



# The Lion's Tale

*The monthly news letter of the Stainland  
Lions Road Runners  
March 2007*



## Comments from the chair

Welcome to the March edition of The Lion's Tale and welcome too to all those who have recently joined our club, as listed elsewhere in this month's issue. We hope you really enjoy being a member of Stainland Lions and get out of us as much as you desire.

Of course, we are not all about 'taking' and it's wonderful to see people giving something back to the club and its members. I'd particularly like to mention Gavin Dodd and Damian Cole this month, who have not only recently passed their Level 1 coaching course, but have also really grasped the Stainland 7 nettle and progressed the organisation of its magnificent return on September 16<sup>th</sup>. They have already secured over £500 worth of sponsorship and also produced the entry form, which is available on our website. Well done guys!

On the running front we are already moving smoothly through the racing calendar (is it really nearly Easter?) and have a number of impressive performances to report from road and fell.

Congratulations to Damian (watch your step next time) Cole, who on his return from his unfortunate injury, was the first Lion home in the recent Huddersfield 10K. And congratulations too to our ladies team (Mags Jordan, Gemma Bradley and Diane Waite) who took the 2<sup>nd</sup> team prize. Mags was our first lady (and 6<sup>th</sup> lady overall), Gemma was only 5 minutes behind her and Diane finished just 7 seconds later. Well done to everyone else who took part but especially Cathy Mellor, whose progress over the last few months has been outstanding, as her Cross Country Most Improved Female award shows. Well done too to Diane Waite (3<sup>rd</sup> L40) and Lorraine Naylor (5<sup>th</sup> L35). The latter was hopefully some consolation for our lovely Irish lass after watching Cathy overtake her on the final straight. Now what was it you muttered Lorraine?

Congratulations to all (too numerous to mention) who took part in the Snake Lake 10, the Great North West Half Marathon, the Trafford 10K and the Dentdale Run. The latter of these is always a great event and whilst there were considerably fewer Lions present this year (compared to last when it was on the Grand Prix list), the atmosphere was again excellent with the support and encouragement for all our runners far louder than anyone else's. This obviously inspired all of us but particularly Gene Gray and Dave Ladocha who posted impressive times over this difficult course. Well done too to Eileen Hiller, who quietly goes about her business of collecting prizes - if only she could remember where she put them! Her 2<sup>nd</sup> age category position was a nice addition to the first place she won the week before in wet and windy St Anne's. "Come on Eileen!"

On the fells, there were impressive performances from Toby Underwood and Paul Biddulph in the White Holme Circular Fell Race, Johnny Moore in the Longmynd Valley and Paul (again) and Linda Murgatroyd in the Ilkley Moor Fell Race. The first lady home here was Jo Waites running for Calder Valley but who is now also a second claim member of Stainland Lions. Another really impressive run too from our ladies (Naomi, Gayle and Linda) who won the team race in the Moon Stone. Paul Biddulph, Toby Underwood and Darren Sugden also displayed the Lions' colours but finished a little way behind some bloke in a red and white vest. Well done Ben, we know you still love us really!

Also a massive congratulations to Mary Cowling and Tracy Dean, who along with Naomi and her husband Rob, completed the gruelling Haworth Hobble - all 31 miles of it around Haworth, Todmorden and Hebden Bridge. With 4,400 feet of ascent/descent this sounds like a real beast and I pay homage to all your courage and determination to enter and complete such a mammoth run.

Apologies if I've missed anyone else's significant achievements this month. If I have, please let me know and I'll correct it next month.

Away from running, I'm delighted to announce the engagement of our very own Wallis and Grummitt. Paul (you romantic devil) recently bent down on his good knee at Tiffany's in New York and popped the questions "Amanda will you marry me and can you help me back up now please?" Congratulations to both of you, you make a lovely couple.

# Comments from the chair



Now we all know that Judith has recently reached her 30<sup>th</sup> Birthday for the second time so please join me in thanking her for organising a very enjoyable away run and especially the stew and curry back at the Wellington. Don't forget to give up your seat if you see her on the bus. For that matter, has anyone ever seen Judith on a bus?

On the social side, I understand that Neil's orienteering and Judith's walk were both very popular and well-attended. Unfortunately I couldn't make either this time but all who did appear to have thoroughly enjoyed themselves. For those like me who did miss out, I'm sure there'll be a repeat at some point.

I do hope all those of you who came to the Up and Running Technical Night also enjoyed yourselves. It was certainly a club meeting with a difference and all the guests were mightily impressed with our club members' attitude, enthusiasm and support. Glen Comish of Sale Harriers said he had never seen anything like it before and was actually in awe of us. Not bad from someone who ran the 7<sup>th</sup> fastest 10K time in the UK last year! So a big 'thank you' to Martin, Matthew and Joanne from Up and Running and to you, of course, for your very welcome attendance.

