



The Lion's Tale

*The monthly news letter of the Stainland
Lions Road Runners
Jan - Feb 2007*



Comments from the chair

Hello and welcome to the first edition of The Lion's Tale of 2007 and, indeed, my very first 'Comments from the Chair'.

I'll kick off by wishing you all a belated Happy New Year and offering my sincere thanks to all who gave something, however small, back to Stainland Lions in 2006. Particularly, of course, I extend my gratitude to Colin for his hard work as Chair and to the rest of the committee for all their time, effort and considerable enthusiasm throughout the year. I'd just like to single out a few of those individuals who have subsequently decided to relinquish their roles and thus offer the opportunity for others to get involved in the running of our club. So "thank you", Gayle Benson, for your solid commitment to the demanding role of Ladies' Captain; "thank you" too, Chris Walker, for your very sociable efforts culminating in another magnificent Annual Dinner; "thank you", Avril Smith, for being our lovely kit lady and, of course, "thank you", Maggie Blaylock, for producing this very publication over the last two years. Finally, "thank you", Mary, for stepping in as temporary Webmaster during the latter half of the year. The website and forum are a very important means of communication and we are all grateful to you for keeping it up-to-date.

So as 2006 slips slowly into history I trust we look forward, with excitement and optimism, to another year of great social company, friendship and, of course, running. The new committee and extended committee were formed at our AGM on 4th January, so we now welcome the following to our ever-increasing fold: therefore, Judith, Joanne (K), Phil, Diane, Gavin, Damian, Joanne (H), Trevor, Cathy and Steve (B), we welcome you and look forward to your input over the coming months. I also offer a sincere welcome to Helen Lambert and Gemma Bradley as they take over The Lion's Tale from Maggie. We struggled initially to find a replacement but then we suddenly found two for the price of one! As Maggie will tell you, putting together a regular newsletter can be both time consuming and frustrating but I'm very confident that Helen and Gemma will bring much enthusiasm and commitment to their roles. I'm also confident that we, the members, will offer ample support by providing lots of interesting articles and race reports to share with others. Well actually, I think you'll find if we don't, the dynamic duo will be chasing us up and down the car park at Heath with Dictaphone (no rude jokes thank you) and camera in hand. Watch out, the Stainland paparazzi are about!

Of course, our club is not about the committee; we only exist to represent your views and to help with the smooth running (pun intended) of our events and activities. Stainland Lions, like any organisation, is only as successful as its members (all 270+ of you) and, even though we're now one of the top ten largest running clubs in Yorkshire, I'm sure we are all still very proud to pull on our blue, white and red vest at every opportunity.

Elsewhere in this edition you'll find my 'Hopes for 2007' (well my top ten anyway). I'm sure you'll all have your own personal aims and expectations, but whether it be PBs, your very first marathon, or just the sheer fun of it all, I wish every one of you the very best for the year ahead. To quote Lasse Viren, the 1972 and 1976 Olympic Champion at both 5K and 10K, "Dream barriers look very high until someone climbs them. Then they are not barriers any more".

See you next month.

Geoff

Captains Log - Results

Fell

Calderdale Way Relay - 10.12.06

31 st	Stainland Lions Mixed A	07.20.43	1st prize!
40 th	Stainland Lions A	07.40.10	
75 th	Stainland Lions B	08.57.26	
87 th	Stainland Lions C	09.49.35	
89 th	Stainland Lions Ladies A	10.00.56	
95 th	Stainland Lions D	10.54.51	
98 th	Stainland Lions Ladies B	12.28.23	

Well done to everyone who took part, you did us proud!

The Stoop - 17.12.06 – What a tremendous turnout from the Stainland Lions. Well done to everyone who took part as it's not everyone's cup of tea but I heard that some people actually enjoyed it!

Pos	Name	Time	
45 th	Jonny Moore	38.57	
84 th	Gayle Benson	41.01	6 th lady
114 th	Geoff Matthews	42.55	
120 th	Colin Hughes	43.31	
122 nd	Darren Sugden	43.36	
138 th	Ian Thornham	44.43	
154 th	Trevor Murgatroyd	45.26	
158 th	Nigel Higgins	45.51	
165 th	Simon Hogan	46.22	
166 th	John Bassinder	46.23	
186 th	Steve Turner	47.49	
192 nd	Gene Gray	48.16	
198 th	Helen Lambert	48.47	
258 th	Anthony McManus	52.56	
264 th	Jon Pridgeon	53.17	
273 rd	Alan Lashbrook	54.12	
283 rd	Joanne Kitcher	55.09	
291 st	Angela Fawthrop	58.28	
296 th	Steven Crowther	60.26	
298 th	Jon Taylor	61.46	
308 th	Helen Learoyd	64.18	
314 th	Mary Cowling	72.43	
315 th	Penny Fleming	77.45	
321 st	Phil Stapley	80.38	

Auld Lang Syne - 31.12.06

Gez Hodgson	60.18
Anne Hodgson	80.07

Giants Tooth - 01.01.07 – A short, fast 3 miles around the woods at Ogden Water.

