



The Lion's Tale

*The (almost) monthly news letter of the
Stainland Lions Running Club, Nov/Dec 2007*



Comments from the chair

Christmas is coming but judging by recent performances there are not many turkeys or lions out there getting fat. There have been some mighty impressive efforts in the last few weeks and it gives you a real appetite for the coming year. First of all, Eddie Rayner took part in Iron Man Florida and finished an incredible 178th out of 2,200 entrants in a time of 9hours 58.25. That's a mighty 'Stainland Steely' achievement Eddie, and we mortals take our collective hats off to you.

The Dublin Marathon, where both Chris Bottomley and Joe Nolan turned in outstanding times of 3.16 and 3.25 respectively, was the next stage of the pb surge. Well done guys, it's great to see all your hard work pay off. Over a somewhat shorter distance there were some really satisfying results in the Abbey Dash, where no fewer than 7 of our members surpassed their previous 10K times. Lee Buckwell's excellent 35.02 led the way and he was followed into pb corner by Gavin Dodd (41.47), Jess Riley (44.03), Paul Costello (46.08), John Hirst (48.12), Sharon Postlethwaite (49.34) and Andy Adams (53.24). Big grins all round, I hear. Is it a coincidence that the first 3 of these are all regular track users? I think not! Well done too to everyone else who took part - I bet there were some more of you who were pretty close to your pbs too.

Away from the tarmac, November saw the start of our new Cross Country season, where we had high hopes of surpassing last season's commendable overall result. The outstanding form of both Mags Jordan and Lorraine Naylor has strengthened the ladies team even further. Interestingly, both these ladies are also track users and there's no doubt this has contributed significantly to their magnificent race performances in the last few months. And our hopes have been realised so far as we currently lead the way after two races with Gayle Sugden being first lady on both occasions. This form will surely continue, as Naomi Sharratt hasn't even made an appearance yet.

In an effort to improve our Mens position, Captain Ben has managed to persuade some of his Calder Valley friends to turn out for Stainland and this has certainly helped us to achieve a significant improvement on recent years' results. As many of you will know, we have 'lost' a few of our quicker men to Calder Valley during the past year, so I believe it's a real compliment to us that some of their fast boys now want to return the favour by providing a much-needed boost to our cross country team. As a club we do not stand in the way of anyone who feels that, in order to further develop their running, they need to compete for a club that concentrates solely on their preferred discipline. On the contrary, I believe it's actually a positive move towards helping two local clubs form a healthy relationship and close allegiance. I really can't do with all the politics that sometimes goes along with this kind of situation. I see it as negative, destructive and totally unnecessary. 'Welcome' guys!

So, boosted by the Calder Valley boys (Ben included, of course) and impressive runs by Chris Loftus, Damian Cole (yes, you have read that correctly!), Mark Jones and Joe Nolan, we have managed to maintain an excellent fourth position after 2 races. The only reason we aren't higher up in the Mens table is that two veterans must count towards the score, so if we're going to climb even higher we either train harder, hope some older guys join the club or wait until some of our fast boys reach 40!

Cross Country is not just about positions in the table of course, it's also about fun in the mud and team spirit. Whilst Ben is doing his best to build a quality and competitive team, I also know that he loves running for Stainland and that he gets just as much pleasure from seeing the vast, enthusiastic Lions turnout at each event. We cheer every one of our runners home and Ben is very proud that we have, unquestionably, the finest team spirit by a significant margin. The atmosphere at both runs to date has again been brilliant and Ben would join me in thanking you all for being just what you are – simply the best!

I'm actually writing this comment in the afterglow of another hugely enjoyable Calderdale Way Relay. Whilst we didn't manage to bring a trophy back along Smelly Mile with us this year, I'm sure we all had a great time in the hills and the mud and, for the considerable number who attended, the pub. As you may be aware, our contribution of seven teams to the event was the equal highest number from any competing club and clearly shows our enthusiasm for this fabulous local test of endurance. Again we demonstrated that we can provide many committed runners of all abilities and still have enough strength left to pick up a pint well into the night. 'Thank you' and 'well done' to everyone who took part – especially you first-timers, I'm sure you'll be back for more next year.

Comments from the chair



As soon as the CWR finishes each year the next significant event in the local race calendar is our very own Boxing Day Fun Run. This time around it's particularly significant as it's our 21st Anniversary and, as such, we are making an extra effort to make it even more successful than in previous years. The race committee, headed by Miss Dangle Earrings herself, have been working very hard over recent months and I do hope you will all support a worthwhile cause by coming along and helping us to raise a considerable sum of money for Martin House Children's Hospice. Don't forget to bring your unwanted presents for the auction. Indeed, if you feel you have anything that will sell (including yourself) please bring that too. I already know of two young ladies who have volunteered to offer their 'services' to the highest bidder! Intrigued? Then turn up with your cheque book or cash.