Finally, enjoy your running this month, wherever it may take you and however difficult it is. As David Bedford once said "Running is a lot like life. Only 10 percent of it is exciting. 90 percent of it is slog and drudge." So too, it appears, is getting money out of some people, so if you haven't paid your membership subscription yet, please do so immediately, you only have until the end of March. Surely it's only fair if you're running in races as a Stainland Lion and paying a reduced entry fee, that you should at least pay your membership subscription on time. So come on, it's only a paltry 20 quid!

See you next month. Geoff

## Captains Log - Results

### Road

#### Snake Lane 10 25/02/07

246 <sup>th</sup>	Mark Preston	1.11.54
451 <sup>st</sup>	Paul Bainbridge	1.23.40

#### Huddersfield 10k 25/02/07

40 <sup>th</sup>	Damien Cole	00.41.21	
77 <sup>th</sup>	Mags Jordan	00.43.32	6 <sup>th</sup> lady overall
98 <sup>th</sup>	John Bassinder	00.44.12	
100 <sup>th</sup>	Adrian Shaw	00.44.17	
131 <sup>st</sup>	Craig Geoghegan	00.46.12	
138 <sup>th</sup>	David Ladocha	00.46.35	
157 <sup>th</sup>	Andrew Brewer	00.47.27	
163 <sup>rd</sup>	Gemma Bradley	00.47.56	
166 <sup>th</sup>	Diane Waite	00.48.03	3 <sup>rd</sup> L40
172 <sup>nd</sup>	Simon Hogan	00.48.23	
179 <sup>th</sup>	Warren Thomas	00.48.45	
183 <sup>rd</sup>	David Waite	00.48.50	
188 <sup>th</sup>	Cathy Mellor	00.48.55	
190 <sup>th</sup>	Alan Whiteley	00.48.56	
198 <sup>th</sup>	Lorraine Naylor	00.49.04	5 <sup>th</sup> L35
207 <sup>th</sup>	Liz Redfern	00.49.25	
209 <sup>th</sup>	Steve Turner	00.49.30	
215 <sup>th</sup>	Mark Speight	00.49.46	
216 <sup>th</sup>	Gemma's Dad	00.48.47	
251 <sup>st</sup>	Clive Siddall	00.51.05	
265 <sup>th</sup>	Jo Kitcher	00.52.05	
280 <sup>th</sup>	Tony McManus	00.52.42	
285 <sup>th</sup>	John Ingles	00.52.53	
298 <sup>th</sup>	Jonathan Pridgeon	00.53.46	
304 <sup>th</sup>	Jimmy Smith	00.54.03	

309 <sup>th</sup>	Richard Fawthrop	00.54.18
321 <sup>st</sup>	Sue Manning	00.55.13
331 <sup>st</sup>	Steven Crowther	00.55.39
341 <sup>st</sup>	Lesley Creswell	00.56.11
344 <sup>th</sup>	Aileen Baldwin	00.56.17
347 <sup>th</sup>	Eileen Hiller	00.56.26
353 <sup>rd</sup>	Liz Bates	00.56.35
355 <sup>th</sup>	Alan Lashbrook	00.56.44
368 <sup>th</sup>	Jonathan Taylor	00.57.37
409 <sup>th</sup>	Karen Thorne	00.59.53
411 <sup>th</sup>	Anna Griffiths	01.00.00
413 <sup>th</sup>	Paul Chadaway	01.00.15
430 <sup>th</sup>	Angela Goulden	01.01.22
431 <sup>st</sup>	Carol Lord	01.01.36
442 <sup>nd</sup>	Heather Brewer	01.03.15
456 <sup>th</sup>	Roy Henstock	01.06.18
463 <sup>rd</sup>	Gail Brady	01.08.16
465 <sup>th</sup>	Julie Hey	01.09.07
466 <sup>th</sup>	Helen Learoyd	01.09.07
486 <sup>th</sup>	Avril Smith	01.14.42



The Stainland ladies came 2<sup>nd</sup> in the team prizes thanks to Gemma Bradley, Diane Waite and Mags Jordan, well done girls.

#### Wrexham (Village Bakery) Half Marathon 18/02/07

230 <sup>th</sup>	Helen Lambert	01.37.48
253 <sup>rd</sup>	Diane Waite	01.39.23

#### GNW Half Marathon Blackpool 25/02/07

146 <sup>th</sup>	Geoff Matthews	1.29.35
656 <sup>th</sup>	Paul Wallis	1.53.53
788 <sup>th</sup>	Caroline English	1.59.43

# Captains Log - Results

## Road

### Trafford 10k 04/03/07

161 <sup>st</sup>	Diane Waite	45.28
167 <sup>th</sup>	David Waite	45.53

### Dent 10/03/07

85 <sup>th</sup>	Geoff Matthews	1.41.30
120 <sup>th</sup>	Mark Preston	1.46.16
127 <sup>th</sup>	Gene Gray	1.47.04
162 <sup>nd</sup>	David Ladocha	1.51.42
240 <sup>th</sup>	Nigel Higgins	1.58.33
249 <sup>th</sup>	Steve Turner	1.59.52
296 <sup>th</sup>	Clive Siddall	2.04.43
305 <sup>th</sup>	Alan Gibson	2.06.08
308 <sup>th</sup>	Sue Manning	2.06.14
316 <sup>th</sup>	Eileen Hiller	2.07.38
320 <sup>th</sup>	Jonathan Pridgeon	2.08.22
356 <sup>th</sup>	Jacqueline Dinsdale	2.14.47
357 <sup>th</sup>	Susan Siddall	2.14.47
399 <sup>th</sup>	Rachel Roberts	2.22.43
418 <sup>th</sup>	Paul Wallis	2.26.16
430 <sup>th</sup>	Jonathan Taylor	2.30.41

