



The Lion's Tale

*The monthly newsletter of the
Stainland Lions Running Club, October 2008*

Comments from the Chair

Wow, these newsletters are coming thick and fast. I'm just recovering from a tough 13.5mile Fell Race, the Windgather. It was a beautiful day and the views were amazing. I took the safe option of running with three Lady sweepers called Jo, Claire and Phil who kept me motivated and supplied me with Jelly Babies and other sweet things, thank you very much!. One of them was a trained nurse and the emergency helicopter was circling overhead, so I felt in good hands. I am pretty sure if it was not for them I would have got very lost, down and taken twice as long. On finally finishing in 3 hours 27 minutes Goyt Valley Striders supplied me with a plate full of sandwiches, cake and lots of hot tea. Oh Trevor!, I think I may have said we will put the Whalley Waltz on the Fell Grand Prix next year. Sorry, I was getting very pale!



Closer to home, around 50 Stainland Lions ran in the very well organised Woodland Challenge. As is becoming common place Mark Jones was the first Lion home closely followed by Mags, Graham, Jess and Aileen. The Ladies took the team prize and Aileen came first in the over 55's category which she is rapidly making her own. Has anybody checked her birth certificate?!

I was also delighted with the massive effort put in by Steve Boyer in organising a 55 seater coach and driver to go to the Great North Run. A very large pride of Lions ran, many for the first time and many setting new PB's. Money raised from the coach also went towards a charitable donation of £140 to Overgate Hospice. Well done Steve!

On the Charity side we have had an incredible year. Many of you were at the members monthly meeting last week when Amanda Carter from Martin House Children's Hospice explained how the credit crunch was hitting them and the money we raise every year is essential to their existence. They give full time care to many very needy children. I'm sure we were all very moved by what she said and at the same time proud that we as a Club are making a big difference in these young children's lives.

As a result of 50 Stainland Lions running the Alice's Race we will be presenting a cheque soon to The Epilepsy Action charity for £400. This is on top of the money raised by John Bassinder, Aileen Baldwin and Lynn Broadbent for Georgina Oliver towards her wheelchair. Georgina now has a sprint wheelchair and is now looking to buying a throwing wheelchair plus maintaining the chairs in good working order. Stainland Lions was thanked in the Brighthouse Echo.

Finally on the charity side I am delighted to announce and hope soon to present a cheque to Stainland Road Medical Centre for over £1911 which has allowed them to achieve their goal of raising £3000 towards Resuscitation and Defibrillator equipment. The Fun Run alone raised over £500. Well done to all who helped at they very successful Stainland 7 last September but especially to Gavin Dodd the Race Director and sponsorship raiser.

Now, being Chairman of Stainland Lions Running Club does have its down side. I am going to more meetings than actually running but a week last Saturday I was delighted to attend the Yorkshire and Humberside Club Awards Night. A very good meal and drinks reception lead on well to the awards presentation. As happened last year Geoff Matthews and this year with help from Eileen Hillier wrote and sent in three nominations for our Club. I was delighted to be presented with a certificate for being a finalist in the 'Services to Coaching' category, the Club received a certificate for being a finalist in the 'Club Inclusivity' category, in which we were runner-up in last year.

The night deservedly belonged to Mary Cowling who won the trophy in the category ' Volunteer of the Year' and was presented with the certificate by an Beijing Olympian Emily Freeman (semi final 200m). Nobody deserves this award more than Mary. She has worked hard over many years for the Club making the Bluebell Trial Race a great success and especially this year with her brilliant ideas on celebrating 20 years of the Club. Fantastic achievement Mary.

I am delighted to inform the members that after a number of months looking for a new Vice- Chairman and therefore Chairman next year, Diane Rafferty has stepped forward as a very popular member to take the Club on to bigger and better things next year. Diane is keen to continue her vital role as Beginners Captain which she has a real passion for. As the post of Beginners Captain is a voting position and The Chairman is not I think we will have to create a beginners Vice- Captain as was done for the Ladies Captain this year.

I really want to get back in to my running over the winter and I hope to see lots of you out in High visibility clothing throughout the dark nights. In addition I hope to see lots of you on the Calderdale Relay reces over the next few months

Cheers
Richard

Captain's Log Results

Road

Penistone Show 10k 13/09/08

121 st	M Harron	50.02	PB
131 st	S Carter	51.29	PB

Robin Hood Half Marathon

Richard Fawthrop	2.21.07
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Gawsworth 10k 14/09/08

29 th	Mags Beever	44.49
42 nd	Angela Jordan	46.08

Great Langdale Half Marathon 14/09/08

434 th	Pat Pitts	2.41.05
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Wetherby Run 10k 14/09/08

240 th	Laraine Penson	50.13
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Ryedale Run 10.75 21/09/08

47 th	Diane Waite	1.21.49
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Garstang Half Marathon 21/09/08

20 th	Sylvain Husson	1.28.19
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Ron Hill's 70th 25/09/08

