



The Lion's Tale

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

Comments from the Chair

Welcome to the start of a new era of the Stainland Lions Running Club Newsletter. I'm sure the whole Club is delighted that John Bassinder and Jess Riley have taken over the reigns of this long running feature. I am sure they will bring the perfect combination of experience and youthful energy to the Newsletter, not to mention that they are two of the best runners in the Club!

In addition to John Bassinder's new role with the newsletter he has also done a fantastic job on the publicity side of things. On nearly every Thursday in the Courier John has written a race report of all the activities of the Club for the past week. It highlights how far and wide our members travel and on all sorts of terrain.

Well, although it has been a very wet summer we have been very busy. Many thanks to Colin for organising the summer handicap and pub relay events and congratulations to the winners. I'll see you at the Annual Ball in January!!

The big event of the summer was the 20th Birthday Celebrations on the 12th of July. The day started with 11 of us staring up at the Red Lion, our spiritual home, to run the first part of the Stainland 7. Once down at Heath, our main HQ, we joined about 20 to 30 other members to run the Bluebell Trail. The weather was kind and we all enjoyed the view from the top of Beacon Hill. After a quick beer we joined even more members to finish the Stainland 7. This was the hardest part starting up to Barkisland with cold legs and a cold beer in the stomach, I found this very hard. However I eventually finished just in time to start the Boxing Day Fun Run. In total, about 8 of us ran the full 21 miles before having a buffet back at the Red Lion.

The evening was a very special occasion welcoming old members back for live music, food, dancing (not for me as my legs were bad) and finally a presentation to the founder members and a special gift for Colin for his many years involvement to the Club. The whole day was thanks to the idea of Mary Cowling and the help of many members giving up their time to make it a special occasion.

I have been delighted this year how the track sessions down at Spring Hall have continued thanks mainly to the hard work of Gavin Dodd and Damien Cole. The improvement in our faster runners has been marked with our Ladies regularly winning the team prize at a variety of events. We have also held circuit training down at the track for most of the summer thanks to Brian Burgin's coaching expertise. At the same time we have increased our level 1 coaches by four. Our new assistant coaches are Susan Gledhill (Coach Co-ordinator), Jon Pridgeon, John Bassinder and Jess Riley. It is great to see members putting their own time and efforts to develop the Club further.

One area that has concerned me for a while is whether as a Club we are looking after our fastest runners. We all know that some of our top runners have gone the way of the Fells but still like to come back and run road and cross-country for us. As a result we are attempting to structure the Club nights so that all members get out of it what they need. Our faster runners need to train for races by going further or faster and without stopping. What we really need from our 300 members is Run leaders at every Club night. The more people who do this the less pressure other members feel to always think of a route each week. At the end of the day we are all volunteers giving up our time for free. We just need more volunteers to spread the load.

On the Social side Jon Pridgeon has organised a number of very successful rounders/football BBQ's and some well attended Pub crawls. However, at the Summer Ball on the 5th of September at the The Design House, Dean Clough he and his social committee really excelled themselves. Great food, good venue, lively atmosphere, well attended and how the wine did flow. Angela and I got sat on a really boozy lots table but no harm done and I think all partners are now talking to each other again.

The Club continues to develop and grow. This year we have once again grown to over 300 members and with a Club that size we have needed to develop the Club constitution to include disciplinary procedure and validation of members ID. The committee has agreed that from the 1st of November all new members will have to present documentation including passport and proof of address. These measures sound extreme for a friendly Club as ours but with bad experiences this year we have no choice. The changes are for the safety and protection of all our members.



Every now and then a personal quest comes to the attention of the Club and this year many of us were moved by Georgina Oliver who was trying to raise funds for a racing wheelchair to compete in the National Trials. After dragging our feet a little by trying to involve the Council another company made a substantial contribution. However I was delighted that John Bassinder, Aileen Baldwin and Lynne Broadbent held events that raised money for this appeal.

The monthly away runs continue to be very popular with a good variety of runs, all over the area and finishing at a friendly pub serving food and drink. A big thank you to Debbie Rawnsley who has been organising these events this year. Unfortunately Debbie is stepping down from this position and we are looking for a new member to organise these events.

On the 31st of August 50 Stainland Lions ran in Alice's race which is a multi-terrain 10k race to gain valuable points for the Grand Prix but also as one of three races that the Club funded this year we will be making a donation of £400 towards the Epilepsy Association. Thank you for your support in this event!

