



# The Lion's Tale

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



## Comments from the chair

Congratulations to Mr and Mrs Sugden! Darren and Gayle have tied the matrimonial knot and I'm sure you'll all join me in wishing them the very best for a long and happy life together. I'm not sure if they're our first official love match to get hitched (maybe the club's long servers can recall others) but I do know they couldn't have hand picked better weather had they been able.

What with that and a couple of new cubs on their way, there must be something pretty special being consumed from those Hilly running bottles! Brings a whole new meaning to that 'Go' doesn't it?

Well done to everyone who recently took part in the Great North Run and Berlin Marathon, particularly to Sarah Stapley, who completed the former in great style and looked like she could have turned round and run back again when I saw her in the pub afterwards. Well done too to Eileen: Her 4.06 in the German capital was an excellent pb and a great credit to her commitment to and enthusiasm for training.

The recent Bridlington Half proved a popular event with a number of Lions taking part while a good few others strolled along the prom, prom, prom and cheered them on. Well done to all but especially to Nikki Sabey, who completed her first 13.1 miles in a very creditable 2:13.

The Harewood Trail also produced some special performances with Mags Jordan and Lorraine Naylor finishing 3<sup>rd</sup> and 4<sup>th</sup> respectively and both second in their age groups. The Wednesday night track work is obviously paying dividends. Lorraine particularly will be highly delighted with her time of 74.20, which is an incredibly 11 minutes quicker than her result on the same course just a year ago. Mags' maximum points in the Grand Prix has suddenly started to put some late pressure on Mr Bassinder's pole position, so if she can manage to compete in the two remaining events we could end up with the closest finish yet in Division One. Staying with the Grand Prix, it's great to see Warren Thomas, Jonathan Taylor and Roy Henstock all leading their respective divisions as we enter the final run in. It's not over yet for some of you chasers, so keep doing just that. The Fell Grand Prix is officially over however, but as I've not seen the final table updated yet, I'll leave that until next month's comment.

The brand new Woodland Challenge, organised by Stadium Runners, appears to have been a very popular and successful event. Our very own Damian Cole finished in an excellent 7<sup>th</sup> place, which is pretty good for a self-confessed offroadaphobic!

The fells have been pretty quiet this month but well done to Naomi who still managed a 'first lady' place in the Good Shepherd (15m/2000'). I'm sure it won't be long before a new name starts to appear in the leading lady positions – Mrs Sugden, of course.

You'll probably know by now that we have once again entered 7 teams in the forthcoming Calderdale Way Relay but you may not be aware that this year that is actually a bigger representation than any other competing club – a great credit to our desire to participate and Linda's organising and persistence! The reces have already started so please keep your eyes on the Forum for the latest details.

For all you newcomers (and those who were previously reluctant), the ideal preparation for the mud and challenges of the Calderdale Way is this season's first cross country race on 11<sup>th</sup> November. Ben Mounsey is our Captain for this event and although we naturally expect him to once again lead from the front, I know he would be just as delighted to stand on the finish line and cheer in a huge pride of Lions. So come on, let's be 'aving you!

Finally, as I reported last time, Stainland Lions were proud runners up in the recent England Athletics Yorkshire and Humberside Regional Awards. Colin and I attended the Awards Dinner at the Headingley Experience where we were presented with a certificate, which we gladly accepted on behalf of every one of you reading this. It's your award and you should be proud too.


This month's quote comes from Kip Lagat, the Kenyan distance runner, who during the Sydney Olympics was explaining why his country produces so many great runners... "It's the road signs, 'Beware of lions'". Now I can hear some of our cross country rivals whispering that too!

Cheers, Geoff

# Captains Log - Results

## Road

### Ryedale Run 10.75 16/09/07

44 <sup>th</sup>	Diane Waite	1.23.05	
45 <sup>th</sup>	David Waite	1.23.06	

### Macclesfield Half Marathon 30/09/07

525 <sup>th</sup>	Deborah Feather	2.01.08	
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### Horsforth 10k 30/09/07

63 <sup>rd</sup>	Mags Jordan	40.49	
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### Berlin Marathon 30/09/07

	Steve Turner	3.59.53	
	Eileen Hiller	4.06.21	

### Great North Run


Well done to everyone who ran. Sorry for not posting any times but they don't appear to list the results by club.