Mark Jones	19.10
John Bassinder	19.45

Lorraine Naylor	19.56	1 st LV35
G D	19.59	
Mags Beever	20.21	
Steve Turner	20.51	
Jon Pridgeon	21.09	
Tony McManus	22.01	
John Ingles	22.03	
Mark Preston	22.30	
James Carville	22.43	
Karl Martin	22.47	
Aileen Baldwin	22.55	
Susan Gledhill	23.08	
Helen Hudson	23.16	
Paul Costello	23.25	
Lynne Davies	23.56	
David Wetherall	24.04	
Joanne Kitcher	24.44	
Andy Adams	24.45	
Steven Crowther	25.01	
Susan Siddall	25.07	
Helen Fay	25.38	
Angela Fawthrop	26.00	
Lindsay Sykes	26.20	
Wendy Goodwin	26.22	
Ellie May	26.41	
Jonathan Taylor	26.46	
Lynne Broadbent	26.50	
Karen Thorne	26.56	
Carol Lord	28.00	
Richard Brear	28.03	
Richard Graves	28.22	
Nicky Sabey	28.24	
Angela Goulden	28.51	
Julie Hey	28.57	
Gail Brady	29.03	
Judith Greenwood	29.15	
Lesley Henderson	29.36	

Anglea Griffiths	29.54
Lesley Cresswell	30.08
Janet Bebb	30.13
Pat Pitts	30.24
Robin Cresswell	30.58
Natalie Graves	32.59

Horsforth 10k 28/09/08

Mark Preston	47.06
Lindsay Sykes	56.07 PB

Preston 10k 28/09/08

173 rd Karl Martin	45.52
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Great North Run 05/10/08

Sylvain Husson	01:23:18 PB
Lorraine Naylor	01:31:05
Jessica Riley	01:31:56 PB
John Bassinder	01:32:43
Stephen Knight	01:34:17
G D	01:36:27
Liz Redfern	01:41:58 PB
Jonathan Wade	01:43:18 PB
Jonathan Pridgeon	01:44:15
Karl Martin	01:46:45
Jeremy Cooke	01:47:12
James Carville	01:48:04 PB
Mark Preston	01:48:41
Emma Fawcett	01:48:57
Mel Rainford	01:49:04 PB
Helen Woodfine	01:51:46
Catherine O'Shaughnessy	01:51:55 PB
Paul Costello	01:52:45
Brian Conroy	01:53:04
Susan Siddall	01:53:26
Maria Harron	01:53:55 PB
Mark Speight	01:53:49
Brian Conroy	01:53:04 PB
Terri Conroy	01:53:10
Sharon Carter	01:53:57 PB
Helen Fay	01:54:08
Peter Bebb	01:54:19
Andrew Gaukroger	01:54:26
John Hirst	01:56:52
Steve Boyer	01:57:20 PB
Sarah Smith	01:57:20 PB
Ann Mucha	01:59:08
Karen Thorne	01:59:33
Lee Conroy	02:04:12
Janet Bebb	02:05:07
Philip Stapley	02:09:08 PB
Des Murney	02:10:47
Ruth Murney	02:10:48
Sarah Stapley	02:15:?? PB
Richard Graves	02:25:11
Nikki May	02:37:13

Trail

Kirkstall Valley Trail Race 21/09/08

Karl Martin	56.37
Sue Gledhill	58.36
Mark Preston	59.06

Woodland Challenge 12/10/08

35 th	Mark Jones	00.43.42	
43 rd	Mags Beever	00.45.13	3 rd L
44 th	G D	00.45.37	
57 th	Jessica Riley	00.46.50	
71 st	Steve Turner	00.48.27	
83 rd	Jon Pridgeon	00.49.34	
88 th	Jimmy Smith	00.50.00	
90 th	Alan Whiteley	00.50.19	
95 th	John Ingles	00.51.10	
100 th	Aileen Baldwin	00.51.26	1 st LV55
116 th	John Hirst	00.53.01	
117 th	Susan Gledhill	00.53.02	
123 rd	Mark Preston	00.53.28	
137 th	Gary Clay	00.54.50	
140 th	Peter Bebb	00.55.08	
141 st	Jo Kitcher	00.55.08	
149 th	Paul Costello	00.55.30	
151 st	Helen Hudson	00.55.45	
157 th	Steve Boyer	00.56.08	
160 th	Steve Hallam	00.56.29	
165 th	Iain Threlkeld	00.57.02	
169 th	Alan Gibson	00.57.26	
187 th	Jonathan Taylor	00.59.31	
188 th	Amgela Fawthrop	00.59.39	
196 th	Wendy Goodwin	01.00.09	
200 th	Lynne Broadbent	01.00.54	
203 rd	Steven Crowther	01.01.52	
205 th	Ian Appleyard	01.02.05	
210 th	Karen Thorne	01.02.37	
211 th	Paul Wallis	01.02.44	
217 th	Linda Williamson	01.04.27	
220 th	Nicola Lay	01.05.17	
221 st	Carol Lord	01.05.29	
229 th	Lesley Henderson	01.06.52	
230 th	Janet Bebb	01.06.56	
244 th	Judith Greenwood	01.07.49	
248 th	Liz Forster	01.10.20	
249 th	Anna Griffiths	01.10.35	
256 th	Joanne Hirst	01.12.02	
257 th	Susan Aitken	01.12.02	
261 st	Julia Newsome	01.17.44	