## Fell

### White Holme Circular Fell Race 28/01/07

11 <sup>th</sup>	Toby Underwood	1.28.07
20 <sup>th</sup>	Paul Biddulph	1.35.31

### Longmynd Valleys 04/02/07

33 <sup>rd</sup>	Johnny Moore	2.03.09
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### Ilkley Moor Fell Race 25/02/07

44 <sup>th</sup>	Jo Waites (CV)	46.08	1st Lady
74 <sup>th</sup>	Paul Biddulph	48.48	
236 <sup>th</sup>	Linda Murgatroyd	62.17	

### Noon Stone 03/03/07

6 <sup>th</sup>	Ben Mounsey (CV)	1.11.47
57 <sup>th</sup>	Paul Biddulph	1.26.44
86 <sup>th</sup>	Naomi Sharratt	1.31.38
105 <sup>th</sup>	Gayle Benson	1.34.34
117 <sup>th</sup>	Toby Underwood	1.38.00
121 <sup>st</sup>	Darren Sugden	1.38.26
162 <sup>nd</sup>	Linda Murgatroyd	1.48.48

The Stainland Lions ladies took the team prize once again thanks to Naomi, Gayle and Linda.

### Windmills Whizz 10/03/07

No results as yet

## Fell

### Haworth Hobble (31 miles) 10/03/07

Naomi and Rob Sharratt	5.24.06
Mary Cowling & Tracy Dean	6.43.11
Aileen Baldwin (entered as walker)	9.43.40

### Ian Roberts Fell Race 10/03/07

92 <sup>nd</sup>	Linda Murgatroyd	68.25
93 <sup>rd</sup>	Gayle Benson	68.28
100 <sup>th</sup>	Darren Sugden	69.16
128 <sup>th</sup>	Colin Hughes	74.40

Please may I explain...unfortunately a large part of the field went the wrong way including Gayle, Darren and Colin hence the result. Gayle was almost 2<sup>nd</sup> lady at one point just before this happened.

### Half Tour of Pendle 10/03/07

34 <sup>th</sup>	Jo Waites (CV)	1.19.06
47 <sup>th</sup>	Paul Biddulph	1.21.48

## Cross country

### West Yorkshire Winter League - Final results

Men	7th overall
Ladies	2nd overall (by a painfully small 4 pts)
Combined	4th overall
Ben Mounsey	2nd overall in the mens
Naomi Sharratt	2nd overall in the ladies
Cathy Mellor	best improver
Tracey Dean	1st L V40
Linda Murgatroyd	2nd L V35

## Grand Prix - Road

Standings after Huddersfield 10k

### Division 1

1st	Andrew Brewer
2nd	John Bassinder
3rd	Adrian Shaw

### Division 3

1st	Karen Thorne
2nd	Eileen Hiller
3rd	Carol Lord

### Division 2

1st	Cathy Mellor
2nd	Clive Siddall
3rd	Warren Thomas

### Dvision 4

1st	Helen Learoyd
1st	Heather Brewer
3rd	Avril Smith

\*\*\*\*\*

## PB corner

Come on, if you don't tell us we won't know. After all your hard work, enjoy the moment!

Geoff Matthews ½ marathon in 1.29.35 in the GNW Blackpool 1/2, 25th Feb

Diane Waite ½ marathon in 01.39.23 & Me, ½ marathon in 01.37.48 both in the Wrexham 1/2, 18th Feb