### Bridlington Half 14/10/07

	Diane Waite	1.38.59	
	David Waite	1.39.31	
	Paul Costello	1.54.38	
	Alan Gibson	2.00.50	
	Lesley Henderson	2.04.44	
	Carol Lord	2.08.43	
	Judith Greenwood	2.12.14	
	Nikky Sabey	2.13.53	
	Joanne Hirst	2.45.58	
	Sue Aitken	2.45.58	

## Trail

### Ampleforth College 23/09/07

83 <sup>rd</sup>	Ray Mooney	68.52	
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### Coniston Trail Race 06/10/07

200 <sup>th</sup>	Diane Waite	1.26.59	
201 <sup>st</sup>	David Waite	1.27.00	

### Harewood Trail Race 07/10/07

61 <sup>st</sup>	Mags Jordan	72.59	
75 <sup>th</sup>	Lorraine Naylor	74.20	
102 <sup>nd</sup>	Simon Hogan	76.52	
118 <sup>th</sup>	Alan Whiteley	78.24	
137 <sup>th</sup>	G D	79.47	
163 <sup>rd</sup>	Jimmy Smith	81.36	
174 <sup>th</sup>	Jonathan Pridgeon	82.23	
195 <sup>th</sup>	Steve Turner	83.54	
228 <sup>th</sup>	Tony McManus	85.50	
233 <sup>rd</sup>	John Ingles	86.03	
248 <sup>th</sup>	Clive Siddall	87.26	
259 <sup>th</sup>	Paul Wallis	88.25	
310 <sup>th</sup>	Jonathan Taylor	92.13	
316 <sup>th</sup>	Sharon Postlethwaite	92.34	
331 <sup>st</sup>	Lesley Cresswell	94.15	
342 <sup>nd</sup>	Sue Manning	94.55	
350 <sup>th</sup>	Caroline English	95.20	

## Trail

### Harewood Trail Race 07/10/07 contd


352 <sup>nd</sup>	Cathy Mellor	95.27	
391 <sup>st</sup>	Eileen Hiller	100.13	
422 <sup>nd</sup>	Alan Lashbrook	103.49	
432 <sup>nd</sup>	Karen Thorne	105.43	
457 <sup>th</sup>	Roy Henstock	112.43	
460 <sup>th</sup>	Helen Learoyd	114.14	
467 <sup>th</sup>	Avril Smith	129.40	

### Stadium Runners Woodland Challenge 14/10/07

7 <sup>th</sup>	Damian Cole	40.09	
82 <sup>nd</sup>	Aileen Baldwin	53.36	
86 <sup>th</sup>	Mark Preston	54.19	
90 <sup>th</sup>	Steve Boyer	55.03	
105 <sup>th</sup>	Richard Fawthrop	58.17	
122 <sup>nd</sup>	John Bottomley	1.01.41	
151 <sup>st</sup>	Paul Chadaway	1.10.36	

## Fell

### Three Shires Fell Race 15/09/07

12 <sup>th</sup>	Ben Mounsey	2.04.33	
41 <sup>st</sup>	Johnny Moore	2.20.58	
154 <sup>th</sup>	Toby Underwood	2.44.27	
217 <sup>th</sup>	Darren Sugden	3.04.15	

### Good Shepherd Fell Race 22/09/07

3 <sup>rd</sup>	Ben Mounsey	1.57.52	
33 <sup>rd</sup>	Naomi Sharratt	2.28.45	1 <sup>st</sup> Lady
82 <sup>nd</sup>	Helen Lambert	2.49.54	
95 <sup>th</sup>	Linda Murgatroyd	2.56.06	

### Arenig Fawr 30/09/07

2 <sup>nd</sup>	Ben Mounsey	56.44	
61 <sup>st</sup>	Helen Lambert	83.25	
67 <sup>th</sup>	Linda Murgatroyd	91.01	

### Autumn Leaves 06/10/07

59 <sup>th</sup>	Helen Lambert	83.32	
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## PB corner - congratulations!