Fell

Yorkshireman Half Marathon 14/09/08

2 nd	Ben Mounsey (CV)	1.41.38
27 th	John Bassinder	2.07.06
88 th	Steve Turner	2.28.30

119th Alan Whiteley 2.33.21

Yorkshireman Marathon 14/09/08

Tracy Dean & Naomi Sharratt 4.42.12 1st L pair

Lantern Pike Fell Race 20/09/08

85th John Bassinder 43.40
106th G D 45.29
129th Colin Hughes 46.58
137th Jon Pridgeon 47.44
169th Karl Martin 50.23
180th Linda Murgatroyd 51.27
196th Tony McManus 52.33

Thieveley Pike Fell Race 27/09/08

1st Ben Mounsey (CV) 30.41
69th Linda Murgatroyd 46.52 1st LV40

Autumn Leaves Fell Race 04/10/08

85th Trevor Murgatroyd 97.59

Grand Prix Results

Road

Results after event 12

Div 1	1	Mark Jones	134 pts
	2	Lorraine Naylor	112 pts
	3	Graham Dyson	111 pts
Div 2	1	Aileen Baldwin	112 pts
	2	Jess Riley	110 pts
	3	Karl Martin	108 pts
Div 3	1	Jonathan Taylor	107 pts
	2	Peter Bebb	106 pts
	3	Alan Gibson	98 pts
Div 4	1	James Carville	144 pts
	2	Andy Adams	135 pts
	3	Steve Crowther	132 pts
Div 5	1	Joanne Hirst	95 pts
	2	Angela Fawthrop	73 pts
	3	David Swarbrick	63 pts

Fell

Results after event 14

Pos	Lion	Total	Best 5
1	Graham Dyson	495	243 pts
2	Karl Martin	421	247 pts
3	Tony McManus	316	136 pts
4	Richard Fawthrop	316	233 pts

PB Corner

10k

(Penistone Show 10k 13/09/08)

Maria Harron 50.02 PB

Sharon Carter 51.29 PB

(Horsforth 28/09/08)

Lindsay Sykes 56.07 PB

1/2 Marathon

(Great North Run 05/10/08)

Sylvain Husson 01:23:18 PB

Jessica Riley 01:31:56 PB

Liz Redfern 01:41:58 PB

Jonathan Wade 01:43:18 PB

James Carville 01:48:04 PB

Mel Rainford 01:49:04 PB

Catherine O'Shaughnessy 01:51:55 PB

Maria Harron 01:53:55 PB

Brian Conroy 01:53:04 PB

Sharon Carter 01:53:57 PB

Steve Boyer 01:57:20 PB

Sarah Smith 01:57:20 PB

Philip Stapley 02:09:08 PB

Sarah Stapley 02:15:?? PB

!!! CONGRATULATIONS
EVERYONE!!!

Apologies to those who got PBs but were not mentioned this month. Contact John or Jess to inform us of your achievements.

Runner's Rambles & Race Reports

Tough As Granite Half Marathon.

September 20, Lake Folsom, California

I was planning a three-week tour of the western USA for September/October as a belated 50th birthday treat having not been able to do it in 2007. Having listened to Steve and his Istanbul Marathon plans as well as Jess and Sylvain's Amsterdam Marathon trip; why not plan in a race while I am there? I looked on the Runners World USA website and found there are lots of races where we planned to visit. So I squared it with Yvonne, my wife, and settled on the above half marathon. I know that I am not trained up for a marathon but a half is doable. It sounded a reasonably hard trail course as the elevation chart indicated about 1500 ft of ascent in the two laps. There were also 5k and 10k options the same day using sections of the course. Entry was via the internet (www.scarsports.com/toughasgranite.html) and I struck up email communications with the organiser Trey Hudgins (great name, great guy). There seemed to be no issues like having to be registered with a US running organisation just pick up your number and timing chip at the start or at a local running shop the day before.

So it was two week into our holiday that we set off from San Francisco for Lake Folsom. It should have been an easy 100 miles but there was a crash on the interstate and it took forever. Arriving at the running shop, the atmosphere in the car was tense, as yet another journey had taken significantly longer than I had expected. The shop did not have the numbers when I went in due to some organisational problems. I went back to the car not daring to tell Yvonne that the detour had been for nothing and set the GPS for the hotel – eek 31 miles and it looked so close on the map! The atmosphere in the car getting tenser only relieved an hour later by an excellent hotel and a glass of red wine before I told her that the detour for the numbers had been a waste of time.

Up next morning at 6, scoffing bananas and away to the race for the 8:30 start time. Got there in no time and parked up, got my chip and number. Talking to organiser Trey who apologised for the cock-up with the numbers getting to the shop and gave me a very nice La Sportiva running shirt – “don't worry it was given to me free” he said.

Looking at the opposition as they arrived I began to worry a bit. One cocky guy was swaggering around with a “US Army Best” shirt on and a reversed baseball hat. The others also looked mostly slim, bronzed and dressed in the latest apparel. I was in my regal Stainland Lions shirt and Aldi shorts (with the key pocket at the back). Most runners were doing the 5k or 10k, Trey explained that that he limited the half marathon numbers when they got to 80 so that you would “not lose the trail experience”.

