grammar, as the computer will sort that out.

I'd like to thank Judith & Marilyn once again for organising the coach and food for the Nottingham trip, it really was a great day weather wise and company wise.

Maggie

Social Events

By 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 Sainsbury's car park (Brighthouse). Medium to fast running pace, average 5-7 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
GP	21/9/06	Ron Hill 67th Birthday 5k	See website link
	24/9/06	Berlin Marathon	Runners World
	1/10/06	Great North Run	Runners World
Social	5/10/06	Club night meeting	Committee members
	7/10/06	Coniston Trail 14k	See Club Captains
	7/10/06	Grin n bear it (15 miles)	See website link
GP	8/10/06	Harewood Trail 10 mile	See website link
Social	12/10/06	Away Run	Club captains
Social	27/10/06	Irish Night	Chris—Social Secretary
	30/10/06	Dublin City Marathon	Runners World
GP	5/11/06	Guy Fawkes 10	See website link
XC	19/11/06	Cross country—Idle	Ben Mounsey
XC	3/12/06	Cross country—Temple Newsam	Ben Mounsey
	10/12/06	Calderdale Way Relay race	Club captains
	17/12/06	Stoop Fell Race (Penistone Hill Country Park) 11.30 start entry on day	
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.