Other significant events of late include the arrival of a new cub to our fold. I'm sure you all join me in welcoming baby Hannah and wishing Paul, Amanda and the boys all the very best for a long and happy family life. I'm also delighted to announce that cupid has been flinging his arrow round again, resulting in the engagement of Gene and Jake. Congratulations from us all.

Back to running for a minute, during the last couple of months I have omitted to mention the excellent performance by Andy Wiggins in the Mablethorpe Marathon. Andy added to our short list of sub 3 hours with an excellent 2.59:23. And the reason for my omission? Well, 'Humble' Andy didn't even mention it. So how did I find out? Nell McAndrew told me in a Lindley sandwich shop last week. You name-dropper Matthews!

On 10th January we will be holding the club's Annual General Meeting when we elect the officials for the coming year. Richard Fawthrop will be taking over as Chairman and all the other positions will need to be filled by you, our members. My personal thoughts are that an element of consistency is a good thing, so I'm happy to report that some members of the committee are willing to continue in their roles, if re-elected of course. Others have stated that they have no wish to carry on for another year, so these roles will certainly need to be filled. I firmly believe that it's healthy for us to encourage new people onto the committee and extended committee (non-voting positions), as we do want to carry on developing further as a club and therefore we readily welcome new personnel and ideas. So, if you feel you have something to offer and would like to get more involved in the running of Stainland Lions, please nominate yourself (or get someone else to do it for you) on the form attached to this newsletter. For those of you who do have some ambition in this area but feel you're not ready to commit to a significant role at this stage, then the additional (or spare) committee positions are an ideal introduction to our structure and the way we operate. These are shown on the form as Committee Positions 1, 2 and 3.

Right that's it, my last Comments are on paper (well screen at the moment) and having done my last club meeting last week, I'm now chalking off another significant moment in my own personal history and memories of 2007. Of course I'll get the chance to have my final word at the Annual Dinner in January but here for the last time in print I'd like to thank each and every one of you for your fantastic support this year. I've thoroughly enjoyed everything that's happened – every meeting, every conversation, every laugh, every hug, every run (well almost) and every comment I've written, even if you haven't! To those of you who haven't bothered to read my comments all year, then I hope Santa brings you an orange and a piece of coal for Christmas! To the rest of you, I sincerely wish you all a fantastic Christmas and a thoroughly Happy and Successful 2008.

Cheers, Geoff

Captains Log - Results

Grand Prix results - Road

Division 1

1st	John Bassinder	136 points
2nd	Lorraine Naylor	123 points
3rd	Mags Jordan	121 points

Division 2

1st =	Warren Thomas	157 points
1st =	Alan Whiteley	156 points
3rd	Cathy Mellor	141 points

Division 3

1st=	John Taylor	69 points
	Eileen Hiller	69 points
3rd	Karen Thorne	58 points

Division 4

1st	Roy Henstock	75 points
2nd	Helen Learoyd	62 points
3rd	Heather Brewer	46 points

Grand Prix results - Fell

1st	Linda Murgatroyd	366 points
2nd	Aileen Baldwin	270 points
3rd	Richard Fawthrop	219 points

Final positions for 2007 - Well done Linda!

PB corner - congratulations!

Leeds Abbey Dash 25/11/07

Lee Buckwell	35:02
Gavin Dodd	41:47
Jess Riley	44:03
Paul Costello	46:08
John Hirst	48:12
Andy Adams	53:24



Uni of West Indies Half Mara 4/11/07

Manghanita Kempadoo	2.09.48
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Captains Log - Results

Road

Bridlington Half Marathon 14/10/07

150 th	Diane Waite	1.38.59
157 th	David Waite	1.39.31
336 th	Paul Costello	1.54.38
396 th	Alan Gibson	2.00.50
418 th	Lesley Henderson	2.04.44
442 nd	Carol Lord	2.08.43
467 th	Judith Greenwood	2.12.14
472 nd	Nicola Sabey	2.13.53
506 th	Sue Aitken	2.45.58
507 th	Joanne Hirst	2.45.58

Pickering & Moors 10k 21/10/07

71 st	Caroline English	54.26
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Holmfirth 15 28/10/07