# Race Calendar

25 <sup>th</sup> March	Fell	Lads Leap Fell Race 5.9m/1700' AS
25 <sup>th</sup> March	Road	Wakefield City 10k <b>Road GP</b>
25 <sup>th</sup> March	Road	Liverpool Half Marathon
28 <sup>th</sup> March	Road	Joan Rhodes Memorial 5k, Littleborough
31 <sup>st</sup> March	Fell	Midgley Moor Race 5m/1250' AS <b>Fell GP</b>
1 <sup>st</sup> April	Trail	Baildon Boundry Way EVENT FULL
1 <sup>st</sup> April	Road	Arkendale 'April Fool' 10k, Nr Harrogate
1 <sup>st</sup> Apr	Road	Burnley 10k
3 <sup>rd</sup> April	Fell	Bunny Run One 3m/300' CS, Haworth
5 <sup>th</sup> April	Road	Marathon Tour of Fylde Race 1, Blackpool 6 mile
6 <sup>th</sup> April	Road	Salford 10k Road Race
6 <sup>th</sup> April	Road	Caldervale Country 10 & Fun Run, Nr Garstang
7 <sup>th</sup> April	Fell	Pendle Fell Race 4.5m/1500' AS, Barley, Nr Burnley <b>Fell GP</b>
7 <sup>th</sup> April	Trail	Marathon Tour of Fylde Race 2, St Annes 4 miles beach run
7 <sup>th</sup> April	Fell	Rivington Pike Fell Race, Horwich, Bolton
7 <sup>th</sup> April	Trail	Marathon Tour of Fylde Race 3, 6 mile cross country, Blackpool
8 <sup>th</sup> April	Trail	Guiseley Gallop, Nr Leeds
8 <sup>th</sup> April	Road	Marathon Tour of Fylde Race 4, Fleetwood 10 mile
10 <sup>th</sup> April	Fell	Bunny Run Two 3m/300' CS, Haworth
14 <sup>th</sup> April	Trail	Meanwood Valley Trail Race <b>Trail GP</b>
17 <sup>th</sup> April	Fell	Bunny Run Three 3m/300' CS, Haworth
22 <sup>nd</sup> April	Fell	Paddy's pole Fell Race, Nr Preston
22 <sup>nd</sup> April	Road	Calderdale Duathlon, Greetland
22 <sup>nd</sup> Apr	Road	Bolton 10k
24 <sup>th</sup> April	Fell	Bunny Run Four 3m/300' CS, Haworth
28 <sup>th</sup> Apr	Road	Rother Valley 10k (Nr Sheffield - flat course)



## Social Events

### Friday 23rd March 2007 "QUIZ NIGHT AT HEATH"

7.30 for 8.00 pm

Hot Supper Included - £4.00 per person  
Prizes & Raffle. Tickets available from social committee members

### Bluebell Trail Walk 8th April 2007

Meet west vale car park for a 10.00am start. Full details over the page

**Sunday 15h April 2007**  
"LONGDENDALE TRAIL" (otherwise known as **Bacon Butty Run**)  
Derbyshire – Running, Biking or Walking  
- Meet at 10 am in trail car park  
Scenic track ideal for runs of 6-10 miles+  
- not hilly. Ask for directions if required

*And from me - yes, I know this bit is supposed to go at the end but I had a gap to fill. Next months deadline is Friday 13th (oops) April. Thanks to everyone who contributed, especially Su, sorry I was such a pain. Look forward to seeing what you can all come up with for April - please send me lots. Thanks, Helen*

Bored. I zapped an email off to my friend Hilary. "How do you fancy entering the TransRockies?" (A seven day mountain bike endurance race which crosses the Canadian Rockies.) It was utterly ridiculous for me to even be considering this, but then it was a thoroughly grey & depressing December day & I was feeling reckless. Thankfully the race was long since full, but that's how we ended up 135<sup>th</sup> on the waiting list.

"Bored". The email pinged up on my desk top, it was from Hilary. Exploratory bike trip to southern India, are you up for it? A quick diary check revealed a clash with the Howarth Hobble and a choice between 31 miles of inevitable suffering or 12 days of fun filled Indian adventures – no contest.

So, March saw me biking in glorious sunshine high up in the Ghat mountains. Sweet singletrack trails through

endless tea plantations, friendly locals and fantastic food (eaten with your fingers off banana leaves). Oh okay, yes there was the occasional dive into a tea bush, toilet roll at the ready & the day we dropped into the jungle did deliver 6 foot snakes with in easy stroking distance but then this wasn't your average beach holiday.

Arriving back to freezing conditions, jet lag, & the realisation that my knackered ankle meant no running for the foreseeable future, was all pretty depressing stuff. Post holiday blues. I was sat supping a big mug of tea & scrolling through my inbox when there it was, "Dear Helen, Congratulations! A TransRockies team spot has become available....." Uh oh. Funny how these things get started.



# Notice Board

**\*\* Pay up! - Due to a change of our club affiliation to England Athletics, all subs MUST be paid by 31st March 2007 otherwise membership will be terminated and access to the forum removed \*\***

## **BLUEBELL TRAIL WALK – 8<sup>TH</sup> APRIL 2007, MEET WEST VALE CAR PARK FOR 10:00 START**

For the benefit of our newer members the "Bluebell Trail" is a 10.3 mile race which Stainland Lions have hosted for the last 3 years. (Full route description and map are available on our website).

This year's event will be held on 6<sup>th</sup> May, and, as in preceding years, we are hoping for a bumper turnout. However, to enable us to organise such an event we need as much help as possible from our members on the day, which means many don't get the chance to ever run the race.

To compensate for this in some small way we are walking the route on Easter Sunday; a barbeque and Easter Egg hunt (for the children) will be available at Heath following the walk.

Rather than have a ticket/entry fee for the BBQ/Easter Egg Hunt we are asking for contributions of the following nature:

Easter Eggs (any size), Meat (sausages, chicken breasts, burgers etc.), Salads, Desserts, and anything else you think may be suitable for a BBQ.