### GNR - Half Marathon

Paul Wallis	1.51.34	
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### Harewood 10 mile

Lorraine Naylor	74.20	
Paul Wallis	88.25	
Roy Henstock	112.43	



### Berlin Marathon

Eileen Hiller	4.06.21	
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### Bridlington Half Marathon

Diane Waite	1.38.59	
David Waite	1.39.31	

*& a big well done to Lee Buckwell who ran the GNR in 1 hr 19 mins. Not sure if it's a PB but it is VERY fast!*

*As ever please let me know if you've run a PB or if you know someone else who has - Thanks*

# Captains Log - Results

## Grand Prix results - road

### Standings after Harewood Trail 10m

#### Division 1

1st	John Bassinder	136 points
2nd	Lorraine Naylor	117 points
3rd	Simon Hogan	116 points

#### Division 2

1st =	Warren Thomas	154 points
1st =	Alan Whiteley	154 points
3rd	Cathy Mellor	141 points

#### Division 3

1st	John Taylor	68 points
2nd	Eileen Hiller	66 points
3rd	Karen Thorne	58 points

#### Division 4

1st	Roy Henstock	75 points
2nd	Helen Learoyd	53 points
3rd	Heather Brewer	46 points

## Notice Board

Hi. I am now the Away Run Coordinator, this means that I will decide on the pub and arrange for food to be provided at a reasonable price, I will still need members to help out with routes for the away runs. If anyone wants to do a run near to where they live or from a pub that they go to that's fine, I can still contact the pub for them if they want and arrange the food, all they have to do is think of a run.



I would also like some feedback on the distance that people are willing to travel to do an away run.

### Future away runs:

November 8th from the Sportsman Greetland, Pork pie and peas or veggie option £2.75, Judith Greenwood is organising the run.

December 13th from the Shoulder of Mutton Northowram, Big Phil is organising the run.

January 10th from the Cock of the North, its between Brighthouse and Hipperholme, I have asked Mary Cowling to organise one route so if anyone else wants to organise one also that will be good.

Please let me know if you want to run from a particular pub or area and I will try to arrange something, don't forget that I will only be finding the venue and food, I NEED YOU to find the routes to run.

Thanks, Debbie

### Party Time!

Dates for your diary



### Stainland Lions Annual Dinner

Fri 25th Jan 2008

Berties Banqueting Rooms.

Invitations will be going out early November

### Christmas night out

Fri 30th Nov round Halifax town centre

Meet at The Goose &.30 - 8.00pm

Another local walk is planned for one Sunday on December. Further details to follow or speak to Judith for more information

### Cross country fixtures - a reminder

11th Nov	11am	Idle
2nd Dec	11am	Dewsbury
6th Jan	11am	Pudsey
27th Jan	11am	Stainland
24th Feb	11am	Skipton
14th Mar (provisional)		Presentation night



Great cross country training & a good steady introduction to fell racing:

**COP HILL FELL RACE Sun 4th Nov 10.30am**  
from Meltham Sports & Community Centre. 7 miles, 900' ascent. £4.00, enter on the day.

Mary has described this as "two laps with just a little bump of a hill in the middle" !! Tempted?



Steve is organising a day of **mountain biking** in Llandegla forest, near Wrexham, Sat 10th Nov. It's possible to hire bikes & helmets at the visitor centre (which also does great cake!!) There's a variety of marked trails including a short beginners loop. If you're interested there

is a link on the forum or have a word with Steve, Ross or Mark Preston.

### Moorland Mayhem Duathlon 25th Nov 2007.

Run 5k, Bike 8k, Run 3k. 98% off road. Start & finish is at Greetland Allrounders sports ground. (Organised by Calderdale tri club) Link to entry form can be found on the forum

# Runners rambles & race reports

## Race Report - GNR by Sarah

GNR weekend had arrived. Phil and I had done up to 12 miles in training, which I felt had gone well, and I had managed to avoid the cough and cold which all three of our boys (and about half of the children where I work) have been suffering with.



On Saturday evening I packed a bag with after race treats, clean clothes and all the bits and bats we'd need. In fact, I repacked the bag about three times, I couldn't decide if I was nervous or excited.

I got up on Sunday morning and managed to eat a bowl of porridge before setting off to meet the rest of the pride in the minibus. The journey was pleasant and we even had time to stop at a service station on the way. As you can imagine it was quite busy, some of us went for a coffee and others joined the queue for the loos. Paul waited patiently in the queue only to find everyone had been queuing to use the cubicle whilst all the urinals were free (he later said - he saw a queue and like a typical Englishmen he joined it!!!)

We reached Newcastle and wondered where the best place to be dropped off was. Ross (who was driving the minibus) decided to ask a man who was wearing a GNR number for this information. He pulled over and wound down his window "Are you doing the GNR?" he asked - the runner gave a polite little laugh and walked off....obviously thinking we were messing about. "No" shouted Ross "We need to know where the best place is to be dropped off". He said he didn't really know and off he went, fortunately we found someone who could help us just a few seconds later and off we got leaving Ross to find his way to the finish line.