The start was low key and before we knew it I was running down the trail in about 6th place thinking that I should not be going so fast, unsettled as I had never been this near the front of the field. The course was very winding going through light tree cover, up and down with no very long uphill sections but some steep descents. The surface was mostly hard packed earth (no mud as they have a four year drought). Some places were very sandy which was slow going. The field stretched out and a few runners came past me. Fuel stations were about every 3 miles with gels, water and sport drinks. The accepted encouragement was to shout “Good Job!” to runners. This was done both by the spectators as well as the still competing runners in the final stage where you looped past them as you finish.

I spent most of the race battling with one lady and three other male runners. The course was mostly narrow and it took a spurt of speed to pass someone. In the end keeping ahead of all but one, I was very happy with the result finishing in 1:50:44 about 15mins behind the winner.

The finish area had three large trestle tables stacked with everything you could want to eat like flapjack, bagels, fruit cake, orange juice, glucosamine drinks, sport drinks, yoghurt, bananas, muesli bars etc.

As there was chip timing the winning results were quickly available, even before everyone had finished. Amazingly I was 11th out of 63 finishers, winning a medal as the top male in the 50-55 age group. It turned out that the only other guy in the age category was one of the ones I had been head to head against. There were lots of spot prizes as well ranging up to running shoes. I came away with a drinks and fuel belt. Folks were very friendly, chatting as we ate and watching the final ones finish. It was not as competitive as the general UK races are, hence my elevated position. However, at least I put the Stainland vest into a new arena - assuming nobody else from the club had done the Folsom race.

By Jimmy Smith



Good Job!

Trey presenting me with the medal.

PS Yvonne is now talking about going to Egypt in February for a week. Hmm, I see that there is the Luxor Marathon on 13th February 2009 and it is only 22k long.....

Chairman's Update Heath RUFC

Hi

Your current Chairman, Richard Fawthorp, thought it might be a good idea just to give you an update as to what's happening at Heath that maybe of interest to the Lion's runners membership.

I have been associated with Heath RUFC for 30 years now and have held just about every position of responsibility there is! I am now in my fourth year, in my current role, as Chairman and during that time I am very pleased to say the link between our two clubs has grown in a positive way reflecting the fantastic growth in your membership.

There have been several changes over the years some of which you will have physically observed others not so obvious. The not so obvious one's include representatives from the Lion's now holding a place on the Heath Management Committee and a reciprocation for me to guest, every now and then, on your committee to give them updates etc.

All the Lion's Chairman during my time have been very supportive and a big thanks must go to Colin, Geoff and currently Richard for developing a more structured relationship.

Profit from key functions that Heath hold like the Bikers weekend and Live 'eath have been ploughed back into the club and this close season you will have seen some refurbishment work within the clubhouse as well as the usual maintenance externally.

To date £10k has been spent this close season on key areas like replacing a 20 year old central heating boiler; full clubhouse redecc; new bar fixtures; upgrade of toilets; lighting; upholstery. Once we can afford to move onto the next stage then the balcony will be re floored with wood and an adjoining dance floor to finish the clubhouse off.

None of this would have been possible without £5k contribution from the Lions. It is well documented regarding my gratitude, on behalf of Heath for this money and I trust you will agree it has been well spent for the benefit of us all. In return both committee's are currently working hard to agree a Heads of Agreement document to give the Lion's more security for the time and now money that they have invested at Heath.

The driveway remains the missing piece in the jigsaw and I hope to have some positive news on this very soon. In the meantime I trust you are using the extended car parking facility to good effect.

Going forward it is mine and Richard's vision that we try develop a closer social link between the two clubs and as such we have initiated a joint cross club social committee to try move this forward. This could manifest itself in many ways including joint fun day; joint dinner dance; or just a good old fashioned knees up!

Both clubs continue to grow and indeed have enjoyed great success in their respective areas of sport. Long may that continue and I look forward to your continued support in the future.

Dave Grayson
Chairman
Heath RUFC.

Woodland Challenge



(Photography: Geoff Matthews)

This was Stadium runner's second hosting of the event and they were back with a big bank balance. A local woodland trail race with 300 capacity and chip timing would you believe it? With big name sponsors such as Ikea and Kingsgate behind them I was already thinking about the possibility of bagging myself a team prize!

Having pulled up in the car park I started to reminisce over my previous visit; a student house party in the University halls of residence. Need I say more? Anyway, the sound of the brass band reminded me of why I was there and actually filled me with a sense of true Yorkshire pride. It was an absolutely glorious day with the sun beaming through the trees which were full of autumn colours. I spied some Stainland vests immediately, you couldn't really miss them since we were around 50 strong. Well there wasn't just Grand Prix points to be had, the plethora of spot prizes was enough to tempt many a runner to spend their Sunday morning gasping around this two lap, undulating course.