61 st	Linda Murgatroyd	25.18
89 th	Karen Thorne	31.09

Coley Canter - 30.12.06 – again a fabulous turnout from Stainland. I overheard someone say that the presentation was like a 'Stainland Lions Roadshow'!

33 rd	Tracy Dean	59.36 (3 rd lady)
35 th	Chris Bottomley	59.46
46 th	Helen Lambert	1.02.06
57 th	David Waite	1.07.48
58 th	Andrew Brewer	1.08.04
62 nd	Linda Murgatroyd	1.08.56
63 rd	Diane Waite	1.09.09
65 th	Clive Siddall	1.10.10
67 th	Granville Hall	1.10.49
81 st	Mary Cowling	1.28.29
82 nd	Helen Learoyd	1.28.31
83 rd	Alison Adams	1.35.33
84 th	Phil Stapley	1.35.33

Nice to see more people taking part in the muddier events!

Stainland also won the ladies team prize thanks to Tracy Dean, Helen Lambert and Linda Murgatroyd.

Ovenden Fell Race - 6.01.07 – a gruelling 8 mile run over Ovenden Moor in harsh conditions.

28 th	Toby Underwood	64.04
97 th	Helen Lambert	78.27
118 th	Linda Murgatroyd	82.18
150 th	Mary Cowling	98.24
151 st	Claire Wood	98.25

Stainland won the ladies team prize thanks to Helen Lambert, Linda Murgatroyd and Mary Cowling.

Tiggor Tor - 28.01.07 (10m 2000 ft)

95 th	Ian Thornham	1.30.02
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Pennine Bridleway Relay - 04.02.07

41 st	Mary Cowling & Tracy Dean	6.47.00
	Gayle Benson & Naomi Sharratt	
	Helen Lambert & Linda Murgatroyd	
	Neil Croasdell & Richard Fawthrop	
	Darren Sugden & Mark Tweed	

Road

Boxing Day Fun Run

Nearly 300 people took part and we managed to raise almost £2600 for 2 very good causes. Ben won the race once again! A big thank you to everyone who took part and helped on the day.

Percy Pud 10k - 3.12.06 – very quick times from both of you, very well done.

243 rd	Diane Waite	44.28
248 th	David Waite	44.34

Captains Log - Results

Road

Ribble Valley 10k - 31.12.06 – well done you two!

77 th	Lee Buckwell	36.42
352 nd	Gemma Bradley	44.16

Hot Toddy - 30.12.06 – just one lonely Lion!

241 st	Pat Pitts	54.34
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Pennine 10k - 07.01.07 – a hilly road race through Brighouse, Lightcliffe and Hipperholme.

109 th	Paul Bainbridge	0.48.46
153 rd	Paul Wallis	0.53.06
183 rd	Jonathan Taylor	0.57.06
198 th	Helen Learoyd	1.01.54
203 rd	Roy Henstock	1.05.39

Joe Geeling Memorial 5k - 21.01.07 – an undulating 5k around Littleborough

127 th	Tony McManus	23.57
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Brass Monkey - 21.01.07 – a flat half marathon, great for a PB

378 th	Mark Preston	1.39.43
757 th	Jonathan Taylor	1.58.27

Four Villages - 21.01.07

814 th	Steve Boyer	1.48.00
1395 th	Lesley Henderson	2.11.13
1422 nd	Sue Aitken	2.13.09
1423 rd	Judith Greenwood	2.13.09

Meltham 10k - 28.01.07

82 nd	Mark Speight	49.11
154 th	Melanie Rainford	56.00
168 th	Ellie May	58.16
183 rd	Geraldine English	60.46
204 th	Rachel Roberts	65.50

Dewsbury 10k - 04.02.07

Mags Jordan	40.19
Gene Gray	42.48
Andrew Brewer	43.19
Diane Waite	44.00
David Waite	44.02
Steve Turner	45.00
Cathy Mellor	47.29
Paul Wallis	48.43
John Ingles	48.53
John King	49.27
Jonathan Taylor	52.58
Jayne Towne	53.23
Sue Barritt	54.22

Dewsbury 10k (contd)

Nicola Sabey	56.18
Jacqueline Dinsdale	56.25
Heather Brewer	56.53

Liversedge Half Marathon - 11.02.07

36 th	Toby Underwood	89.24
89 th	John Bassinder	97.58
101 st	David Ladocha	99.14
150 th	Simon Hogan	104.05
229 th	Mark Speight	111.46
263 rd	Claire Wood	115.57
264 th	Ian Wood	116.00
362 nd	Paul Wallis	134.25
363 rd	Sue Aitken	134.38
368 th	Teresa Hall	135.30
375 th	Judith Greenwood	139.06
390 th	Pat Pitts	147.21