We got to the starting area and bumped into a few familiar faces, I still felt quite relaxed and was eager to get running. The queues for the portaloos were massive, we still had some time before the race started, but just to make sure we weren't late Phil suggested we go in the woods to relieve ourselves instead.....for those who don't know me so well I have a 'thing' about using toilets other than my own (don't know why - I just do!) so that was pretty traumatic for me (though the sight of all the other ladies giggling with embarrassment as they ran in and out of the trees at least assured me I wasn't the only one doing this). Anyway, we reached our delegated start area which was quite close to the front and stood with the masses. Everybody was in high spirits and there was no pushing and shoving as people tried to get further forward, which I had expected there would be, in fact, strangers were talking to each other as though they'd known each other for years.

The race began, we walked just a few short steps and we were off. Now, everyone had been really kind and offered lots of advice, for weeks I'd been told time and time again not to get carried away and rush off at the start, so I concentrated really hard....and still ran the first two miles way faster than what we'd planned. As we crossed under the Tyne Bridge (with Phil leading the 'Oggy Oggy Oggy-ing!') the red arrows flew over, and it dawned on me that this was it, I was actually taking part in the GNR.

We settled into a steadier pace, and despite the fact that the sun shone brightly and it was the warmest day we've had for weeks I still felt comfortable. As we sped along (it's fast to me!) plenty of people shouted encouraging words such as "come on Big Phil" - I had my name on my shirt too - a couple of runners offered encouraging 'come on Stainland' (one of them a Harrier) and a few of the faster lions spoke as they zoomed past. We got to the lucozade point, the floor felt like fresh tarmac (or the floor in the Coliseum nightclub as someone said later) one runner commented on how hard the hill was (obviously she didn't live around here - it was more like a ramp!)

On we ran, I even heard a few people shouting my name, Phil started getting cramp in his feet, then it spread until it affected the whole of his leg, he managed to get rid of the cramp and on we went, at about 11 miles a runner, quite a young girl, made a comment about 'keep on going Big Phil', he said he'd got cramp and she started beating his leg - it worked and the cramp went away again - the shock on Phil's face as he was attacked (his words) was worthy of a picture.

As we got to the bottom of the steep downhill section around 12 miles Phil stepped to the side to sort his foot out, a 'red cross man' came over and asked if Phil wanted to come off the course, no way was he going to stop - there was only a bit further to go - he sorted himself out very quickly and off we went. As we went along the sea front the red arrows started their display, we were watching them dip and dive as we ran along and before we knew it the finish line was right in front of us.

Hand in hand Phil and I crossed the line. It took 2 hours 41 (just over the 2.30 mark Phil had said we'd go for) but I loved every minute of it. We collected our goodie bags and wore our medals with pride. After meeting the other lions and having a few drinks (which we had to do as the road along the sea front was at a stand still) we set off for home. It took us twice as long to get home as it did to get there in the morning but everyone was still laughing and joking and all said they had enjoyed it. I will definitely take part in another half marathon (if I survive the other events Phil's already roped me into - Guy Fawkes 10, Abbey Dash - oh, and there's a little race in London around April he thinks I might be interested in!!!)



## Runners rambles & race reports

### Stadium Runners' 6 mile Woodland Challenge

Kirburton, Huddersfield

10:30 am Sunday 14th October

Nine Lions ran this event and I think I speak for everyone when I say how enjoyable it was. This was an inaugural event for Stadium Runners of Huddersfield and they did a superb job.

The event was less than 30 minutes drive from Halifax, well sign posted on the approach roads, with good car parking and an efficient & friendly registration. There was a fun run to start and a brass band to keep us entertained before the main event; a 2 x 3 mile laps course of mainly trails & woodland with some steep uphill & plenty of fun downhill, a couple of walls to climb over and a trickle of a stream to cross. Just like at one of our events, there were plenty of very friendly marshals, the course was taped off well and lots of attention had been paid to marking any potential trip hazards in the woods with orange spray paint. There was a water station on the course and plenty of bottled water at the finish.

Timing chips were used and the start & finish well organised with a man on a megaphone offering encouragement to all the runners, especially on that uphill finish! Every competitor received a nice goody bag with lots of treats in it and there were also plenty of random spot-prizes - I even won a hamper!