After we all recovered from our hangovers it was back to one of the things we as a club do best by putting on another First Class race, the Stainland 7 and this year's Fun Run. A great deal of members helped Gavin Dodd's team to put on a very slick well organised and financially very successful event. A big thank you to Gav and all members who helped out. On the running side it was fantastic to see Ben back in Club colours to win the first place for the men, Mags Beever come second in the Ladies race and Aileen win her age category.

As many of you will have seen the Heath Clubhouse has had a major face lift thanks to the major contribution of £5000 by our Club. A new boiler, electrics, paintwork and a refurbishment of the toilets has taken place. I am delighted that a good group of members are going in for a drink after the Thursday runs which when I joined the Club four years ago never happened. The next monthly members meeting will take place on the 2nd of October when we hope to appoint a new Vice-Chairman and therefore Chairman for next year!

We are now almost entering what I find one of the best parts of the running calendar. I really enjoy the Sunday reces of the Calderdale Relay legs leading up to the race its self on the 14th of December and also the start of the Cross-Country season on the 16th November. Both of these events are open to all members, cost the members no money and have such a variety that all runners can take part in them.

Keep on running and more importantly wear high visibility clothing this winter and try to stay on your feet!!

Cheers

Richard

Captain's Log Results

Thorpe Edge Festival 10k	06-Jul-08	Warren Thomas	Finished
68 Fran Nowell	52.45	Richard Fawthorpe	Finished
		Jimmy Smith	Finished
Eccup 10, Leeds	13-Jul-08	Gareth Duckworth	Finished
346 Fran Nowell	01:26:56	Craig G	Finished
435 Ben Paolozzi	01:32:29		
Yorkshire Vets AA Grand Prix 2008		Pudsey 10k Challenge	27-Jul-08
Race 7, West Vale 6.2 m	16-Jul-08	42 Lorraine Naylor	00:44:07 1 st F&F35
2 Lorraine Naylor	44.49	57 Mark Jones	00:45:36
35 John Bassinder	46.28	75 Graham Dyson	00:47:05
60 Antony McManus	52.15	81 Steve Turner	00:47:24
67 Alan Whiteley	53.39	133 Mark Preston	00:50:57
72 John Ingles	54.55	146 Aileen Baldwin	00:52:09 1 st F55
78 John Hirst	57.07	153 Karl Martin	00:52:37
84 Paul Costello	59.35	167 Anthony McManus	00:53:31
87 Ian Appleyard	61.55	172 John Hirst	00:53:38
93 David Bottomley	64.50	173 Rebecca Sanderson	00:53:42
Andrew Adams	dnf	176 Susan Gledhill	00:53:59
		208 Steve Hallam	00:56:30
Tough Guy	27-Jul-08	217 Paul Costello	00:57:07
John Bassinder	Finished	241 David Wetherell	00:58:51
Steve Boyer	Finished	244 Helen Fay	00:59:19

257	Angela Fawthrop	01:00:22	
273	Ian Appleyard	01:01:44	
278	Andrew Adams	01:02:26	
279	Lindsay Sykes	01:02:32	
294	Steven Crowther	01:03:38	
328	Carol Lord	01:06:51	
340	Ray Mooney	01:07:38	
350	David Swarbrick	01:08:54	
352	Judith Greenwood	01:09:13	1 st F60
360	Sue Aitken	01:10:56	
371	Joanne Hirst	01:12:41	
397	Natalie Graves	01:18:11	
407	David Crowther	01:24:46	

Idle Trail Race 10k 03-Aug-08			
73	John Kershaw	48.15	
102	Aileen Baldwin	51.05	1 st F55
105	John Ingles	51.14	
140	Steve Hallam	54.42	
188	Caroline English	57.46	

Askern 10, Doncaster 10-Aug-08			
183	S Dean	78.52	
204	D Waite	80.51	

Frank Hodson Saddleworth 6 13-Aug-08			
144	Karl martin	46.43	

Race the Train - Quarry Challenge 16-Aug-08			
103	Karl Martin	53.06	
129	James Carville	55.33	

Belper Rugby Rover 30K, 17-Aug-08			
112	Helen Lambert	02:52:20	
167	Diane Waite	03:08:10	
189	Linda Murgatroyd	03:14:23	