If you are planning to join us for the BBQ/Easter Egg Hunt please let Alan Gibson or me (Mary Cowling) know so that we can co-ordinate the food, otherwise we could end up with 500 sausages and nothing but a few pints of beer to help digest them! It would also help if you could confirm your child's name and age for the Easter Egg Hunt.

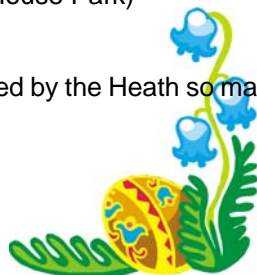
A **rough** guideline to the programme of events,  
10.00 am Walk start  
13.30 - 14.00 pm BBQ Preparation  
14.3 pm Walkers finishing  
14.45pm Easter Egg Hunt (Clay House Park)  
15.00pm Bar & BBQ

These times are still to be confirmed by the Heath so may be subject to change

Hope you can make it!

Mary

PS. If you don't fancy doing the entire walk there are certain points on the course where you can join/drop off.



### **Club sponsored races**

Currently the club sponsors the Joe Percy 10k & the Calderdale Relay. We are looking for one more race worthy of sponsorship so if anyone has any ideas please shout up.

### **Beginners Course**

#### **Starting Monday 23rd April for 8 weeks**

Helpers and coaches URGENTLY needed for the Monday evening sessions & also for Sat / Sun runs from the Heath.

There is a timetable up on the beginners page of the website. Please contact Diane if you are able to help out. Remember you don't have to commit to every Monday, just offering your services for one or a couple of sessions will really help

Thanks

### **Bluebell Update**

*This year's Bluebell Trail 10 is well underway and you will be all pleased to hear numbers are strongly up on the previous year at this time! We now have close-on 100 pre-entrants well ahead of the pre-entries last year and previous years ( for the stat-ies no one mention Alan Lashbrook or Trevor, we reached the same number last year on the 17<sup>th</sup> April) !*

*If you asked my why the uptake is so strong, I could say the challenge of the course, after all no one can forget the leg breaking lactic gruel of Trooper Lane, maybe the river crossing or I could say the diversity of the countryside around Halifax.*

*But if you put me on the spot, what make's this race really special is **you**.*

*Each year you have come out and lifted the reputation of the race and our club.*

***This year will be the largest Bluebell Ever...** and as ever we need you to shoulder and support the day runners and we will give some hospitality back to all those clubs who offer us hospitality at their events.*

*If you could help again the organisers would really appreciate it.*

*Attached to the newsletter is a table of all the marshalling positions, yes all the many stations. They are all open for volunteers at the moment, so if you have a preference as in previous years please could you make the Chief Marshal Diane Waite aware of the Marshalling Station of your preferment.*

*Thanks, Alan*

# The Lions Lounge

## In the spotlight

Name - **Gavin Dodd** (*the man behind the new Stainland 7 club race*)

Age - 32

Occupation - I work in the telecoms team at HBoS,

Status - Not married but have a long term girlfriend Kathryn

Kids / pets - Neither

Years running - since I was at school but 4 years seriously

How or why did you start - My dad was into running and used to take me to races when I was younger

When did you join the Lions & why - To try and improve my times and beat my 10k best

PB's, - 10k - 44.13

Favourite race distance - 10k or half marathon

What's your ultimate race - I would like to do an Iron Man one day, I did the Winter Tough Guy for the second time this year

Running or other fitness goals for next 12 months - To do some good speed work on the track and smash my PB's

Long term goals / aims / dreams - A sub 40 10k would be nice

Average weekly running mileage - 25 miles

Any other training - I do weights at JJB gym and the occasional swim

Any top tips - Train with someone, it makes the process easier

Favourite post run or race food - Beans on toast is always quick and easy

Who would be your ultimate running partner - Paula Radcliffe, she would have to slow down a bit though

Whats your worst injury - None so far, fingers crossed

Hobbies / what do you do when you're not running or training - I am a big Rugby League fan and watch quite a lot of games

What holidays have you got planned - I am going to Dubai in August and might fit a city break in before then



## New members

**Name** Nicki Sabey

**Age** 37

**Occupation** Senior Operating Department Practitioner

**When did you start running & why?**

About 3 months ago. I wanted to get fitter and lose a few pounds along the way

**What made you join the Stainland Lions?**

I kept on seeing the Lions run past my house and thought it would be a good idea to join in

**Tell us something funny, embarrassing or secret about yourself**

The list is endless

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

Jonny Depp

**What is your worst habit, behaviour or vice?**

Too many to list!

<b>Favourite Food</b>	Wild mushroom risotto
<b>Drink</b>	Vodka
<b>Film</b>	Whistle down the wind
<b>Music</b>	Led Zeppelin
<b>Book</b>	Anything by Paul Coelho

**Pastime (apart from running)**

Junior football coach for Greetland

**What are your running plans for the coming year?**

To be able to run a couple of miles without vomiting

**Name** Jacqui Heaton

**Age** 36

**Occupation** PA

**When did you start running & why?**

2006 – friend conned me into doing the great north run after too much red wine!