Damian Cole was the first Lion back in a time of 40:09, but credit must surely go to Aileen Baldwin for winning her age category.

In summary a very well organised, scenic race, quite well attended, with good prizes, in an easy to find location. I would recommend the event to everyone for next year and maybe it could be a contender for a Grand Prix event? Trail or fell shoes recommended. - Steve

### Harewood trail 10 miles - Avril Smith

Why am I doing this? Oh, yes. I forgot, I've entered the Grand Prix!!!

We had a fair sized group from Stainland on the day and it was made more pleasant due to the very warm weather but rather spoilt by comments made by the marshals referring to "fun runners". According to Sue Manning and Helen Learoyd who both had to remonstrate with two marshals for taking up the finishing tapes and packing up while at least six runners were still out on the course. This is not very encouraging for the back markers, we can't all complete a 10 miler in sub 75 mins, especially not me.

I was determined to do this despite it being only my third week back running since June.

It's quite an undulating, scenic course on woodland trails and through fields, so more off road than on and not really an easy course.

My plan was to take it steady but to pick up speed on the downhill and flat bits, then I could power walk up the hilly sections. Going around Esholt reservoir was a bit boring but at least it's flat, I even asked a cyclist if they could see any runners behind me, and to my surprise he said there were about six people about 200 yards away. So this is my chance, keep going, don't let anyone overtake me and I won't be last. I even saw some of the Emmerdale set which I'd missed the first time I ran this race. I'm now running downhill through this wooded section and I felt as if I'd suddenly got wings on my feet, no stopping me now I'm saying to myself, I'm not going to be last.

Then the dreaded hill into the Harewood grounds, if I can just power walk up here and keep going. Lots of Sunday morning walkers give me encouragement. I see the 9 mile marker and just keep thinking 'smelly mile, smelly mile'. Then I see this vision, it's a Stainland Lion vest with Helen Learoyd inside it, my running chum has finished and come to spur me on. Come on Av, you can do it, she's telling me. All I'm bothered about is the people behind but Helen informs me she can't even see them. Running up that last, long drag, she tells me to relax, take deep breaths and just keep going. Just around this corner then it's the home straight. I can see Smithy, he's yelling at me, go for it now Av and Helens telling me to get out of the gravel and onto the grass, it's the last 100 yards when I do my famous sprint finish.

I can hear all the Lions roaring out my name and cheering me in, and that's the best part of any race for me. I was given a spot prize of a pedometer and a mega hug from Sue Manning who seems to think it's me who has inspired her to run...

I finished in 2 hours & 5 minutes which is good for me. It was spoilt by some of the comments made by the marshals, but as I pointed out to their race organiser this was one of our Grand Prix races and as we had 4 divisions at Stainland we had all ages and abilities and we are not all as fast as Paula Radcliffe. So I probably won't be competing in the Harewood 10 again, but I will be giving the cross country a go



## Runners rambles & race reports



Lorraine on her way to 4th place at Harewood

Which club member was overheard to say the following whilst out on a recent recce of the Calderdale way?

*"It's hard to pull your knickers up when your sweating"*

### Have a healthy halloween



Pumpkin seeds are an excellent source of Iron, fibre and are rich in vitamins B & E. So when you're making your halloween lanterns don't just chuck away the insides, have a go at the following

#### Toasted pumpkin seeds

Wash and dry the seeds to remove the excess pulp and stringy bits.

Toss in a little oil (vegetable or olive oil)

Season with salt & pepper

Spread over a baking tray in a single layer

Bake for around 40 mins (150c, gas mark 2) turning occasionally, until seeds are brown & crunchy

Drain on kitchen roll



Great sprinkled over salads. Extra yummy toasted with chilli powder and soy sauce.

### Did you know.....

**An average man has enough energy in his fat stores to run non stop for 3 days at 15 miles per hour**

#### Facts about Fat

- Fat transports fat-soluble vitamins A, D, E and K through your body.
- It cushions your internal organs.
- It makes food taste nicer.
- It can contain essential fatty acids (EFAs), which are thought to have a positive effect on the health of your heart and immune system.
- It's a concentrated source of energy.

It's this last point that has given fat such a bad reputation. Just 1g of fat provides 9 calories - more than double the calories in 1g of protein or carbohydrate. This means if you eat a lot of fatty foods, you're likely to put on weight. However, understanding the difference between unsaturated and saturated fats can help.