175 th	Karl Martin	2.11.34
199 th	C O'Shaughnessy	2.17.53

Guy Fawkes 10 04/11/07

30 th	Damian Cole	1.05.46
90 th	Mags Jordan	1.10.56
115 th	Lorraine Naylor	1.12.50
122 nd	Simon Hogan	1.13.07
128 th	John Bassinder	1.13.34
163 rd	Alan Whiteley	1.14.56
172 nd	Warren Thomas	1.15.30
281 st	Jimmy Smith	1.19.39
350 th	Jon Pridgeon	1.22.29
389 th	Steve Turner	1.23.48
421 st	Susan Gledhill	1.25.00
423 rd	Karl Martin	1.25.05
452 nd	Paul Costello	1.26.28
474 th	Clive Siddall	1.27.47
506 th	Caroline English	1.29.08
531 st	Jonathan Taylor	1.29.55
551 st	Eileen Hiller	1.30.43
577 th	Susan Manning	1.31.57
584 th	Richard Fawthrop	1.32.37
593 rd	Joanne Kitcher	1.33.20
607 th	Maggie Blaylock	1.34.18
651 st	Alan Lashbrook	1.37.06
666 th	Lesley Henderson	1.37.59
668 th	Steve Boyer	1.38.05
689 th	John Hirst	1.39.42
690 th	Karen Thorne	1.39.43
699 th	Judith Greenwood	1.40.26
800 th	Joanne Hirst	1.51.31
808 th	Helen Learoyd	1.54.16

Leeds Abbey Dash 25/11/07

Lee Buckwell	00:35:02
Damian Cole	00:36:38
Gavin Dodd	00:41:47
G D	00:43:00
Jess Riley	00:44:03
Mark Speight	00:45:05
Karl Martin	00:46:02
Paul Costello	00:46:08
John Hirst	00:48:12
Susan Gledhill	00:48:20
Tony McManus	00:48:27
Lesley Cresswell	00:51:10
Steve Boyer	00:51:12
Cath O'Shaughnessy	00:51:51
Richard Graves	00:51:59
Andy Adams	00:53:24
Helen Nicholl	00:53:43
Nikki Sabey	00:54:19
Jaqueline Dinsdale	00:54:43
Paul Chadaway	00:55:20
Karen Thorne	00:55:45
Kathryn Merrick	00:55:58
Mark Preston	00:56:34
Lindsay Sykes	00:56:35
Jennifer Haigh	00:57:52
Robin Cresswell	00:59:22

Apologies if I've missed you out, there were an awful lot of results to scan through!

Clowne Half Marathon

144 th	David Waite	1.39.16
173 rd	Tracy Dean	1.42.07
280 th	Diane Waite	1.49.01

Percy Pud 10k 02/12/07

240 th	David Waite	44.19
507 th	Diane Waite	49.06

Fell

Withins Skyline (7m/1000') 21/10/07

108 th	Helen Lambert	58.54
180 th	David Waite	74.23
181 st	Diane Waite	74.27

Race You To the Summit (4m/800') 28/10/07

1 st	Ben Mounsey (CV)	28.05
68 th	Linda Murgatroyd	41.33

Shepherd's Skyline (6m/1150') 03/11/07

3 rd	Ben Mounsey (CV)	41.40
40 th	Johnny Moore (CV)	49.59
87 th	Gayle Sugden	55.46
112 th	Darren Sugden	57.31
130 th	Geoff Matthews	58.44
139 th	Tracy Dean	59.11
182 nd	Linda Murgatroyd	63.50

Captains Log - Results

Fell

Full Tour of Pendle (16.8m/4830') 17/11/07

53 rd	Johnny Moore (CV)	2.48.20
132 nd	Naomi Sharratt	3.07.25
199 th	Mark Jones	3.29.16
203 rd	Darren Sugden	3.29.50
232 nd	Linda Murgatroyd	3.40.08

Rivock Edge Fell Race (7m/1500') 25/11/07

28 th	Naomi Sharratt	58.58
84 th	Linda Murgatroyd	69.44

Moorland Mayhem Duathlon 25/11/07

6 th	Mark Jones	1.18.00
10 th	Joe Nolan	1.19.26
35 th	Mark Preston	1.37.56
38 th	Steve Boyer	1.47.18

Calderdale Way Relay 09/12/07

33 rd	Mixed A	7.18.39
81 st	Mixed B	8.28.23
86 th	Men	8.38.37
108 th	Open A	10.45.39
109 th	Mixed D	11.15.41
110 th	Mixed C	11.18.41
111 th	Mixed B	11.28.25

Notice Board

Merry Christmas everyone,

Judith Greenwood, Social secretary, would like to wish all her friends at Stainland lions a very happy christmas. Keep on enjoying your running during the coming year.
Hope to see you all at the annual dinner.

Judith
Social secretary

8 December 2007

TO ALL MY SUPPORTERS

Great North Run 2007

As you all know I ran the Great North Run this year in memory of my Mom Joan Waite who sadly died at Overgate in August. Mom was so lovingly cared for by a team of truly remarkable people, we wanted to try and raise as much money as we could for Overgate. I was overwhelmed by the wonderful support I received from so many different directions and together we raised **£1060.00**, which is fantastic.