Forthcoming Events

18 th Feb	Radcliffe 12 mile Trail Race
25 th Feb	Huddersfield 10k
25 th Feb	Ilkley Moor Fell Race 5m/1260' AS
3 rd March	Noon Stone Fell Race 9m/2300' AM, Top Brink Inn, Lumbutts
4 th March	Trafford 10k
10 th March	Windmills Whizz 7m/800' BM, Ogden Reservoir
11 th March	Stanley Park 10k, Blackpool
11 th March	Trimpell 20 Mile Road Race, Morecambe
11 th March	Capio Park Hill Hospital, Doncaster Half Marathon
11 th March	Ian Roberts Fell Race 7m/1000' BM, Marsden Cricket Club
18 th March	South Leeds Stadium 5 Mile/5k Fun Run
18 th March	Spenneth, Cleckheaton
21 st March	Vera Hirst 5k, Littleborough
25 th March	Wakefield Hospice City 10k

This is just a small selection of races; please see www.ukresults.net for more information. If anyone requires any further information about the fell races, please contact either Trevor or me.

Linda

Jane Tomlinson 10k 24th June

Entries can be found on www.runforall.com.

If there are enough Lions runners then it could be worth putting on a coach, the organisers are hoping for 10,000 entries so parking will be hectic. If you are interested please can you let Avril know - Thanks

Road Grand Prix

2007 Events

Feb	25th	Huddersfield 10k
Mar	25th	Wakefield City 10k
Apr	14th	Meanwood Trail 7 1/2m * Date changed from 15th *
May	15th	The Geoff Doggat Memorial 5k (Littlebrough)
Jun	17th	Freckleton 1/2 marathon
Jul	4th	Helen Windsor 10k
Aug	26th	Norland Moor Trail, 7m
Sep	tba	Trafford 10k
Oct	7th	Harewood Trail 10m
Nov	4th	Guy Fawkes 10m
Dec	tba	The Hot Toddy 5.8m



Standings after the Club Winter Handicap on 14th Jan. Well done to all who took part, especially Karen who over a 6.3 mile course managed to correctly predict her finish time to within 10 seconds.

Division 1 1 Andrew Brewer
 2 Steve Turner
 3 Richard Fawthrop

Division 2 1 Clive Siddall
 2 Cathy Mellor
 3 Alan Gibson

Division 3 1 Karen Thorne
 2 Phil Stapley
 3 Carol Lord

Division 4 1 Helen Learoyd
 2 Alison Adams
 3 Avril Smith

Cross Country

With only one race left in the West Yorkshire Winter League the Stainland Lions are boasting one of their best ever seasons. Overall the womens team are now lying in 2nd place and only 5 points behind the leaders Dewsbury. With the men in 7th place the Lions overall position is an impressive 4th.

In the ladies Naomi Sharratt is in 2nd place overall, with Tracey Dean 7th (1st in the F40 category) & Linda Murgatroyd 11th (2nd in the F35 ategyry). Cathy Mellor is lying in 1st place for the Dowson Trophy for best female improver.

Jo Waites won the 3rd X-Country fixture & Louise Cavanagh won the 4th. Both are new members of the Stainland Lions and both come with international honours. Jo represented England last year and has joined as second claim and Louise (Lorraine Naylor's sister) runs for Ireland.

Ben Mounsey is lying in 2nd place in the men's.

Well done to everyone who has taken part & best of luck to all runners for the last fixture.



Stainland Lions Fell Handicap - 2007 Events

Race	Entry	Cat	Location	Dist	Ascent	Date	Day	Time
Midgley Moor	Enter on day £3.50	AS	Hebden Bridge	5	1250	31st Mar	Sat	11.00
Pendle	Enter on day £3.00	AS	Burnley	4 1/2	1500	7th Apr	Sat	14.00
Mytholmroyd	Enter on day £3.00	BM	Mytholmroyd - Lindas 40th Birthday run, everyone welcome	7	1350	13th May	Sun	11.30
Blackstone Edge	Enter on day £3.00	AS	Littlebrough	3.5	1200	16th May	Wed	19.30
Buckden Pike	Enter on day £3.00	AS	Nr Skipton	4	1500	16th Jun	Sat	19.30
Whicken Hill Whizz	Enter on day £3.00	AS	Hebden Bridge	3	1000	22nd Jun	Fri	19.30
Stoodley Pike	Enter on day £3.00	BS	Todmorden	3 1/2	700	10th Jul	Tue	19.30
Holme Moss	Pre enter £4.00, on day £4.50	AL	Holmfirth	16	4000	15th Jul	Sun	11.00
Turnslack	Enter on day £3.00	AM	Littlebrough	8	2000	21st Jul	Sat	14.30
Norland Trail	Enter on day £3.00	BM	Copley	7	800	26th Aug	Sun	11.30
Yorkshireman Half	Pre enter £10.00 inc shirt	BL	Haworth	13 1/2	1750	9th Sept	Sun	10.00
Good Shepherd	Pre enter £5.00, on day £6.00	BL	Mytholmroyd	13 1/2	2500	22nd Sept	Sat	11.30

To compete in the handicap series 5 out of 12 to count and must include:-
One Short (S), **One** Medium (M) and **One** Long (L).