The gun went off and the uphill start around the perimeter of the old asylum buildings (now mostly flattened) wasn't easy but you soon find yourself on the descent of the trail which passes through the woods. I'd already choked on Mags' dust in the first 500 m or so and I think that Karen Pickles must have been the only one in front of her but wasn't really sure where I stood. I strode out down the hill in the woods and whizzed past a Penistone Harrier lady and assumed I must now be 3rd lady. Through a few fields, over some stiles and a small section along the river and then we started the ascent. Now in fell running terms this is not a hill. But I think when you are racing, any ascent, no matter what the gradient, it feels like Ben Nevis. But then I've never climbed Ben Nevis so what the hell would I know. It was a short victory for me as the Penistone Harrier lady maintained her pace uphill and now I was eating her dust too. Assuming I was going to up my pace on the second lap I was maintaining my positive mental attitude and just grit my teeth to get to the top. The second lap arrived and I realised the change in pace was going the wrong way. Second time round that hill was a killer and it well and truly

finished me off. I think I only managed a grimace at the mad keen photographer hiding at the edge of the woods (you know who you are). But finishing fourth lady overall wasn't to be frowned upon and I was just pleased to see Mags pick up her prize for coming 3rd. To have been out with injury for the best part of the year only to come back into form after a few weeks and start sweeping up those prizes again shows real fortitude. Well done Mags and also to Aileen for adding to her mounting collection of 1st prizes for her category. I think a few others managed to go home with spot prizes too. Well let's face it, the odds were in our favour. Steve Hallam won some organic veg delivered to his doorstep and Alan Whitely a 2 hour session with a personal fitness trainer. All in all, it was a grand day out but I'm really dreading Geoff's photos popping up on the website!

Of course girl power struck again and I went home content with my portion of the team prize to add to the copious other little surprises to be found in the goody bag including a random tin of Branston(?) baked beans and an Ikea catalogue. Heads up for the penultimate road grand prix fixture, Guy Fawkes where we'll no doubt take 'em by storm all over again.

By Jessica Riley



(Photo taken from Stadium Runner's website)

Paras Challenge

Four Lions reported to the Catterick Army camp in North Yorkshire for a run with a difference, accepting an invitation to "Challenge the Paras".

James Carville, Andy Adams and Steve Crowther entered what was described as a multi-terrain endurance event, the race following the same route as the Parachute Regiments 'P' company selection ten mile route march, used by the Army for potential recruits into the Parachute regiment. All three completed in good times, James finishing in 1 hour 23 minutes, Andy in 1.33 and Steve 1.36

Meanwhile Karl Martin accepted the tougher "P Company Challenge" designed to check the fitness of those already serving in the regiment. This consisted of him running the 10 mile Cross Country Route, carrying a bergen (rucksack) weighing 35lb plus food and water whilst wearing military boots. Karl completed the hilly course carrying a total of 38lbs in 1 hr 49 mins and 56 secs, leaving him 4 secs inside the paras own cut off time!

All the proceeds went to 'The Airborne Forces Charity' & the 'Help for Heroes Campaign'.

By John Bassinder

Ronhill's 70th Birthday 5k Road Race

The time had come again for us to take the short drive over the hill into the outer edge of Lancashire to challenge our friends and rival's in Littleborough.

This meeting was no ordinary race, but a special birthday race to celebrate the 70th birthday of the British running legend Ron Hill.



The 25th of September was the 70th birthday of Great Britain's Ron Hill, one of the distance running world's living legends. During his competitive racing career, Hill won major Championships and set world records. Hill was also the first running great to launch an apparel company with his name on it. These days, Hill is perhaps best known for a daily

running streak - at least a mile a day - that stretches back to December 20, 1964. That gives him 15,984 consecutive days, counting today. Hill keeps meticulous running logs and has covered more than 151,000 miles since he began running in the mid-1950s. He lives in Hyde, England, just outside Manchester.

Stainland once again turned up in force for this early evening event with almost 45 members taking part. The race was slightly late in getting going but the weather was on our side and you didn't notice the darkness creeping in. Our first home was Mark Jones passing the post in an impressive 19mins 10 sec this giving him 49th position. He was then closely followed by John Bassinder in position 71 and a time of 19:45. Right on his tail and achieving first place in

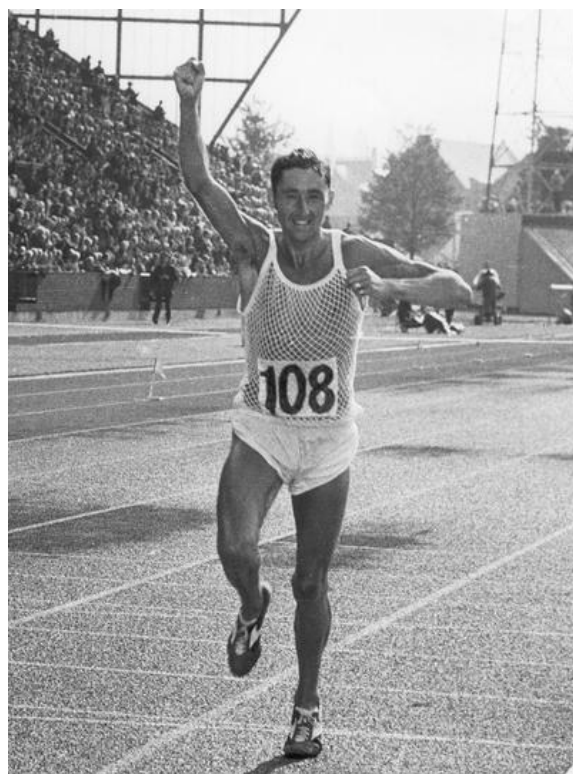
the ladies 35 category and third place for the Lions was Lorraine Naylor with a great time of 19:56. G D was the third male home narrowly beating the 20 min mark with a second to spare in 19:59. Just 22 seconds behind him was our second lady home Mags Jordan finishing in 20:21.