So I would like to **THANK YOU ALL** so much for this support, which has been appreciated so much by our family. Wishing you all a Happy Christmas and all the best for 2008

Kind Regards

CAROL

MERRY CHRISTMAS - STAINLAND LIONS. This year Alan & I will not be sending out Christmas Cards, we have donated £20.00 to Overgate instead.

Lots of love from Carol & Alan XXXXX

Notice Board

Membership Cards

Everyone who joined the club in 2006 should have a 2006/7 membership card. The club number you have been assigned should be on that card as it does not change whilst you remain a member of the club.

I mentioned at a recent members' meeting that the affiliation for athletics clubs changed in April 2007, and we are now affiliated to England Athletics rather than the North of England Athletics Association. Your membership number has been retained in the new system and England Athletics have been processing the 2008 membership cards for all the running clubs in the UK since last summer. Although we were promised these for December, there is still a backlog.

I have contacted EA on your behalf and have been assured we will receive them in due course. All I can do is apologise for the delay and we will let you have your new card as soon as possible in the new year.

Eileen

AWAY TRAINING RUNS

The second Thursday of every month we hold an away run from a different venue from our regular meeting place, details below. I am the away run coordinator and help members arrange the away route and organises the post-run food. If you have an idea for a run, but don't want to be responsible for organising it on your own, let me help you. You can either have a chat at training or give me a call on 07967 295851,

The next away run is on Thursday 17th Jan 6.45 pm from the Cock of the North Pub, Hipperholme. Mary Cowling is organising this month's run. Food will be available after.

Hope to see you there, Debbie X

Stainland Lions Road & Trail Grand Prix 2008

With only 1 race to go in the 2007 Grand Prix, the competition could not be closer. Three of the divisions will all be decided based on the outcome of the final race of the season, The Hot Toddy at the end of December.

I already have 48 names for the 2008 Grand Prix, so it promises to be even bigger than last year. It's nice to see a lot of new members to the club have entered for next year. Many of you have made very welcome suggestions for next years races. I have tried to incorporate as many of these as possible, & also taken out a couple of races that people do not like. The result is a mixture of road & trail. The distances vary from 5K (Littleborough) to 14.3 Miles (Dent). The terrain also varies from flat (Dewsbury 10K), to very hilly (Pudsey 10K).

I have also made sure that some of the races are midweek. The midweek one's tend to be closer to home. There is a slight change this year in that there will be 2 "second chance" races. This has come about for 2 reasons; firstly to incorporate more of the races suggested by the club & secondly to allow runners a second go at a similar race. See the example below. Race 1 - Dewsbury 10K - Flat Race 2 - Wakefield 10K - Flat You can run either race or both races, however only your fastest time will count. Useful if you can't make one of the races because of other commitments or if you are recovering from injury etc.

This years winter handicap will operate slightly differently. Competitors will still be asked to guess their time, as in previous years. The winner of the handicap competition will be the runner who is closest to that time. However, for Grand Prix purposes, the winner will be the person who is in first place in terms of their finishing time. Runners will not be able to simply take it easy to get close to their estimated time. I've done this myself for the last 2 years, & done dismally on both occasions. In fact I got lost in one of the races & finished last!

The list for 2008 is below:

Race No.	Date	Day	Name & Location	Distance	Terrain	Profile	2nd Chance
1	13/1/08	Sun	Stainland Winter Handicap	5-7m	?	Hilly	
2(a)	3/2/08	Sun	Dewsbury	10k	Road	Flat	1st
3	8/03/08	Sat	Dent	14.3m	Road	Undulating	
2(b)	Apr	Sun	Wakefield	10k	Road	Flat	2nd
4	27/04/08	Sun	Sheffield	Half mara	Road	Flatish	
5(a)	13/12/08	Tues	geoff Doggett, Littleborough	5k	Road	1 Short hill	1st
6	31/05/08	Sat	Garburn Trail, Cumbria	20k	Trail	Hilly	
7	Jun	Thurs	Full Bronte, Haworth	5m	Road	Undulating	
8	Jul	Sun	Pudsey	10k	Multi Terrain	Evil	
9	31/08/08	Sun	Alice's Run, Mytholmroyd	10k	Trail	Hilly	
5(b)	25/09/08	Thurs	Ron Hill's Birthday, Littleborough	5k	Road	1 Short Hill	2nd
10	Oct	Sun	Woodland Challenge, Stocksmoor, Hudds	6m	Trail	Undulating	
11	Nov	Sun	Guy Forkes, Ripley N Yorks	10m	Road	Undulating	
12	Dec	Sun	Hot Toddy, Todmorden	5.8m	Road	Hilly	

Please note that the Dewsbury 10K in February is likely to fill up quickly, so book early. Also I am assured that the Ron Hill 5K in September will be booked up early this year. It is Ron Hill's 70th birthday.