Fell Racing Safety:

Certain Rules may apply with all events; these are mostly determined by the weather conditions at the time of the race. All competitors are requested to have on hand, at each event, full body protective clothing, whistle, map of the area, compass, and emergency food, ie Mars bar or the like. It is a rare occasion to use the equipment on these marked local races but carrying them gives confidence and we are all in the same boat.

Note: Handicaps are judged by previous fell or off road events or standings in the cross-country table.

Why not give it a go? There is no need to sign up, you just turn up on the day, pay your entry & run. The handicap system means that everyone will have an equal chance of doing well. Fell running is great fun, for starters there's normally a pub involved, but if you're not convinced then read on.

The Stoop Fell Race, Dec 2006 - Phil Stapley

The last race on the Grand Prix for 2006 was The Stoop near Haworth, after much deliberation I decided I would venture into the world of fell and find out what it was all about.

I got to the registration and after about an hour of saying I was just going to watch, filled out my entry form and managed to get my number with about 5 minutes to spare!!

Now, if I wasn't scared before, I certainly was when we asked a young lady where the start line was. Stood on top of a cliff she calmly leaned over, pointed down to what appeared to be a meteor crater and uttered "THERE!".

"But how do we....?".

Get down there? I was going to ask but before I could finish she just whooshed (yes! Whooshed) down this vertical cliff to where the rest of the nutters, sorry, runners were all lining up.

"oh! Golly however will we get down there?" I said (but with a little more colour!).

"lets follow them!" was suggested by Ali. "They look like they know a way down".

So off we trotted following some less deranged looking runners who did indeed know a different way down. Their way was not vertical but more comparable to the steepest part of Trooper Lane, but with mud .

Unfortunately once I started on this decent there was not going to be any stopping and therefor no going back..."oh golly" I repeated but again, in the my own colourful manner.

SPLOSH!! We had arrived at the start line, which resembled the aftermath of a tropical flood. Filled with the really oozy light brown sludge of mud, all well trodden and just perfect for my ROAD shoes!

We sheepishly stood at the back politely talking to runners we knew. Lots of familiar faces all wishing us well and telling us to 'just enjoy it'. Except for Helen (our new editor) who simply looked at my feet then looked me dead in the eye and said "you're going to get muddy!"

Can't really remember hearing the 'start' so it sort of took me by surprise. Off everyone went and we duly followed, slipping and sliding, splish splashing through the mud. I thought to myself "once we get out of this mud hole things will be much better."

We followed the course over a rough trail through a field, onto a private road. 'Doddle!' I quietly mused. All I needed to do was stay upright, watch my footing and some easy gp points are mine!

Then we hit the TRUE off road, basically just moorland with a very narrow mud filled path of sorts.

The mud was causing a bit of a splash but nothing too bad. We mused and giggled at the splashes of mud on our trainers.

Until!

We came upon a huge puddle of sludge in the middle of the path. I decided to follow the right hand side in the footprints of trotters before us which were quickly filling up with cold water. Alison on the other hand decided to take the left path which had hardly been used. She quickly found out why when she lost her leg up to her knee!

After regaining trainers and limbs we continued the ascent passed the first marshal who when I asked which way, looked at me gone out, frowned a little, pointed and said "UP!". Silly me of course it was.

The rest of the up was pretty much the same, beautiful views and plenty of fresh air. I was really enjoying the run. We wasn't even last and as the top loomed I could see a nice flat field that looked like a good place to stride out a little and take in the view. That would have been true if not for the fact it was not a field but marsh type bog thing. So instead of striding I waded and thought how nice my trainers will be, clean of all that mud now. Yeah right!

As the descent started the two runners behind us who obviously had done this before flew passed us with a sonic boom. This spurred us on and we upped the pace a little. My giggles had turned into full on belly laughter by this time and with every slip and near tumble I laughed harder and harder.

Then the funniest thing I've ever seen while running happened. Even writing this I'm having to stop myself from crying with laughter and I only hope my limited literary capabilities puts across what happened in a comical manner...

... I had edged in front by about 20 yards or so and we was too busy concentrating on where to place our feet to talk...when all of a sudden from behind me I heard, not quite a splosh and too squelchy and full of velocity to be a splat, it was ssspllaataaaaassshhhhhhh!!!!!!.

When I looked round Alison had fallen head first, arms out in front of her desperately trying to keep her face out of the mud, sliding down the hillside, her feet were higher than her head and she was kicking and flaying her legs as she slowly came to a very cold wet and squelchy stop!!

That was it for me, I was in hysterics and was still laughing when the marshal who was collecting the markers went to overtake us.

"Never been overtaken by a marshal before" I quietly mentioned to which he sighed and replied "yeah! I better stay with you"

The Stoop Fell Race 2006 (contd)

Good job really because we was in the middle of nowhere with even less of a clue which way to go except for the flags the bugger was wanting to take!

After a while came time for my comedy slip, although mine was less dramatic. As I turned to answer a question from the marshal my feet were stolen from beneath me and after about 10 seconds of trying to stay upright I just gave in and fell in the mud. I'm sure I could have got up quicker if 1: I could stop laughing for a few seconds and 2: If everyone else would stop laughing at me laughing!