After the race all you could hear in the air was pants of never again, but the bets are that you all will be back next year. Ron Hill did a very impressive time of 26:02 and got first place on the first day of his new category, the over 70's. Keep it up Ron.

By Mags Beever



Left to right: Mags Beever, Ron Hill, Mark Jones and Lorraine Naylor (Photography by Mark Beever).



Lion's Lounge

In the spotlight

Name: Penny Fleming

Age: 44 (just!)

Occupation: Midwife

How long have you been at the club? 8 Years

Positions held:

Vice Chair 2002-2005

Chair 2005-2006

Committee Position 2006-present



How long have you been running?

I started running in 1984 in order to get fit for a Woman's Own 10K race and decided to join the newly-formed Halifax Ladies club.

I stopped shortly afterwards and started again in 2000... the rest is history!

Most embarrassing moment: I have had several 'moments' but probably the one I'm most renowned for is getting lost on the Pub Relay in 2006. I managed to miss the canal and wander into Lowfields Business Park and got caught on CCTV as a trespasser! The next thing I heard was a loud voice on the tannoy asking me to "remove myself" from the premises.

Fondest memory: I have many of these but the best one must be completing my first London Marathon. I'd always wanted to do this before I was 40 and so crossing the finishing line was truly memorable.

Worst memory: Sustaining a broken toe during my final long run whilst training for the Dublin Marathon in 2004.

Favourite non-club route: Since moving up to Old Town last year, I love running round the local area and never get bored with the scenery. Anyone who did our 'Away Run' in May will understand what I mean.

Favourite Race: I loved the Florence Half Marathon. About 20 of us from the club went over in 2001 – it was a great weekend with excellent company and truly scenic.

Recommendations -

Type of shoe: Saucony (I changed from Asics last year)

Favourite Kit: Vaseline for all the bits that rub!

Running Tip: Always listen to your body – runners being notoriously bad for training with injuries.

Statistics:

How many times a week: Very variable at the moment but ideally 2-3 times.

Average pace: Around 10 minute miles – nice and steady Eddie!

Average weekly mileage: Anywhere between 0 and 100!!!!

Personal Bests:

Distance/Race	Time
10K Woman's Own Nike fun run (1984)	42 mins
½ Marathon, North West in Blackpool (2005)	2 hrs 4 mins
Marathon, London (2001)	4 hrs 35 mins

Photo of the Month



(Photography by Geoff Matthews)

Geoff's click-happy photography skills made it a difficult decision for this month's winner but I just had to put his one in. This is last year's kit queen Avril Smith and husband Pete Smith AKA Bagman. They thought they'd found a secluded little corner but our keen photographer was hiding between the rose bushes.



Name Trevor Murgatroyd

Age 46

Occupation Lecturer in Fabrication

How long have you been a member of the club?

4 years joined to get fitness up and weight down. Hasn't worked but I enjoy it.

Position held

Fell Captain, BBQ chef when using proper charcoal

How long have you been running?

4 year but played rugby at Stainland for 16 years up to my mid thirties

What is your most embarrassing moment associated with the club?

None yet

What is your fondest running memory and what is your worst running memory?

None

What is your favourite (none club) route?

Either fell 10 mile from Buckstone to Pule hill or 12 mile trail route round ove Blackstone edge.

Which are your favourite races and why?

Any fell race because every hill is a challenge and the conditions, terrain or weather always add to the run.

Tell us something funny, embarrassing or secret about yourself?

Rivington Pike, a new pair of Ron Hill shorts, and me running at quick as I could in to the finish. A big crowd was cheering and all smiling, a local lad then pointed out that my undercarriage was on full display.

If you could pick anyone in the world (apart form your nearest and dearest) who would you most fancy?

Stella

What is your worst habit, behaviour or vice?

Blue Tenants and Chocolate

Favourites

Food: Fillet steak well done with peppercorn sauce

Film: Rambo

Drink: Timothy Taylor's Landlord hand pulled

Music: Meatloaf, Bat out of hell

Pastimes: (Apart from running) Family, cycling and rugby league

Book: Feet in the clouds

Talents & Skills

Talking and drinking

What are your running plans for the coming year?

Drop weight to 12 $\frac{1}{4}$ stone, do Ben Nevis again, do one medium 'A' class fell race per month.

Recommendations for shoes

Inov 270 for muddy or steep courses

Walsh for Lakeland running

Inov 320 for trail running

New Balance or Mizuno for that horrible black stuff

What is you favourites bits of running kit?

Views and the social side.

Or

Shoes and Bumbag

What is your best running tip?

Planning both training and races

Failing to prepare is preparing to fail.

Statistics

When/ how many times a week do you run?

3 to 5 always including one hill session per week

What is your average pace?

Ha Ha Ha Don't give it a second thought, depends on terrain.

What is you weekly mileage

20 to 30 ish

PB's

Finishing in the top half of the Stoop fell race.

Enjoying every fell event I run.