**What made you join the Stainland Lions?**

I wanted a club that was local, friendly and had a great social scene, being a single girl an' all

**Tell us something funny, embarrassing or secret about yourself**

I have an identical twin sister

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

Brad Pitt – yummy. In the real world though, anyone with a nice smile and a kind heart

**What is your worst habit, behaviour or vice?**

Shyness

<b>Favourite Food</b>	Mexican - spicy
<b>Drink</b>	Wine
<b>Film</b>	Nottinghill
<b>Music</b>	R&B

**Pastime (apart from running)**

Cooking, gardening, golf, walking in the country

**Talents & skills (own up to what you're good at)**

Cooking, gardening, decorating ( a master at hanging wallpaper!)

**What are your running plans for the coming year?**

Want to keep fit and have fun. No doubt I will enter a race or two

Sorry to all the new members who I haven't included yet. I ran out of time this month but promise to do a better job in April.

# Runners rambles & race reports

## Mud, glorious mud – by a cross-country novice...

Vodka has a lot to answer for. It was under its influence that I agreed, late last year, and after successfully avoiding it the previous season, to dive in and 'have a go' at the cross-country races Stainland participates in. There is no way I would have decided such a thing sober. After all, I'd heard the stories from other club members – runners losing shoes in the mud, lots of falling over and, worst of all in my mind, a girl being laughed at because she'd turned up for a race immaculate in pink and white – as anyone who knows me will testify, I do like my girlie clothes (and glam earrings), even to run in...

And so it was that in November last year, I found myself and my sparkling new fell shoes, a little nervous (me not the shoes) and very cold (both of us), at the start of the first cross-country race of the season. There seemed to be plenty of other Stainland representatives there – amongst others, super speedies like captain Ben, Naomi and Tracy, experienced cross countryers such as Mark and Richard, and other first timers John, Mags and Sally. Before I knew it, we were off in to the woods. Despite a bit of initial trepidation about my footing, I soon began to trust my shoes and got in to my stride and after about five miles of fairly good paths, pleasant scenery and plenty of mud, I struggled up the steep hill to the finish. For all this effort, I was presented with a small plastic strip, which I had to hand in to our captain. Personally I thought it was a bit mean, some races give you proper goody bags! There was one thing to cheer me up though - something you can always guarantee when you run for Stainland and that's lots of cheers from fellow club members at the end of your race - the cross-country was certainly no exception.

After the race, most of us headed back to the cricket club for a drink and to listen to the results and this was where I learnt a bit more about how the cross-country league works. For the uninitiated, eight clubs take part and there are five races in total each season. You are awarded points based on where you finish in the male or female category, so the first man gets 200 points, second man 199 and so on. The top so many men's and ladies scores for each club are added together to determine their total. Oh yes and the little plastic strip did have a purpose, it has your score on it! So the great thing about cross-country is that, regardless of where you finish, you will be helping Stainland by pushing runners from other clubs further down the field. All in all we seemed to have done well in that first race, with special notable performances from Ben as third man and Naomi as fourth lady. As we headed back home, to my surprise I realised I'd thoroughly enjoyed the cross country experience and would definitely be back for more.

Whilst in a lovely hot bath after that first race, I discovered a secret that lots of runners must know, but rarely discuss – the most important piece of kit for off road running. Don't ever let anyone tell you that it's fell shoes (although quite handy) or dark coloured socks (sadly a better idea than pink), because it's not – it's a high quality nail brush to get all the mud out of your toe nails. Mine has been invaluable and I even remember a drunken conversation at the Annual Dinner about the best type of bristles to use (I don't get out much..).



The winter flew along and by the time of the final race in February, I'd got in to the swing of things. I'd really enjoyed all the races (with the exception of a very hilly one somewhere in the middle that I've erased from memory), was a lot more confident of my footing and, more importantly, had developed a great technique for power showering my muddy shoes. So, it would have been nice to have been feeling relaxed about the last outing of the season, but none of us were allowed to – not according to Ben and Trevor.

The fact was, there was lots of silverware up for grabs and this is when it all got serious. Our ladies team had done fantastically well all season and were lying in second place, just five points behind the leaders Dewsbury and with a real chance of winning the ladies trophy. On an individual level, Ben was in line to be 2<sup>nd</sup> placed man overall (getting slightly lost in one race and feeling a little poorly after the Annual Dinner in another had been no barrier), Naomi was looking good for 2<sup>nd</sup> lady and both Tracy and Linda were in line for prizes in their age groups. On a slightly more worrying note, I had somehow managed to be top of the female improvers category, which meant a bit of pressure (normally no-one really cares where I finish, which I rather like). Peter Ingham was also doing well in the men's improvers, but we didn't see him on the day – Peter where were you!!

It was a fabulous turn out for Stainland for the final race, with lots of club newcomers to cross country, such as Avril, Sue and Karen. Admittedly, they may have been inspired by my description of the course as 'fairly flat', after I'd recced it, something even I was unable to justify after the race! In reality, I found it pretty tough, but motivated by the fearsome (sorry encouraging) comments from Trevor (thanks again) managed to run fairly well. I did however fall face first in to lots of mud right at the end, which was a little messy.. Much as I'd like to say this was whilst overtaking a fellow female to earn myself another point, I actually got a bit carried away and was passing a bloke (did I say I'd learnt the rules five races ago?). The chap simply smirked as he stepped over me...