Finally we could see the finish and the marshal pointed us up a path and left us on our way. The path LOOKED fairly simple to negotiate, just another mud path...

...anyone who has seen Takeeshes Castle (The nutty Japanese program they show clips of on Tarrant On TV) will know the 'bungy run' where contestants have a bit of elastic round there waist and have to see how far they can get along a slippery mat...well that's what that final path was like, I finally figured out a zig zag approach worked best and made it to the top and over the finish line to the relieved faces of the time keepers who must have been assembling their search parties!

If you have never done a fell race before there's only one thing I have to say...

..."get the sen forad, it's reet good fun!!"

Phil

Orienteering

"A cross country race in which competitors use a map & compass to find their way through unfamiliar territory" or better known to most of us as "getting lost on the moors with a map & compass"

Sat 24th Feb 10.00am - 12.00 Noon
Meet at the car park at Ogden Reservoir
Stainland Lions Club Event
**** This is not a race - this is for FUN! ****

If you're getting a bit bored with the same old winter runs come & have a go at orienteering. This is a fun event open to everyone. It is aimed primarily at newcomers to orienteering so even if you have no idea how to use a map and compass, don't be frightened to come along. There will be 3 courses, easy, medium & slightly more daring. You can walk or run either solo, in pairs or groups, kids are welcome and should really enjoy it. (Please let Neill (Croahay) know if you are interested in taking part)

& once you've mastered the art you could always enter a competitive event.....

Kinder Trial - Trevor Murgatroyd

This was my first attempt at orienteering and was eventful right from when I entered. When I first read it I thought it said trail, which meant following paths to gates and walls etc. It was only after I had sent off the entry form that I realised it said trial and it was map reading on rough & exposed moorland.

Come race day Derbyshire's peak district was covered in snow and mist on the tops. I arrived early, received my race card which needed stamping at each check point and waited for my start time (10.31) At 10.28 I was called to the door and given a map, I looked at the map and said what do I do now, the official said study the map and then run or run while studying the map, you decide.

I started running and decided which was the best route to follow. The first couple of check points were no problem, then up in to the snow and mist, that was a big problem. I ran my socks off following a lad from Dark Peak who was faster than me but I stuck with him for the next couple. I was getting into the race and found some on my own, then as I was running over some rough stuff I turned an ankle. The next lad behind me said don't worry you're lucky there is a stream 100 yards down there and the water is ice cold, just put you're foot in for 5 minutes. Its only 5 mile back to the start or approx 7 mile to finish the event. Lucky? I limped on to the next check point and thought I would have a word with a marshal, when I arrived I realised I had not seen a marshal since the start.

I just had a sinking feeling then thought what the hell just complete the last 2 check points which I did slowly. Then as I turn for the finish a lady asked if I knew a short cut? Why I asked? The last 2 are that way she pointed, opposite to where I was heading. Oh dear I had folded my map in half and when I turned it over there were still 2 more check points to go. I thanked her as she was off at top speed and I potted on to the last 2.

I finally finished in 3 hours 40 minutes 11 seconds (The winner clocked 2 hours 4 minutes) I had covered 12.5 mile and 3500ft of ascent. I was greeted with hot soup and drinking chocolate and a warm friendly room of like-minded people all with tales of what they had encountered. It was tough but a great event and I will be back again next year I hope.



Calendar of Social Events

Friday 23rd February 2007
“NIGHT OUT ON THE TOWN”



7.30 Barge & Barrel, Elland Bridge
8.30 Caddyshack, The Cross, Elland
9.30 The Drop Inn, Elland Lane, Elland
10.00 Wellington Inn, Southgate, Elland

This means that we arrive back in the centre of Elland for access to a curry house or taxi rank as required!

Sunday 4th March 2007
The first of our guided walks:
“DELPH – OFF THE BEATEN TRACK”



10.30 at Car Park behind Church by Bridge
Easy-Moderate 6+ miles – Half way stop at Inn with real ale
Ask for directions if required



Thursday 8th March 2007
AWAY- RUN TO CELEBRATE JUDITH'S:
“THREE SCORE & A BUS PASS”

Meet at 6.30-45 pm at Wellington Inn, Elland
Hot Supper to be provided by Judith
Please let her know if you are able to attend

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

The annual dinner, Jan 2007



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

Sunday 13th May 2007
Second of our Guided Walks
“ANCIENT WOODLANDS IN SPRING”

Meet in centre of Almondbury village at 10 am
Easy-Moderate 7+ miles – bring snack

Saturday 26th May 2007
“IL DIVO IN CONCERT”

7.30 Manchester MEN Arena
For tickets ring box office 0870 1908000 – as no block bookings
Will travel as a group if desired, have a pre-show drink and meet in interval.
Some members are travelling from Sowerby Bridge Station

Please contact Judith (Greenwood) for further information on any of these events or you could try one of your new social sub-committee members, Lesley Cresswell; Marilyn Greenwood; Granville Hall; Pat Pitts; Karen Thorne; Diane Waite; Chris Walker and Paul Wallis

Notice Board

Monday night training run It's back on!