#### Saturated and unsaturated

Fat can be divided into two groups - saturated and unsaturated.

**Saturated fat** is generally solid at room temperature and is usually from animal sources. It's found in lard, butter, hard margarine, cheese, whole milk and anything that contains these ingredients, such as cakes, chocolate, biscuits, pies and pastries. It's also the white fat you can see on red meat and underneath poultry skin. The less saturated fat you eat, the better - a high intake has been linked with an increased risk of coronary heart disease.

**Unsaturated fat** is usually liquid at room temperature and generally comes from vegetable sources. Monounsaturated and polyunsaturated fats are both included in this group. Unsaturated fat is a healthier alternative to saturated fat and can be found in vegetable oils such as sesame, sunflower, soya and olive; oily fish, such as mackerel, sardines, pilchards and salmon; and soft margarine.

#### Did you know...?

*In reality, many foods contain both saturated and unsaturated fats, but they're described as one or the other depending on which makes up the majority. So, a healthier unsaturated fat such as olive oil contains saturated fats, too.*

#### Sugary foods

Like fat, sugar is a concentrated source of energy and also has a bad reputation. The psychological benefits of eating foods such as jam, sweets, cakes, chocolate, soft drinks, biscuits and ice cream are fairly obvious. They taste lovely and feel like a special treat. However, it's important to keep them as just that - an occasional, special treat. Why? Because sugary foods often go hand in hand with fatty foods. Think cakes, biscuits, chocolate and pies.

#### How much is enough?

Government guidelines recommend that fats make up no more than 35 per cent of your diet. For the average woman, this means about 76g of fat per day; for men, roughly 100g. In reality, though, most of us have much higher fat intakes. Ideally, we should eat sugary foods sparingly. If you'd like to cut down on fatty and sugary foods, follow these suggestions:

- Snack on fresh or dried fruit rather than biscuits and chocolate.
- Trim any visible fat off meat and poultry.
- Buy lean cuts of meat and reduced-fat minces.
- Ditch the frying pan - try poaching, steaming, grilling and baking instead.
- Swap whole milk for semi-skim or skimmed alternatives.
- If you use lard, butter or hard margarine, switch to vegetable oil and low-fat spreads.

The Stainland Lion Fell Fairies



# Forum registration help document

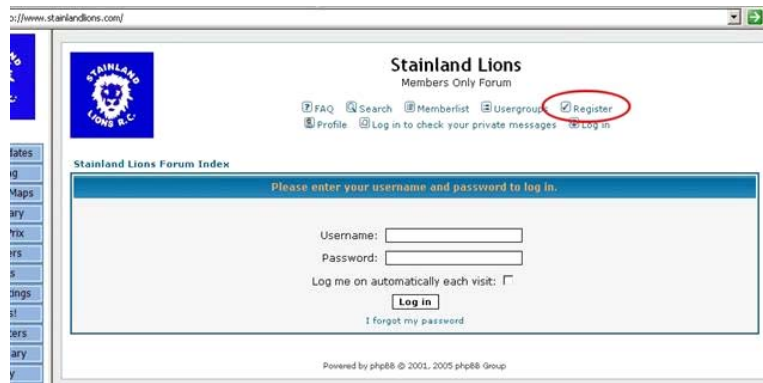
So, you want to access the Forum? Before you proceed any further you need to be a paid-up member to gain access. This is to ensure our member's security as we sometimes swap phone numbers, display email addresses, publish committee meeting minutes etc. If you're not yet a member you can join us by filling in the [application form](#).

**Step 1.** Open up a new window and load the Home page by clicking on this link: [www.stainlandlions.com](http://www.stainlandlions.com)

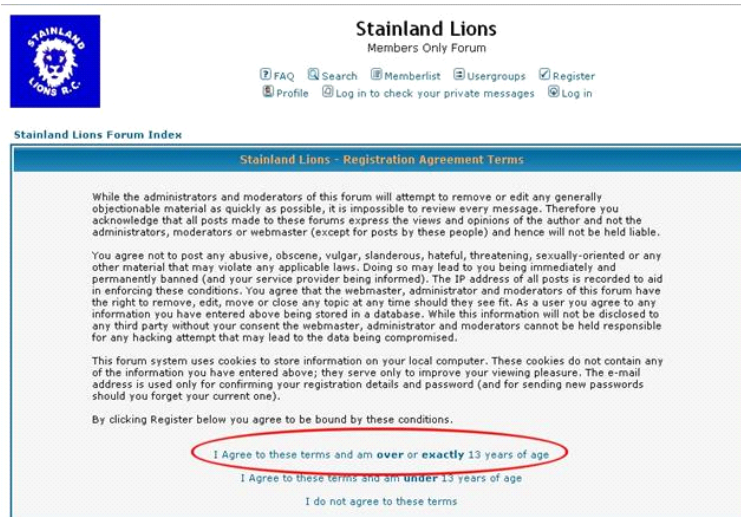
**Step 2.** Hopefully you should see something like the screenshot below. On your screen, click on the yellow MEMBER'S FORUM button, down near the bottom left hand corner of the Home page menu.