In the event, everyone ran brilliantly and we earned lots of individual prizes. Stainland finished fourth overall and with a fantastic run from Mags, our ladies beat Dewsbury in the final race, although it wasn't quite enough to secure the overall trophy. Dewsbury ladies had better watch out next year though, that's all I can say!

For me the season ended much as it had started, with vodka – at the presentation evening – and we enjoyed the chance to be glamorous after all the mud. It was a great end to a fab season - especially the part where Linda pointed out that my toes were far too nice for a proper off road runners' (told you it was a great nail brush..) and I'm already looking forward to the 2007 / 2008 cross-country. I know everyone that has taken part this year will be back for more and it would also be excellent to see lots of other new (or familiar) faces when we line up again for the first race. What more could you ask for – runs out in the beautiful Yorkshire countryside, the chance to earn points and win prizes whatever your ability and to be cheered home by the most supportive club ever – if the league introduced a trophy for that there would be no contest.

# Runners rambles & race reports

## London marathon 2007 - a bit of an update from our club draw winners



I joined the club about 18 months ago, maybe a bit more. My goal was to do the Great North Run within my first year and the marathon before I was 40. Obviously everyone says how hard it is to get a place so we opted for the, try now and in 5 years we'll automatically get a place. I talked Sally onto applying and some more friends and family so there were 7 of us in all. Needless to say we didn't get in, but that was fine as we were expecting to wait a good few years. Then Eileen mentioned about the club draw and Sally and I decided to go for it again, thinking we wouldn't stand a chance.

The club draw took place on our works Christmas party night so neither Sally nor I was there. As it happened I was ill and missed the party and Eileen rang next morning to congratulate me. I felt so unwell that I wasn't very receptive to Eileen's congratulations and just thought "oh great"! Sally rang me a bit later, very hungover, to say she had got a place but didn't know that I had one as well. It was great to know that we would be training together.

We decided to enjoy Christmas and New Year and then knuckle down to a training routine of 25 – 30 miles per week including one longer run. As we both work shifts we have managed to run quite a lot of off road during the days as well as keeping up with the club nights. We picked up a lot of helpful advice and tips from other club members (like a good hotel, thanks Judith!)

The training is going okay. We have done 16 miles as our longest run so far and coped quite well. It was only after we had finished that the pain kicked in! God knows what we will feel like after another 10!

As we work together we decided to do a joint sponsor form and split the money equally between Overgate and Kirkwood Hospices. Our boss put our names forward to the staff newsletter and they did a quick "over the phone" interview and then came up and took a snap. Next thing we know we're in the Evening Courier & Huddersfield Examiner! If that wasn't bad enough, Sally had told them we hoped to raise about £500 between us which, with journalistic licence, was reported as £5,000! We could have bought our places for that!

We have discussed target times etc but have decided that our main goal is to run all the way around. We would like to complete in under 4 ½ hours but the running all the way is the main thing. So far so good, no real problems with our bodies other than not going fast enough!

I think for me the most shocking thing about the marathon is the cost. I bequeathed my money initially so that was £26 gone, then had to pay again for the club place, another £26. Then there's hotels to book, transport to arrange, new trainers, new clothes (I can't wash them quick enough) energy drinks, gels and jelly babies! Then there will be the post marathon celebrations – It all adds up!!

Hopefully after the marathon we will do a quick race report if all goes well (if not, we won't!)

Su (Manning)

When did it start? Thurs 14 December –

Can't remember why I couldn't do the away run that Thursday night but I couldn't so I went out for my run in the morning instead. I was happily jogging along on my own singing away to my mp3 player when I spotted a one-pound coin lying on the floor. Looking around...(I don't know about you, but I always feel guilty when I do this) No-one was looking so I bent down and picked it up. Could this be my lucky day I thought?? Remembering the old saying..."Find a penny, pick it up, maybe it will bring you luck" Ok.. I know it was a pound, but it's the same thing. Anyway I carried on with my run and didn't really think much more about it. I couldn't make the run that night but I sure as hell was going to be there for the big marathon draw!! And oh yes..... that lucky pound was coming with me...

We all sat patiently watching them fold the rejection slips and sorting them into 'first timers' in one bag and 'all others who had previously run a marathon' in another. When it was time for the 'all others draw' I whipped my hand in my pocket and grasped my lucky pound and guess what – It was my name that was called out!! After a shriek and a big jump up, followed by planting a smacker on Eileen's cheek (sorry Eileen, I do get over excited sometimes) I was just so so thrilled to have been lucky enough to have been pulled out. I ran my first marathon last year, which I enjoyed thoroughly, but now I have the chance to do it again without the extra stress of fundraising and I have the chance to change a few things I did wrong last year.