**Meeting at 7.00pm in the middle of
Sainsburys car park, Brighouse**

This run is specifically for beginners or those wanting a slow run for whatever reason (returning from injury, recovery run or naturally slow). It is usually 4 - 5 miles and always run at the speed of the slowest runner. Faster runners are also welcome though be warned, you might get sent off to do some extra loops!

Beginners course - Volunteers needed please

Dates of the course are still to be confirmed but it will be around end of April, start of May. The course will be run on Monday nights with an additional run on Saturdays & Sundays.

Volunteers don't have to commit to every week. Even if you can only spare one Monday evening or one weekend morning please do come forward. Ideally we are after around 9 volunteers for each Monday session.

Please contact Dianne (Rafferty) if you can help out
- Thanks



STAINLAND C.C.
EST. 1984

PLAYERS REQUIRED

Stainland Cricket Club require players for our U15 junior team for the 2007 season.

Coaching will be taking place each Tuesday at Brooksbank School, 6 – 7pm, commencing on 9th January and continuing until 13th February.

Indoor nets commence on Sunday 11th February at Brooksbank School, 3 – 5pm, and continue each Sunday until 15th April.

If you are interested in joining the club or require any further information, please contact Andrew Ingle (Tel No. 01422 379942), or alternatively come along to any of the above sessions.

The Stainland 7 Road Race

As you may have heard the 'Stainland 7' road race will be going ahead on 16th September this year. The race will take place on the original road route.

Race organisers Damian Cole, Gavin Dodd and Gemma Bradley have been working hard behind the scenes and have secured sponsorship from 'Halifax PLC' and 'OCW Advertising and Marketing'.

We hope to get the race back on the calendar of local clubs and attract a record entry, by doing this we should be able to raise club funds and reinforce the club's reputation by providing another successful event to accompany the 'Bluebell'.

Entry forms will be available soon and we would encourage all club members to run or help out in some way (marshalling etc). Please keep an eye on the forum for latest information.

QUIZ NIGHT

**Friday March 9th 2007
Heath Rugby Club
Pie & Peas supper
Great Prizes!**

**Tickets £4.00. All proceeds in
aid of my London Marathon
charity, Rural Housing Trust**

contact Phil on 01422 207716

Runners Rambles & Race Reports

Swimming For Runners - David Swarbrick

Runners are often looking for something to cheer themselves up. They sometimes look to other sports, and on occasion they find swimming. Often they meet rather damp looking swimmers coming in the other direction with just the same set of fond hopes. When it is raining and cold outside, and you just can't face another big hill yet again, you can come inside and get wet and cold on purpose. At least you can be sure there will be no b**t**d hills.

Ahem . . .

Swimming is not running. First, let us be clear. Going into a swimming pool and pretending to run is not swimming. It may not be running either, that I cannot answer, but it definitely is not swimming. In our wanderings about the back streets of Copley, I often bore co-runners with stories of swimming. I have to report back my own sense of dismay when I hear 'I swim a bit - mostly breast-stroke'. So. Let me be clear again.

Two kinds of people only ought to swim breaststroke. One kind have huge shoulders and narrow waists. They almost leap out of the water as they surge forward, and then dive smoothly under the water on the next instant. Their hands and forearms come out of the water on each stroke. Their elbows hit each other on each stroke. Their shoulders are almost dislocated on each stroke. They enjoy pain and are satisfying an irresistible urge to destroy their knees before they get to forty.

The other kind of breast stroke swimmers do not care to get their hair wet. Like runners, they do not intend to exercise beyond the point where they can chat comfortably about Corrie or whatever, and they come in twos - side by side.

In any other case, if you are a fit-ish runner, forget breast stroke. Take nearly all your clothes off, and stand in front of a full length mirror. Look at your legs, and ask yourself 'Do these belong on a frog?' If your answer is 'Niddip, niddip', then forgive me. Otherwise, no. By all means, when swimming across Coniston Water taking a short cut on the round Coniston race, and you want to make sure you are still swimming in a straight line, then swim breast for a couple of strokes. If you gobble up three pints of water into your lungs in two seconds and need a breath of fresh air or indeed any other kind of air as long as it has a regulation minimum of oxygen, again a couple of breast strokes will do.

Otherwise, forget it. Swim front crawl. It is much faster, much less effort, and will not damage the runner's pride and joy - his/her knees. Once you get going on front crawl, you will never want to return to breast stroke unless, perhaps, you get so fast at crawl that you start getting chucked out of pools for speeding (it does happen).

Next time, if invited, and perhaps 'How to swim front crawl'

Chairman's Hopes for 2007

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

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

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

That the members of the committee continue to work hard, give up their free time and that we remain a united, consistent representation of your wishes.

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

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

That we continue to seek out and develop funding opportunities to enhance our income stream and status in West Yorkshire.