I will assign the divisions as soon after christmas as possible & make sure they are on the website.

To enter, either use the forum, see me at the club, email me on mspreston@aol.com or phone/text on 0776 153 4571.

2008 Events Fell Handicap Grand Prix

Only 5 races from the list below required to compete in this Grand Prix
Although you need to include: 1 Short, 1 Medium, 1 Long
If you chose more your 5 highest scores will count.

Event	Location	Distance	Ascent	Date of race	Time	Category	Entry
Ian Roberts	Holmfirth	7	1000ft	Sunday 9th March	11.00am	BM	On day
Rivington Pike	Bolton	3.25	700ft	Saturday 22nd March	3.00pm	BS	On day
Midgley moor	Calder valley	5	1250ft	Saturday 29th March	11.00am	AS	On day
Ravenstone	Saddleworth	10	1250ft	Saturday 3rd May	2.00pm	BM	On day
Coiners	Mytholmroyd	7.5	1100ft	Monday 5th May	12.00noon	BM	On day
Flower Scar	Todmorden	4	1100ft	Wednesday 7th May	7.00pm	AS	FREE
Fairfield	Ambleside	9	3000ft	Saturday 17th May	1.00pm	AM	On day
Kinder Trog	Hayfield	16	3500ft	Sunday 15th June	11.00am	BL	On day
Wicken Hill	Mytholmroyd	3	1000ft	Friday 20th June	7.30pm	AS	On day
Cragg Vale	Cragg Vale	4	720ft	Tuesday 1st July	7.30pm	BS	On day
Chipping Show	Preston	8	2600ft	Saturday 23rd August	2.30pm	AM	On day
Exterminator	Sheffield	16	4050ft	Sunday 7th September	10.30am	AL	On day
Lantern Pike	Hayfield	5	1050ft	Saturday 20th September	2.00pm	BS	On day
Windgather	Buxton	13.5	2500ft	Sunday 21st October	11.00am	BL	On day
Great Whernside	Kettlewell	4	1555ft	Saturday 1st November	11.30am	AS	On day

The handicap system is based on the % of your time behind the winners time.

Points this year will be 1st 50pts 2nd 47pts 3rd 45pts 4th 43pts 5th 42pts dropping in single points

No need to pre pre-register for the fell grand prix. Just turn up and run.

Runners rambles & race reports

Cross Country

Overall positions after the first 2 events:

Men's-
1st Ben Mounsey

Women's-
1st Gayle Sugden
3rd Mags Jordan
5th Lorraine Naylor

Team -4th
Men - 4th

West Yorkshire Winter league - Idle AC

Stainland Lions Running Club made an excellent start to their West Yorkshire Winter League Cross Country campaign on Sunday by claiming victories in both the men's and women's races and also winning the women's team event. The fixture, which was hosted by Idle Athletics Club and took place in Buck Wood, Thackley, was won by Stainland's Ben Mounsey, who dominated from start to finish and covered the four mile route in 22 minutes, 40 seconds.

He was closely pursued all the way by team mate Chris Loftus who secured second place while Damien Cole was the next Lion home in 16th.

A good team performance saw the Stainland men finish fourth overall in the team standings but the gap at the top is very tight with Leeds & Bradford Tri-Club only just ahead.

Arguably the most impressive performance of the day was by Gayle Sugden, who claimed her first cross country victory in style.

The Stainland star made her challenge for the lead on the second lap and took control of the race by holding off a late surge by Donna Edmonson-Booker of LBT.

An excellent run by Sugden's ever-improving colleague Mags Jordan saw her claim third place and she was just pipped to the line by Edmonson-Booker only metres from the finish.

Lorraine Naylor rounded off the women's team scoring by finishing strongly to earn a well deserved fifth place, while Tracy Dean was next Lion home in 14th place and Aileen Baldwin was the first female vet 55 in a very impressive 29th place overall.

Stainland are currently heading the women's results table after an excellent all round performance, pushing current holders Dewsbury into second place, and are in fourth place overall in the combined event which is also very tight with Dewsbury only just in the lead.

The next fixture will be hosted by Dewsbury Road Runners on Sunday, December 2 and all Lions members are welcome to take part.

West Yorkshire Winter league - Dewsbury

A strong performance saw Stainland Lions enjoy emphatic results in both the men's and women's individual races in the second Cross Country fixture of the West Yorkshire Winter League on Sunday.

Over a very fast but muddy 4.5 mile course at Chickenley, near Dewsbury, the Lions closed the gap at the top of the overall team standings as they secured the top three spots in the main race.