Notice Board

Dates for your Diary

Great Cumbrian Run

½ Marathon, Sun 19/10/08, 9:30 am
The Sands Centre, Carlisle
www.thesandscentre.co.uk Cost £16/18

Green Drive Five

Sun 19/10/08, 11 am
Lytham CE Primary School, Lytham,
Flat, country road race. www.lythamrunners.org.uk

Standish Hall Autumn 10k

Sat 25/10/08, 2:30 pm
Hesketh Arms, Wigan. www.wiganphoemix.org.uk. Cost
£4/6

Halloween Hellraiser 8

Sun 26/10/08, 9:30 am
Crewe Vagrants, Nantwich
www.southcheshireharriers.org.uk cost £7/9

Swim Run Race Series -Race 1

Sun 26/10/08, 10 am
Snowhill Swimming Pool, Nantwich
www.uktriathlon.co.uk cost £20

Holmfirth 15

Sun 26/10/08, 10:30 am
Holmfirth High School, Holmfirth
www.holmfirthharriers.com/infholmfirth15htm Cost £10/12

Great Whernside

[Fell Grand Prix event]

Sat 01/11/08, 11:30am
15 4 miles, 1555ft ascent.

More details on the Grand Prix web page

Guy Fawkes 10

[Road Grand Prix]

Sun 02/11/08, 10:30am
Everyone's favourite 10 mile road & trail race at Ripley near
Harrogate. Road shoes recommended,
www.niddvalleyroadrunners.co.uk cost £8/10

LBT cross-country From Temple Newsome

Sun 16/11/08 11am, Leeds
The first event in this season's West Yorkshire Cross-
country league

Thorpe Park 10k

Sun 16/11/08, 10:30 am
Thorpe Park Holiday Centre, Humberston
www.thorpepark10k.co.uk costs £7.50/9.50

Help The Aged Leeds Abbey Dash 10k

Sun 23/11/08, 9:30 am
Leeds City Centre
www.helptheaged.org.uk/dash cost £15/17

Swim Run Race Series -Race 2

Sun 23/11/08 (provisional date), 10 am
Snowhill Swimming Pool, Nantwich
www.uktriathlon.co.uk cost £20

Bluebell Trail 2009

Just a little note, I felt inspired to write after completing the Woodland Challenge on Sunday – which I think everyone who took part will agree was a fantastic event, well organised, friendly marshals, wonderful goodie bag. All points which we can equal but they had an awesome number of sponsors, which we lack for our Bluebell Trail. So please if anyone can help out with any sponsorship, this year 25% of the profit from the Bluebell, will be going to Overgate Hospice in Elland. Please contact Alan Gibson, Mary Cowling or me Carol Lord if you can help in any way with sponsorship.

Come on Stainland Lions – lets see what we can achieve if we all pull together.

Many Thanks in anticipation of your help
Carol

PS. A note for your next year's diary – **Sunday 3rd May – Bluebell Trail**

Early Bird Runs

Just a quick reminder about the “Early Bird Runs” from the Moor on Thursday evenings. These one hour sessions set off at 5.30 pm and are an ideal option for anybody who may have things other than running to do later in the evening [!]

They can also be very useful to anyone wanting to increase their mileage for Marathon training etc. as you can carry on running down to Heath afterwards and continue with the 6.45 session [isn't this club thoughtful?]

Thanks
Penny

Annual General Meeting (AGM) 8th January 2009

As club members this is your chance to make a difference to how your club is run. Job descriptions for each committee role will be published in next month's newsletter to help you decide on who you think should be nominated.

Annual Dinner - 16th January 2009

A chance to unwind and shake your booty on the dance floor! Watch this space...

Congratulations

At the England Athletics Yorkshire and Humberside Club Awards 2008 at the Headingley Experience in Leeds, Mary Cowling was nominated for 'Volunteer Of The Year' and won this category and was presented with a large silver cup.

Mary does a lot of work behind the scenes and never makes a fuss. Especially all the hard work with making the Bluebell a massive success and the great ideas for the 20th Birthday Celebrations. Everyone will agree nobody in the Club deserves this award more and Mary is an ideal winner.



Mary and Hubby

(Photography: Geoff Matthews)

Here's what Mary had to say:

Dear All,

I'm not sure who I should be thanking directly so I've decided to sent this to all.

Basically I just wanted to say a huge thank you for nominating me in this year's Awards in the "Volunteer of the Year" Category. I did manage to bring some honours home to the club as I was joint 1st and I have to say it was totally unexpected having read the details of the other finalists.

Given that our club has such a wealth of fantastic volunteers it is truly an honour to be the first to be put forward for this particular category. I'm sure there will be many more nominations in future years and I hope that if one of you are nominated that you enjoy the occasion as much as I did.

Thanks again
Mary.



Left to right: Geoff, Penny, Mary, Richard and Angela

Martin House Hospice

Our Club showed its continuing support for Martin House Children's Hospice by handing over the latest cheque for £2900 from the Boxing Day fun run. Martin House recently celebrated its twenty-first birthday and looks after terminally ill children from all over West Yorkshire, including Calderdale. Richard Fawthrop said the club has always been proud of its long association with the Hospice, and the fact that the latest donation takes the total raised over the years to over £30,000.