**Step 3.** After a couple of seconds you should be presented with the screen below. Click on the area labelled REGISTER.



**Step 4.** You will be presented with the terms & conditions. If you agree, click on the area I've circled in red on your screen.



**Step 5.** You should now be looking at the top of the registration screen as below. This is where it gets a little complicated. First, think of a suitable username and fill in the first box. Your own name will be fine, but if you feel like being mysterious put a nickname or whatever takes your fancy. Please bear in mind that I have to validate all the registrations manually, so if you call yourself something like Miss Whiplash I'll probably reject you as some kind of weirdo trying to hack into our Forum accounts!

Next, enter a valid email address so I can validate your account and other members can contact you via secure personal messaging. Don't worry; you won't be spammed as the Forum is very secure. Now, select a password and enter it into the third & fourth boxes. Please, please, please make a note of it as the Forum's so secure even I don't have access to your password if you forget it.

Nearly finished now. In the grey panel on your screen you should see some random numbers and characters displayed. Type them into the fifth box exactly as displayed on your screen - not the ones on my help screen below! Bear in mind the case of the letters; if they appear as capital letters, type them in capitals.

**Step 6.** Ignore the rest of the registration details for the time being and scroll down to the bottom of the page and click on the SUBMIT button. See screen below:

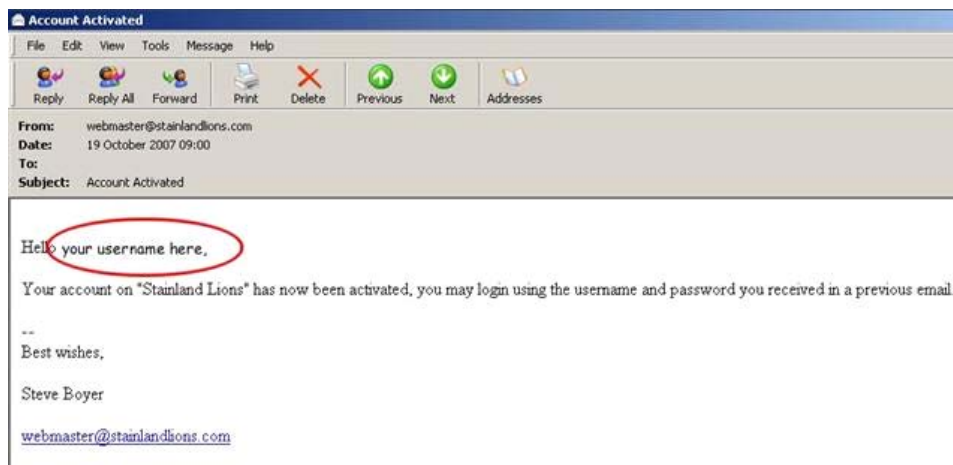
**Step 7.** If you've been careful your account will have been created and you will be presented with the screen below. If you've made a mistake don't worry. Simply go back to the registration screen and make the corrections as instructed.



**Step 8.** I will be sent an automated email to check your details against our members list. If you don't appear on our membership list I will contact you by email to see if you've only just joined. If so, I'll contact the club Treasurer or Secretary to check your membership status. If everything is okay, I will activate your account and you should receive a message in your inbox something like the screen below. Bear in mind, that this is a manual process and it could take a day before you receive your confirmation email.



Here's a sample of the email you should receive. Make a note of your username and especially the password.



That's the registration process completed. If you want some help with logging-on to the forum go to the next help document: [Logging-on](#).

I hope this document helps answer some of your questions. If you're still struggling, either send an email to [webmaster@stainlandlions.com](mailto:webmaster@stainlandlions.com) , give me a call on 07855 213915 or simply speak to me at training.

Steve Boyer