New signing Karl Gray, who also runs first claim for Calder Valley Fell Runners, won the race in style but was pushed all the way by overall league leader Ben Mounsey who couldn't match Gray's strength in the second half of the race despite taking an early lead.

Adam Breaks, another new signing for Stainland and also a Calder Valley runner, finished a comfortable third place, chasing Mounsey all the way.

Other top Stainland finishers were Mark Jones who finished in 28th place and Chris Bottomley in 34th place.

The Stainland ladies team also had a few good reasons to celebrate, easily winning the team prize on the day with Gayle Sugden winning the race comfortably and stretching her overall league lead in the process.

Second Lion home was the impressive Mags Jordan in third place followed by Lorraine Naylor in fifth and Tracy Dean in 12th.

The women's team now have a commanding lead in the team standings after this strong team performance and overall, Stainland are now in a very strong fourth position with only 206 points separating the top four clubs.

Dewsbury Road Runners head the league but it's all to play for in the next fixture at Pudsey at 11am on Sunday, January 7.



Ben Mounsey on his way to victory in the 1st fixture of the season

Runners rambles & race reports

An introduction the track and speed work -

Before I start I appreciate that not all runners are interested in getting faster and many just enjoy running and doing what they do now , and couldn't think of anything worse than training at a track - this is fine and understandable.

However if you are one of these people who harbour a desire to beat your own PB, beat a rival or just get faster then read on.

Stainland Lions hold a track session each Wednesday at 6.30pm at the new track at Spring Hall, the session usually lasts until 8pm ish and costs £2 (none members can attend paying £2.50). The track is floodlit, safe and is an excellent facility.

The main aim of the session is to provide a quality speed work session to compliment your existing weekly training plan.

The sessions are meant to be tough but how tough depends upon how hard you want to push yourself, in a similar way that you might go to a circuit class at the gym and decide upon your own effort levels.

The benefit of attending the track is that your are training with a like minded group of people who are all out to achieve the same thing, your session is planned for you and taken by a coach, and most importantly however fast or slow you are you are never more than a few 100 metres from the rest of the group.

The speed sessions aren't about sprinting flat out until you're sick. They're about controlling hard efforts and spreading your energy evenly over a set distance or time, just like you would in a perfect race.

Speed work doesn't just make you run faster. It makes you fitter, increases the range of movement in your joints, makes you more comfortable at all speeds, and it will ultimately help you to run harder for longer. So what would a normal session consist of -

Warm up and drills - Before each session, we will jog around the track for about 4 laps at a very slow pace, this helps to raise the blood temperature, increase bloodflow to the muscles and psyche yourself up for fast running. This is followed that with some gentle stretching and then some drills. Drills are usually consist of some strides, jogging with high knee action etc and other actions that replicate running at speed.

The speed work - This tends to be different each week so the sessions don't get boring. Previous session include

6 x 800 metres with 200 meter walk in between

Pyramid sessions, 1x 600m, 1 x 800m, 1x 1000m, 1x 800, 1x 600

200m relays in teams of 3 for 10mins

We also try to do a timed mile every 8 weeks (ish) to allow individuals to measure their progress.

Warm down - The warm down is a vital part of the session and consists of some gentle running and static stretching

The proof is in the pudding, ask any of the regular Lion's who attend the track sessions if they have improved and most will agree, in fact most have also recorded PB's or seen significant improvements in 10k's, half marathons and marathons since attending the track.

Hope to see you at the track.....

Gav and Damian

Chairman's Hopes for 2007

Can you cast your mind back to January's newsletter? No, well let me remind you. Tucked away towards the back was a list of my top ten hopes for the then coming year. Ok don't bother looking; I've reproduced them again below for you and here is my own assessment of our performance.

- 1) *For Stainland Lions to continue to develop as a popular running club that caters for enthusiastic runners of all abilities.*

Yes, I think we've managed that one. We are obviously popular, we certainly have runners of all abilities and no-one could possibly question our enthusiasm.

Runners rambles & race reports

- 2) *That we continue to attract 'new' runners and integrate them into the club as soon as possible.*

Yes, I think that's another 'Well done'. We ran another hugely successful Beginners Course and have increased our membership numbers once again. Oh, and we won an award from England Athletics into the bargain

- 3) *That you, our members, will voice your views and that we will listen to and take notice of what you have to say.*

Yes, you do voice your views. Well we have certainly given you the opportunity to do so with the recent questionnaire. Of course it's your prerogative to complete this or not but we have and will continue to consider what you have to say about our club. The monthly meetings and the Forum are ideal opportunities to get your point across and we have never dismissed outright, any suggestions you have made. Believe me, even if the consensus is against a suggestion, we always discuss the matter and try to look at it from all angles.