Sooo.... The training is going well so far. Although there has been a few ups and downs on the way. I've had a few niggles with my calf and went to visit Charlotte the physio in Ripponden (She's very good, I can highly recommend her) I have been Mrs Sensible and listened to my body and laid off when necessary. After resting I then started to build myself up slowly again by doing my own thing and going at my own pace. I have now done a few long runs ranging between 12 and 18 miles and this weekend I'm going for my first 20 miler!!!! It is a nice feeling when you manage to achieve your weekly goals. I've been running 3 times a week but have just recently put it up to 4 times a week to see how it goes, I've also been squeezing some swimming in between just to give my legs a rest from the pounding. My knee is not too good at the moment, but I'm off to see Charlotte tomorrow so I'll see what she says... Hopefully its something a few stretches will cure.

One big thing that is helping this time is writing everything down, like my mileage and how long it's taken. This enables me to see the progress I'm making. Mind you, I'm not getting much faster but at least I'm getting the mileage up. My main aim this year is to just keep going. I want to RUN ALL THE WAY!! I hope everyone else's training is going well. Some of you I've managed to see and keep up with but some I haven't seen at all. I'm getting very very giddy now and can't wait for the day to arrive. GOOD LUCK TO ALL THE OTHER MARATHON RUNNERS!!!

Alison Adams

## Huddersfield 10k – Damian Cole

The Huddersfield 10k, as those who have run it before will know, is not the flattest course on the racing calendar. I think to recce it a few days before, reminded me how mad we all are sometimes, especially as this was my first race of the year.



The Sunday morning arrives and we all just jump out of bed in excitement that the race day has arrived. At the start its all busy, where the 494 runners (including Nell McAdrew) are ready for the off and rushing to those hills.

The race gently breaks you in with a flattish 1st mile, ready for a nice steep hill for the following mile where you wish that you had opted to stay in bed. Then it's a bit of flat, downhill, a short steep hill and onto more flat. The next downhill takes you to the foot of your next hill, which you climb for just short of a mile, passing those who have flown past you on the downhill part and its about 2 mile to go.

Now for those who are sane, the feeling of your lungs about to explode would make you stop and get a grip of yourself, but for us runners this is where the pain is there, but the thought of the person 2 steps behind, passing you, just would not be right. So its a mind game of how fast can I run for the last 2 miles. Well I was feeling fine and it was time to put the foot down. The last mile is fast and passing around 4 people, gives you the edge that you need to keep going to the line, which I cross in 41.21 and then its all worth while.

Its then time to cheer in the rest of the team, as no matter where you finish, the effort and pain is still the same.

### Membership subscriptions

If you've already paid your membership fee for 2007 then you don't need to read this. If you haven't, I suggest you do!

As a member of Stainland Lions Running Club, our annual membership subscription is due each January and currently around 150 people have renewed their membership for 2007; an increase of over 30% on the same time last year. However, that still leaves a considerable number of people who, as yet, have not paid their subscriptions. Whilst I accept that not everyone who was a member last year will automatically renew for this, maybe because they are no longer running with the club, I am also aware that there are still quite a number of people who haven't renewed as yet but continue to run with us on a regular basis and enter races as a member of Stainland Lions.

As has recently been announced, our club affiliation will change on 1<sup>st</sup> April from North of England Amateur Athletics to England Athletics and we will have to pay our fees to them for all our current members as at that date.

Being a member of an affiliated club gives us a number of benefits, including insurance. As a result anyone who hasn't renewed their membership by paying the appropriate fee will, after 1<sup>st</sup> April, no longer be covered by our public liability insurance and therefore be potentially liable should a claim be made against them.

Of course this is not the only benefit of being a member of Stainland Lions. We also receive reduced entry fees to races, which can be a considerable financial saving over the course of a year. I must point out that if anyone enters a race, falsely claiming to be a member of an affiliated club, they are in direct contravention of England Athletics' membership rules.

The club Grand Prix has proved to be very popular over the last few years and, as a fully paid up member, we all qualify to enter this competition if we choose to do so. Also the members' forum on the website is a very important means of communication for many of us and this too is provided exclusively for paid up members. After discussing this matter at the latest committee meeting we have decided upon the following course of action regarding these two club benefits:

- ❖ Anyone who has not paid their membership fee by 1<sup>st</sup> April will not be allocated any Grand Prix points until their subscription has been paid. These 'lost' points will not be included in the individual's total at the end of the year.
- ❖ Access to the forum will be suspended for any members who have not renewed their membership by the 1<sup>st</sup> April. If the fee is subsequently paid the member will have to re-apply to join the forum using the normal procedure.

This is not intended to be a heavy-handed approach to the matter, as we do realise that non-payment is likely to be an oversight as far as some people are concerned. However, we feel it is our duty to remind everyone of some of the benefits of being a member of Stainland Lions and therefore the consequences of not paying fees on time. Finally, as a matter of interest, we are currently considering a 'Standing Order' option for next year and will provide more details on this in due course.

Now hands up all those who I said don't have to read this but still have!

Enjoy your membership; we're glad to have you on board.

Geoff Matthews  
Chairperson