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

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

To have fun along the way and ensure we all get as much out of our passion for running as possible, achieving whatever goals we set ourselves for 2007.

Geoff Matthews
January 2007

Runners Rambles, Rants & Race Reports

Liverpool Santa Dash 5k 03/12/2006 - Alison Adams

One lonely lion and one lion spectator set off on a cold December morning to do a run which I had considered doing for the last couple of years, but never quite got round to it. Well its Christmas time so what better race to do than a Santa Dash 5k. Your finish times and positions are not recorded but the competitive element is to try and break the World Record for the number of Santa's gathered together in one place!!!

I set off on my journey to Liverpool early Sunday morning... Anyone that has experienced my navigation skills will know that this was not an easy task for me. Anyway I managed to get to Liverpool in one piece, I didn't know where I was going but it didn't really matter because no sooner had we hit the outskirts, we saw cars full of people dressed as Santa. They could only be going to one destination... The same one as me !!... So just follow that car... And I'm pleased to say it worked.

There was a heck of a lot of Santa's roaming the streets of Liverpool that morning, WOW!! What a sight... Santa's everywhere... sat on pavements, walls, hanging around on street corners, sat in starbucks coffee bar as casual as anything as if they do it every day (maybe they do) Twas a funny sight seeing lots of Santa's queuing for the loo, dogs dressed as Santa's, baby Santa's, pushchairs trimmed up as sleighs, you name it... It was there. No sooner had the race started and a very noisy gang started singing "Jingle Bells", "we wish you a merry xmas" and numerous other Christmas songs.. Awe.. Bless 'em. That lifted my spirits and got me going.

I passed my friend Joanne who was watching the run but she was on the other side of the road and I couldn't get across to her. I shouted and shouted and waved my arms vigorously in the air. Why cant she see me I thought.. Oh yes.. You've guessed it... We're all dressed the same, she had no chance of recognising me amongst the other 4,500 santas. Tut.. sigh... I thought. But luckily the course circled round so I made sure she spotted me the next time I passed her.

There was every type of runner there - fast, slow, walkers, children and even dogs. It wasn't an easy run even though it was short and flattish. It was the rain and wind I had to run against whilst trying to pull my Santa costume back together which was the hard part. It was worth it at the end though as I finished off with a nice hot frothy coffee and Joannes lovely ginger sponge... Thanks chick !! (I won't tell her she's known within the club as ginger sponge Jo... sssh)

Although it was a long way to go for a 5k I thoroughly enjoyed the day and the experience as it was something different and would consider doing it again next year, so if anyone would like to go (maybe to one closer) just speak up and we could arrange to go as a group. Don't worry about the Santa suit they send you one with your number!!

I know its only February, but hey.. Christmas will be here in no time. Don't be put off by my picture... You too could look this droll !! and I appear to have lost a hand too



& from the editor.....

What a bumper edition, if you've managed to read this far, well done!

As you may have gathered you have a new news letter team, Gemma and myself. It may take us a while to get things running (ha) smoothly so my apologies in advance for any errors, missing content, typos etc.

Thanks to everyone who has helped out and sent in articles and race reports, please keep them coming. I am away start of March so its going to be around the 24th before you see the next edition, deadline for content will be fri 16th March - please send me lots or I'll just have to rant on about my holiday.

See you all again soon, Helen

**Stainland Lions Running Club - Extraordinary General Meeting
Thursday February 1st 2007 at Heath Rugby Club**

Committee Members Present: Geoff Matthews (Chair); Richard Fawthrop; Penny Fleming; Judith Greenwood; Eileen Hiller; Colin Hughes; Jo Kitcher; Steve Knight; Diane Rafferty; Phil Stapley. **Apologies:** Linda Murgatroyd

Club Constitution

The approval of the members present was sought for the revised version of the club constitution (attached). Penny Fleming proposed the revisions should be accepted, David Swarbrick seconded and the motion was carried unanimously by the members present.

There being no other agenda item for the EGM, this part of the meeting was closed.

Minutes of the Members meeting which followed

1. Newsletter

Geoff thanked Maggie Blaylock for her efforts as editor of the newsletter for the past two years and welcomed Helen Lambert as the new editor. Gemma Bradley was also welcomed in the new position of sub-editor.

2. Subscriptions

Members were reminded that annual subscriptions of £20 are due now, and should be sent to Linda Murgatroyd, at 6, The Hame, Stainland, Halifax.

Eileen explained that the club now needs to be affiliated to the England Athletic Association from the 1st April 2007, so that the club will be insured to hold races and members will be able to enter races at affiliated rates. The regional associations, such as the NOEAA, (North of England Athletic Association) will no longer provide these facilities. This year the club will pay a £50 flat fee and £3 per member to the EA, so membership subscriptions have been held at £20. However, in 2008 the cost will increase to £5 per member, therefore membership subscriptions may have to increase.