- 4) *To encourage you to volunteer your services and skills thus enabling the committee structure to remain a united, consistent representation of your wishes.*

I truly believe that we do offer this encouragement and I'm delighted to report that the committee under my Chairmanship has been a consistent representation of your views. Naturally there are occasional differences of opinion but that is very healthy so long as it's conducted in the correct manner. There's been very little teddy throwing, I'm pleased to say.

- 5) *To develop a greater Stainland Lions presence at regional level through increased representation at Calderdale Athletics Development Group (CADG) meetings.*

Yes, we've managed that one too. We have regularly had a good representation at the CADG meetings and Colin is now the Secretary there of course.

- 6) *To build on our local race success by ensuring our events (Bluebell Trail and Boxing Day Fun Run) build on their current popularity and to re-introduce Stainland 7 to our racing calendar.*

Three ticks out of three me thinks. The 2007 Bluebell was bigger and better than ever – remember those Runners World comments? The re-vamped Stainland 7 was hugely successful in it's new calendar slot and the fast approaching Boxing Day Fun Run will again be very special occasion. On top of that we also shared some of the great success of the Calderdale Charity Races back in May.

- 7) *To seek out and develop funding opportunities to enhance our income stream and status in West Yorkshire.*

This is an interesting one. Our income stream has certainly increased from our ever-expanding membership list but we have definitely learnt this year that acquiring additional funds from elsewhere is not easy. However, we have tried and I suggest we keep this on our wish-list into 2008. We are, after all, one of the top 10 biggest clubs in Yorkshire.

- 8) *To increase our qualified coaching capacity and to encourage you to develop your acquired skills by being active with our members.*

A real tick in the box here. We have 3 new level 2 coaches and a bundle of new level 1s. The new level 2s have worked very hard down at the track and I'm confident this is an area that will attract even more response next year.

- 9) *To further develop our relationship with Heath Rugby Club and ensure we have a future at our adopted home in West Vale.*

We have regularly had a good representation at the Heath Committee Meetings, where we have always done our best to promote and push for our members' wishes. The rugby club had a table at our Annual Dinner in January and I'm delighted to say that they will be there once again in the New Year.

- 10) *To have fun along the way and ensure we all get as much out of our passion for running as possible and achieve whatever goals we set ourselves for 2007.*

Only you know individually whether you've managed to succeed here or not. Personally I've had a ball in 2007. My year has been great fun and that's mainly down to Penny, our families and every one of you, our friends at Stainland Lions. Thank you so much!

As far as my own running is concerned, yes, it has suffered somewhat this year from my rather erratic training. However, it's still been brilliant fun and I did manage a sub 1.30 half marathon back in February, so I shouldn't be disappointed. More on the fells for me next year, I think. Yes Trevor, I did say that!

So, all in all I think we've been top of the class in most areas. If you had a wish list at the start of the year then please go back and review it now. I must admit I have been regularly checking mine throughout the year. I wouldn't have wanted to get to the year-end and find out I'd failed my 49 plus!

Runners rambles & race reports

Hi all

A Stainland Lion reporting from afar!!

I have just run the University of the West Indies (UWI) Sports and Physical Education (SPEC) Half Marathon today in Trinidad and Tobago - 4th November 2007.

I did a PB: 2 hours 9 mins 48 seconds. It started at 6am - the morning was slightly overcast (which is always good out here!) and by 8am the sun was beating down from clear blue skies. The race was electronically timed. The UWI SPEC International Half Marathon has been recognised by the National Amateur Athletic Association (NAAA) as their official half marathon championship.

Hope to be back running with the Lions at the end of November.

Manghanita Kempadoo

Chapesses, please read something else. Ladies look away. Women of a nervous disposition disport yourselves elsewhere. This is for the chaps only.

What would it be like to be single again? To be able to behave like a real man – toilet seats up and so on?

Nervous of the increasingly distant looks from the wife, I tried a little experiment in true manly style living.

I went out running, and came back. I had the usual two problems. First I needed a shower (even true men, so I hear, have a shower every now and then) and second, my running togs needed a proper rinse/wash out. Now then how can I do this with the minimum of expenditure of time. Yes, you guessed it – shower fully clothed from running! What a brainwave.

This was of course something of an experiment, and not something I have done before or, possibly will do again, so I had to approach it systematically. I had run with the hat on, so I put it back on. I ran with gloves, so put the gloves on.

The shoes however were to be left out. It is always an embarrassment to appear at the club with clean shoes. It suggests either an excess of money or a mistaken view of what looks cool. The shoes were out – and it would take too long to dry them out before I went running again.

So, fully togged, I climb in. First, a tremendous advantage. You know when you first get in the shower it is never the right temperature. If you get in fully clothed, and the shower is far too hot, the wearing of a hat is in these circumstances a sufficient prophylactic.