Cinnamon Lodge Chase 6 20-Aug-08			
58	Tracy Dean	51.26	
61	Maria Harron	51.52	PB
64	Diane Waite	52.46	
81	Lindsay Sykes	63.06	
82	Mark Preston	63.06	

Norland Moor Trail Race 24-Aug-08			
20	Keith Hutchern	52.14	
29	Mark Jones	53.36	
37	Lorraine Naylor	54.53	1 st F35, TP
38	John Bassinder	54.58	
47	Jessica Riley	56.52	TP
63	John Ingles	61.47	
65	Aileen Baldwin	62.14	1 st F55, TP
74	Antony McManus	64.16	
76	Steve Boyer	64.56	
80	Susan Gledhill	65.27	
95	Diane Waite	68.49	
97	Steve Hallam	69.52	
100	Paul wallis	70.3	
119	Judith Greenwood	86.27	1 st F60
120	Richard Brear	86.37	

Littleborough Lions 5k Fun Run 26-Aug-08		
28	Antony McManus	00:22:01
31	Mark Preston	00:22:18
44	Joanne Kitcher	00:24:10
58	Lindsay Sykes	00:26:45

Alice's Run 10k 31-Aug-08			
21	Mark Jones	0:43:58	
27	John Bassinder	0:44:54	
33	Jess Riley	0:45:58	1 st F
39	Mags Beevers	0:46:54	3 rd F
41	G D	0:47:17	
43	Jon Pridgeon	0:47:34	
48	Steve Turner	0:48:17	
52	Emma Fawcett	0:49:07	
56	Jimmy Smith	0:49:36	
59	Mark Preston	0:50:00	
56	John Ingles	0:50:13	
66	Aileen Baldwin	0:50:26	
73	Karl Martin	0:51:07	
64	Alan Whiteley	0:51:14	
71	Tony McManus	0:52:07	
93	Sue Gledhill	0:53:10	
	Jo Kitcher	???	
97	Steve Boyer	0:53:37	
	Nicola Sabey	0:54:11	
105	Paul Costello	0:54:13	
106	James Carville	0:54:31	
107	Steve Hallam	0:54:31	
109	Iain Threkeld	0:54:48	
111	Peter Bebb	0:54:55	
118	Brian Conroy	0:55:38	
119	Sarah Smith	0:55:42	
126	Lynne Davis	0:56:13	
129	Paul Wallis	0:56:35	
132	Jonathan Taylor	0:56:44	
	Lesley Henderson	0:57:29	
141	Alan Gibson	0:57:35	
142	Sharon Carter	0:57:35	
143	Johnathan Pybus	0:57:36	
146	Andy Adams	0:58:30	
150	Ray Mooney	0:59:05	
152	Deborah Smith	0:59:29	
153	Julie-Ann Paterson	0:59:32	
156	Steve Crowther	0:59:42	
159	Angela Fawthrop	1:00:04	
162	Ben Palozzi	1:00:34	
164	Lindsay Sykes	1:01:02	
165	Anne Malloy	1:01:37	
173	Terri Conroy	1:02:50	
176	Karen Thorne	1:03:04	
184	Carol Lord	1:04:06	
190	Sue Aitken	1:04:52	
201	Judith Greenwood	1:06:19	
203	Janet Bebb	1:06:46	
218	Nicola Lay	1:09:23	

221 Richard Graves 1:09:43
 224 Liz Foster 1:10:49
 233 Julie Hey 1:14:38
 235 David Crowther 1:14:59
 240 Robin Cresswell 1:17:40