3. Social Report

- Annual Dinner

Chris Walker was thanked for organising the Annual Dinner at Bertie's Banqueting Rooms. It was generally agreed to be a superb event enjoyed by all who attended. Martin Horbury, of Up and Running, was thanked for attending and re-affirmed that, in his opinion, it was a 'fantastic do'.

- New Social Committee

Judith has organised a sub-committee including: Lesley Cresswell; Marilyn Greenwood; Granville Hall; Pat Pitts; Karen Thorne; Diane Waite; Chris Walker; and Paul Wallis. The sub-committee will meet on Monday the 5th February to discuss future activities.

- Pub Crawl Friday February 23rd

This will begin at The Shears Inn at Paris Gates and end.....where it ends ...please see Judith or the Forum for details.

4. Club Races

The club will sponsor the Joe Percy 10k, the Calderdale Relay and one other race, to be suggested by members. The committee will then decide which will be the most appropriate race, taking into account possible participation by most of the membership. A relay or team event would probably be the most suitable.

The Bluebell Trail will take place on the 6th May and the Stainland 7 on the 16th September.
The Stainland 7 will be the original road route.

5. Club Handbook

Mary has produced the first draft of handbook containing information useful to all members. A small committee has been formed to make further progress, consisting of Geoff, Penny, Colin, Mary and Eileen.

6. Kit

Joanne has a number of long sleeved blue tops in stock but no vests. It was agreed to sell off this existing stock of tops at £5 each. There is a 6 week delay for delivery of the old style vests, which can include a change to the logo incorporating the change of name, at no extra charge. Joanne has agreed to investigate new suppliers and extending the range of stock to include shorts and shower proof jackets. Richard is selling the remaining car stickers at £1 each.

7. Calderdale Athletics Development Group

Geoff explained that this organisation covers all the clubs in Calderdale. Alan Lashbrook and Mary Cowling have represented the Stainland Lions at meetings in the past, but have had difficulty in obtaining much benefit in terms of funding for the club.

Geoff, Colin, Richard and Alan attended the last meeting in force in order to explain the three point plan the club have outlined for the future and to ask for funding to support these objectives:

- **Increase Coaching Capability.** To increase the number of qualified level two coaches to 5, and introduce 5 more level 1 coaches. Provide a capability for coaching and supporting the visually impaired.
- **Increase Participation.** To increase the club membership by 10% by encouraging new runners to participate in the sport after completing our beginners courses.
- **Support For Disabled Runners.** To provide a beginners course tailored to include visually impaired runners.

It was obvious at the meeting the CADG are aware the Lions have not received very much in terms of funding and are sympathetic to our request. They have already agreed to fund 2 level 2 coaches and 2-3 level 1 coaches.

More coaches will be needed by the club for our use of the new track at Spring Hall. Some volunteers have already come forward in response to Richard's request on the Forum; anyone else interested should contact Richard.

8 Orienteering

Neil Croasdale encouraged members to take part in an orienteering event he is planning on Saturday the 24th February at Ogden Reservoir at 10.30am. It will be very suitable for those new to orienteering, as there will be 3 separate courses at different levels of difficulty, including a course suitable for beginners. Neil will provide equipment and maps.

9. Spring Hall Track Update / Joint Race with the Harriers

The arrangements for the Opening of the New Track have changed, as Calderdale preferred a more inclusive event concentrated on the running track itself, than the one being planned by the joint committee with the Harriers. The Opening will now take place on 31st March and will be organised by Sport England.

However, the event organised by the Stainland Lions joint committee with the Harriers will now take place on the 20th May. It will consist of a 5k race starting and finishing on the track and a Fun Run, and will be a charity based event.

10. AOB

10.1 Cross country

The last event of the season takes place on the 18th February at Esholt. Geoff thought that some of the Lions could do very well in this competition, particularly the ladies team and asked for the support of the rest of the club in order to achieve this. He referred to Ben's message on the Forum for directions and urged all those who had done the Calderdale Way Relay to turn up and run for the club in this event.

10.2 Parking.

Members were asked not to park on the corner above the Rugby club where they obstructed lorries turning in and out of the depot.

10.3 Technical Night – Thursday March 1st at 8pm – Not to be Missed!

Martin Horbury from Up and Running in Huddersfield, will be in attendance, providing gait analysis and many products on display. There will be an opportunity for everyone to win an item of kit generously donated by suppliers, by completing a questionnaire on their running product buying habits. Suppliers include Brooks, Saucony, Mizuno and Salomon. Martin will also provide a buffet supper.

10.4 Beginners' Course

It has been suggested this should be held on Monday evenings, so that beginners can easily progress to Monday evening runs. Further discussions are to be held at the next committee meeting.

10.5 Quiz – Friday March 9th

Phil Stapley is holding a fund raising event for his London Marathon at Heath, all are invited.

10.6 February Away Run

Will be from North Bridge Leisure Centre car park 6.45pm

10.7 Jane Tomlinson 10k 24th June

Avril suggested this should be a club event and offered to organise a coach if there were sufficient entrants.

11. Date of Next Meeting

Thursday March 1st for the Technical Event – See you there!

Eileen Hiller February 2007