A bit of shampoo squeezed out onto the hat, as a gesture – no more. Turning the shower down, a little, the gloves seemed sensibly to come next. A quick rub together of the hands in the spray, and bob's your uncle. Off they came. The mind at this point wanders to a comparison with a young lady doing the dance of the seven veils or similar, discarding the long gloves first. I decided that I ought to keep this decent and cease any swaying of the hips, and absolutely no swinging around the gloves above the head.

Next came the hat. This worked really quite well, allowing a sort of flannel like facial and head and neck scrub.

To the hi vis jacket. I realised that this might have been better first, since we have only just had new windows fitted, and the curtains aren't yet up, and the firemen in the station might have been wondering what was going on.

I any event it was quite amusing to fill the sleeves with water before removing the arms. I have always felt a prat in my JJB running jacket. I might smell a little like one next time.

Next came the micro fleece – it had been a very cold night for running. Strangely this seemed reluctant to get entirely wet. I persisted. When removing it, push came to shove to pull, twist and turn and finally it was off. Soggy, and very wet and quite heavy.

Next was the running vest. Nothing to report.

Next were the trouser end of the business. Even I draw a veil over that.

Last were the socks. There they were. The final trump card was the drying. A speciality of the house, as it were, is our reindeer head metal sculpture. The horns are ideal for hanging socks on to dry.

I quickly disappeared to write this, getting out of the way of a rather puzzled and disappointed wife.

David S

Apologies for the hastily thrown together edition - just seem to be very short on time at the moment.

Wishing you all a fantastic New Year & a happy, healthy & injury free 2008.

Cheers, Helen

YOU ARE CORDIALLY INVITED TO THE
STAINLAND LIONS RUNNING CLUB
ANNUAL DINNER

AT BERTIES BANQUETING ROOMS, BROOK STREET, ELLAND

FRIDAY 25TH JANUARY 2008

7.00pm for 7.30pm £26 per head

Dress code: Smart (black tie optional)

1) NAME IN FULL.....

2) NAME IN FULL.....

.....

.....

Starter Starter

- Vegetable and Pearl Barley Broth with Parsley Scone (V)
- Chicken and Apricot Terrine with Spiced Chilli Jam
- Tartlet of Goats Cheese, Caramelised Onions and Balsamic Glaze (V)

Main Course Main Course

- Roasted Loin of Pork with Sweet Mustard sauce
- Marinaded Shoulder of Lamb, Mint and Redcurrant
- Moroccan Spiced Vegetable Hot Pot, Apricots and Coriander
- Couscous topping (V)

Dessert Dessert

- Berties Bombe with Caramelised Oranges and Toffee Sauce
- Treacle tart with Vanilla Custard
- Meringue Nest with Strawberries, Mango and Kiwi

COFFEE AND CHOCOLATE MINTS

This event is open to members and their partner/guest on a first come first served basis. There are only 200 places available so please guarantee your attendance by completing and returning this form to me as soon as possible.

Payment by cash or cheque made payable to Stainland Lions Running Club.

Please state if you have a preference regarding who you would like to sit with (after discussing with them first, of course): 10 guests per table.

I would prefer to sit with

Please keep a copy of this form for your own records.

Thank you
Judith Greenwood
Social Secretary

Stainland Lions Running Club

Nominations for Club Roles 2008

Notes:

All positions highlighted in bold will form the Club Committee with voting rights.

Members can nominate themselves (or someone else with their prior consent) for a maximum of three roles but can generally only hold one committee position.

If more than one nomination is received for a role, the appointment will be made by way of secret ballot at the AGM to be held on **Thursday 10th January 2008**.

Only those fully paid up members present at the AGM will be eligible to vote.

Position	Nominee
Committee	
Vice – Chairperson	
Secretary	
Treasurer	
Mens Captain	
Ladies Captain	
Beginners Captain	
Social Secretary	
Committee Position 1	
Committee Position 2	
Committee Position 3	
Non-Committee	
Vice-Captain - Men	
Vice-Captain - Ladies	
Cross Country Captain	
Fell Running Captain	
Vets Captain	
Website	
Newsletter	
Kit	
Grand Prix Co-ordinator	
Fund Raising Co-ordinator	
Coaching Co-ordinator	
Away Run Co-ordinator	
Race Director: Bluebell Trail 2009	
Race Director: Stainland 7 2008	
Race Director: Boxing Day FR 2008	
Publicity Officer	
Heath Committee Position 1	
Heath Committee Position 2	
Heath Committee Position 3	

Please return all completed forms to Geoff Matthews by e-mail or post, to arrive no later than **Thursday 3rd January 2008**.

geoffmatthews@thecanary.wanadoo.co.uk or geoff.matthews@sesame.co.uk or
24 Old Mill Ridge, Wadsworth, Hebden Bridge HX7 8RT.