Stainland 7 07-Sep-08

1 Ben Mounsey 00:41:34 1st M
 15 Mark Jones 00:49:43
 22 John Bassinder 00:50:48
 26 Mags Beever 00:51:58 2nd F
 29 Sylvain Husson 00:53:21 3rd LAP
 38 Alan Whiteley 00:55:48
 42 Aileen Baldwin 00:56:30 1st F55
 47 Mark Preston 00:58:34
 49 Antony McManus 00:59:24
 52 Sandy Gee 01:00:17
 53 Elise Milnes 01:00:33
 56 Steve Boyer 01:01:48
 57 Andrew Gaukroger 01:01:58
 59 John Hirst 01:02:25
 62 James Carville 01:02:55
 65 Paul Costello 01:03:49
 68 Fran Nowell 01:04:47
 69 Joanne Langley 01:04:51
 70 Ian Thredkeld 01:05:03
 76 Thomas Pellett 01:06:22
 79 Steve Turner 01:06:50 3rd LAP
 84 Paul Wallis 01:07:54
 85 Catherine Mellor 01:08:08
 90 Joanne Patterson 01:09:15
 92 Steven Crowther 01:09:40
 94 Chris Tetlow 01:10:12
 96 Ray Mooney 01:11:20
 102 David Wetherell 01:14:10
 103 Ian Appleyard 01:14:45
 104 Sue Aitken 01:14:51
 106 Clive Siddall 01:15:51 3rd LAP
 107 Judith Greenwood 01:16:52
 114 Will Browne 01:18:28
 115 Richard Brear 01:18:45
 117 Ian Shaw-Peters 01:19:44
 119 Joanne Hirst 01:20:38

Ben Nevis Race 2008 07-Sep-08

366 Linda Murgatroyd 2.46:50
 400 Trevor Murgatroyd 2.55:31

Exterminator 2008 07-Sep-08

157 Karl Martin 3.45:35

Trafford 10 k 07-Sep-08

157 Diane Waite 45:46:00

PB Corner

Cinnamon Lodge Chase 6 20-Aug-08

61 Maria Harron 51.52 PB

!!CONGRATULATIONS MARIA!!

Grand Prix Results

Road

Results after event 9

Div 1	1	Lorraine Naylor	113 pts
	2	John Bassinder	108 pts
	3	Graham Dyson	105 pts
Div 2	1	Aileen Baldwin	111 pts
	2	Karl Martin	110 pts
	3	Jess Riley	95 pts
Div 3	1	Jonathan Taylor	109 pts
	2	Peter Bebb	89 pts
	3	Alan Gibson	87 pts
Div 4	1	James Carville	144 pts
	2=	Steve Crowther	132 pts
	2=	Andy Adams	132 pts
Div 5	1	Joanne Hirst	83 pts
	2	David Swarbrick	64 pts
	3	Angela Fawthrop	59 pts

Fell

Results after event 12

1	Graham Dyson
2	Karl Martin
3	Richard Fawthrop
4	Tony McManus
5	Paul Rawlinson

Unfortunately points for the fell grand prix are not yet available but apparently there are 11 people still in the running for top spot. Next race is Lantern Pike (see notice board) and you even get a free entry into the sheepdog trials.



Runner's Rambles & Race Reports

Toughguy 2008...

I really can't remember whose idea it was, but we'll blame Steve Boyer anyway. The message appeared on the forum just after Christmas when things are a bit dull and July seems a long way off, so no harm in agreeing to anything, no matter how stupid, because it will never happen. The thing was, Steve and our venerable chairman had done "Tough guy" before, and they were both still here, Richard said it was fun, and if we can't trust him who can we trust? Had a look at it on the internet, must admit it did appeal, chose to ignore all the bits about the event being refused insurance, the need to sign a death warrant and so on, just hype. So six of us, Steve, Richard, Jimmy Smith, Warren Thomas, Gareth Duckworth and me sent £60 each to "Mr Mouse's Farm for the unfortunates", and forgot about it, because we knew July would never come.

It wasn't until summer... July to be honest, that realisation dawned. Had another peek at the clips on "Youtube", and it somehow looked totally different, and not in a good way. Steve kept mentioning "upper body strength", I was too busy running to think about that, best policy at this stage was to imitate the ostrich [No... I didn't adapt its running style, I simply buried my head]. So, on 27th July, we met at 7.00am, and drove down to Wolverhampton, we discussed our race preparation on the journey, some had managed to get to the Gym, I had attempted some press ups, and one person had prepared by watching the latest Rambo film the night before [I won't name and shame him, he is the Chairman after all].

And so to Mr Mouse's farm. 150 acres in a beautiful setting, far removed from anything you would imagine about Wolverhampton, and there was Mr M in person, helping to guide the 5,000 entrants and their 10,000 supporters on to the car parks. It was the hottest day of the year and the farm resembled a wild west town, log buildings and dust everywhere, and people, thousands of

people, and most looking extremely fit [as in athletic].