Accepting the latest cheque on behalf of Martin House, their community fundraiser Amanda Carter spoke of the work of the hospice and praised the efforts of our runners. She said the Hospice was equally proud to be associated with the club, and especially the fact that Stainland have now given donations going back twenty two years, helping with the Hospice even before the doors actually opened.



By John Bassinder

Top Tips

Fell Running

Since the fell grand prix is fast approaching its final race a new league and a new list of races are on the horizon. The grand finale of the Fell Grand Prix is set for 1st November at Great Whernside. Following the Wind Gather race where there were six still in the running for top spot, it's now down to G D and Karl Martin who will be battling it out to the bitter end. But all is not lost for the other likely lads as third place is still up for grabs.

If you're a new member and never tried fell running, why not try Great Whernside as a taster for next year's league? One thing that fell running has is breath taking views which very few road races can match. In addition, you can pay more for a pint down south than for entering a fell race up north which means for the same price as road race you can run a fell, have a pint at the end and still have change in your pocket. Great news for the Yorkshireman.

The Great Whernside is a category AS fell race having 1555 ft ascent over a total of 4 miles. However, there may be a few members who like me are not abreast with fell jargon and so I've found this on Wikipedia (apologies in advance for the mistakes) to help unravel what it all means:

Courses are categorised by the amount of ascent and distance.

Ascent categories:

Category A: At least 250 ft (76.2 m) of ascent per mile (1.6 km), should not have more than 20% of the race distance on road and should be at least one mile in length

Category B: At least 125 ft (38.1 m) of ascent per mile (1.6 km) should not have more than 30% of the race distance on road

Category C: At least 100 ft (30.5 m) of ascent per mile (1.6 km) should not have more than 40% of the race distance on road should contain some genuine fell terrain

Distance Categories

Category L for Long - over 12 miles (19.3 km)
Category M for Medium - over 6 miles (9.6 km)
Category S for Short - less than 6 miles (9.6 km)

Additional categories

Category O: Also known as a Long O event checkpoints are revealed to each competitor when they come up to a "staggered" start entry by choosing an orienteering type class, such as a Score-O event and often as a team of two (pairs)

Category MM: Events also known as Mountain Marathons and Mountain Trials similar to Category O, but multi-day events, in wild, mountainous country. Competitors must

carry all the equipment and food required for the overnight camp and subsequent days. Entry is usually as a pair.

Footwear

Modern fell running trainers use light, non waterproof material to eject water and dislodge peat after traversing boggy ground. While the trainer needs to be supple, to grip an uneven, slippery surface, a degree of side protection against rock and scree (loose stones) may be provided. Rubber studs have been the mode for two decades, preceded by ripple soles, spikes and the flat soled 'pumps' of the fifties. Walshes are extensively used by many UK runners, especially in the Lake District, where their sole pattern gives excellent grip on steep grass. Shoe manufacturers such as Montrail are also leading the chasing pack to try to make better and better shoes to compete with Norman Walsh's design.

By Joe Bloggs

Ditch the Stitch

Every runner has experienced the dreaded side stitch, a sudden sharp pain in the side of the upper abdomen at the base of the ribs. The pain is caused by a spasm of the diaphragm, the muscle that controls your breathing. A stitch will usually go away quickly after slowing down or stopping, but even on the run, you can often make it go away by bringing your breathing into careful control. Concentrate on belly breathing, pushing your belly out when you breathe in and relaxing it as you breathe out. Take deep breaths on the intake, and exhale suddenly, even noisily. To get the diaphragm to contract in rhythm with your steps, try to inhale and exhale as you land on your left foot.

By John Bassinder

The Tempo Run

What is it?

A tempo run is a run that is done at a fairly steady, moderately fast pace. They are controlled steady efforts, not burn-ups or mid-week races. It is also known as a lactate-threshold run. "The foundation of Kenyan running is based almost exclusively on tempo training." (Toby Tanser, Coach & Marathon runner, <http://www.tanser.org>)

Why do tempo runs?

Tempo runs will help your basic cruising speed of running enabling you to sustain speed over distance. It trumps track sessions in longer distances and is more important than speed work for half and full marathon races. In a typical training week very little running is done at or near race pace. Hills and grass/track reps are done faster and recovery runs and Sunday runs are done slower. The tempo run is done at something nearer to race pace and will therefore get your heart, lungs and legs used to running that little bit faster. Tempo running improves metabolic fitness. Most runners train their cardiovascular system to deliver oxygen to the muscles, but not how to use it once it arrives. Tempo runs teach the body to use the oxygen for metabolism more efficiently

How?

By increasing your lactate threshold (LT), or the point at which the body fatigues at a certain pace (More on lactate thresholds next time).

It is important to try to get into the routine of doing these tempo runs, progress from this type of session is gradual. There should be a gradual increase in the effort/speed of these tempo runs. If starting now the full benefits will not be shown until February/March so the message is to stick with it.

How fast is a tempo run?

For those that have already raced over distances such as half marathon it is about that sort of pace. You should just about be able to have a brief conversation. You should run at the pace that is correct for you.

It is not a flat out effort; you should be able to complete the tempo run in such a state that it will not exhaust your session the next day.

How long are the tempo runs?

This will depend on your fitness, age and experience. They will vary from 4 to 8 miles.

By Jessica Riley

That's all folks