We registered, got our Squad numbers, "passport to heaven" it said on the envelope, the "Front squad" lined up first, serious types setting their stopwatches under the impression it was a race, then the "Toughguy Teams", "Wisitors", [not a typo], "Gween teams", "Wetnecks" [us] "Wobblemuckers", "Dickheads", and "Late Buggers". Don't fully understand how they work out your place, but it's printed on your number and Lord help you if you try to get ahead of your squad, cheats get clapped into the stocks on the starting hill until the rest of their squad had gone. All six of us were together at the start and as the band of kilted pipers were playing, and the flares and smoke bombs went off, so did we, hell for leather down a steep hill with several thousand dickheads and late buggers very close behind.

The running became easy when we got on to the flat, but then somebody had left some poles [wooden logs, not waitresses] across the path, and the hurdling started. Then up and down the hillside slalom before hitting the woods and squirming under cargo nets. Still, so far so good, but then we came out from under one net on our backs only to hurtle into a muddy ditch up to our waist, out, then the same again, this time up to our chest. That's when you realise all the talk about "taking your life in your hands, not much health

and safety etc” is for real, and that’s about when you break into a big grin and see everyone else doing the same. There’s something refreshingly, stupidly reckless about taking adult responsibility for behaving like a big kid.

It’s billed as the safest most dangerous race you can do, and the course just gets more and more manic. Running through burning straw bales, swimming in and under filthy muddy water, walking off the plank and dropping into muddy lakes, scrambling through tunnels of tyres and pipes, climbing over log walls and thirty foot obstacles. Army and fire cadets help you get round by flour-bombing and turning hoses on you, you try to shrink to crawl under the barbed wire, and stretch so can reach an upper rope, whilst keeping your feet on a lower one and walking across a 100 foot span 10 feet above a lake, [many didn’t succeed]. There’s an exotically named “Swamp”, now I’m no farmer but I know slurry when I taste it.



There are too many obstacles to detail, something to frighten everybody, and an exhilarating feel when you overcome your particular fear. It’s difficult to keep in a group with the numbers, but we split into two with Gareth and Warren finishing together and the rest of us coming in about ten minutes later. Medal, mug of tea, communal mass showers, and then a feeling of total anti-climax. It’s a unique event, should definitely be on everybody’s “must do” list. Somebody once said you should do one thing every day which frightens you, I’m ok now until Christmas, I’m still grinning when I think about it, still haven’t got all the mud off [least I think it’s

mud], but I should be clean again in time for next July.



John Bassinder.

From and for those at the back...

Some months ago, I raised the possibility of Lions undergoing a little Ch'i Running. The idea's life was as long as that of a lead dolphin. Why? I asked myself this question on a warm afternoon on a hillside near Stainland. I was alone. I may have been sniffing the 'erbs, as they say locally. The answer came as in a dream . . .

Ch'i running is naturally happy; ch'i might be chirpy running, or chipper running or cheery running. Whatever it is it is contentment on legs. We, however are from Yorkshire and are built of sterner stuff. We live far from the metropolitan highlights and big cities such as Elland. Stainland is a small and older Yorkshire community. We are, I think, naturally dour. Misery runs through our veins as does treacle through a sandwich. We need something closer to our true nature . . .

It was at this point when, as if in Alice in Wonderland, I turned my head to see a strange apparition before me. He or it or she - defied rational description. Entranced, however I listened to his wisdom as it dripped like banana and honey from a sandwich on a very hot day.

G'lum Running

We start from two facets of our local countryside. We have hills. They are not very big as the world outside would find, but they are often steep. The second is that, as has often been remarked, we wait for the rains to venture off road. Give us mud and a steep hill. We do not mind.

My apparition demonstrated to me his new style of running - designed for just our area. It consists of running on all four limbs. The Uppies would call it running on hands and feet. You simply go back to the more natural gait for all mammals. We humans have mistakenly taken to calling our front feet 'hands'. We have in fact four feet. The more advanced and speedy technique is to g'lallop along. He demonstrated to me how, as he ran in this way faster and faster, feet numbers three four would land slightly apart in time but in front of feet numbers one and two. Feet one and two would then reach forward a substantial distance landing lightly to take the weight and to start again.

This, he said is what our bodies are made to do. This is how we are meant to work. Think how a child runs at its most natural - when it is about a year old. It uses all four legs. Only as it learns that it has to 'fit in' with society does it descend into the use of only two legs - deskilling the front paws - restricting them only to socially 'acceptable' uses of fetching and carrying.

G'lum running on the other hand leaves us closer to the soil. It is perfect for running up hills, and even the g'lumest runner will feel the thrill of a downhill four legged chase. Up hill, the tactile agilities of our opposable thumbs soon reveal to us that grass is just meant to be grasped - indeed he referred me to one rather academic theory that our phrase 'grasping the nettle' derives from a racial memory of the days when g'lum running was supreme. The steepest hill becomes a mere bump for a true g'lum runner. With all four feet attacking the climb together, progress flows like . . . well you have that point now.

Both Up'ill and down'ill then, g'lum running rules; but there is more. Old fashioned 'Uppy' runners

suffer all sorts of mishaps and injuries which are avoided by the g'lummers. A g'lum runner's weight is distributed over four points - not just two. Therefore the weight, the stress and the damage is halved. No more the gammy knees or shin splints, and definitely never, ever at all, any plantar fasciitis.

For the mud, this means also less of that sinking feeling. At slower speeds, 'under the g'loppy', we come to what my friend called the g'loopy style of travel. Through mud, the practise is to leave three feet down, and lift one foot in turn to travel forwards. Never again will you lose a shoe in the mud. Your weight is at all times carried on three points rather than one, reducing to a third that familiar sinking feeling. No more will you limp home for a run with Judith having lost a shoe in the mud - 'I've been glooped.'

Old g'lum face went on and on for the afternoon. I cannot now remember all that he said, but some high points are below:

1) Cold hands. Remember how you got cold hands as an 'uppy'? No more. There is nothing as nice and warm for your hands on a crisp day as a fresh cow pat.

2) G'lum running is an 'ole body exercise. No longer will runners look like nobbly kneed twiglets. Rather they will build both upper lower body strength.

3) God gave you a nose. He gave runners a mouth for breathing and a nose for whiffing. A nose cannot whiff well from six feet above the ground. When left behind by the pride of others Lions, you need your nose close to the ground to follow them home. Look for that typical mixture of stale sweat, beery breath and brown leg paint.

4) G'lum running IS The Precious - remember: 'Four legs Good, two legs bad.'

5) G'lum running saves on running shoe expenditure. No longer do we have to shell out for a new pair every three months. With half the wear your shoes will go twice as far!

6) No more falling arse over tip as you career down a path. With four legs you are much less likely to fall over, and if you do - well it isn't as far to fall.

Anyone interested in training as a g'lum runner should look on the internet. Who knows, you might even find it.

David Swarbrick

The Return of the Stainland 7 2008...

This year's race was planned to be bigger and better than ever before, as the club had been approached by Stainland medical centre to see if we were willing to help raise funds for a much needed defibrillator [the jump leads used to such great effect on "Caualty", sometimes!]. An additional Fun Run was organised by Gav and Colin whilst the main race was underway, [as if our seven mile undulating course wasn't fun enough.]

Gavin Dodd and his team had worked hard in the months leading up to race day, and, in difficult times for companies, had even managed to talk Nestles and HBOS into sponsoring the event. The week before saw the start of our monsoon season, and though we knew the hardened runners would still turn out, there were doubts about the kids seeing the fun side of running. However, though the day started dull, the showers cleared and the sun even made a rare appearance towards the end. Runners turned out in greater numbers than ever before, Todmorden Harriers had chosen it as a Grand Prix event and it was really good to see them, a smaller club than us, but the members I talked to at the end were all complimentary about our race, the organisation and the goody bag. [nice people but couldn't help thinking they all looked alike, and most had the same surname, friendly, family place, Todmorden].

Thirty two Lions took part, some for the first time, some probably for the last time... I'm sure they didn't mean it. Our own Ben the Bullet stormed

home in first place in 41.34. I hope he'll forgive me for letting everybody into the secret of the demanding warm up which leads so much to his success; He arrived at 10.00 am, 30 minutes before the start, strolled past all of us who were nervously running up and down, stretching and so on, and went to register. Came back out of the Red Lion five minutes later, asked me what time it was, then said he was going back home for a cup of tea, and returned to the start line with a few minutes to go. True athlete, the rest of us can only marvel at this level of dedication.

First lady home was Karen Pickles from Spenborough, who I always have a natter with, and is quite a fan of our club and our races. Had a chat with her after she won the Bronte, she was the sole runner from her club that night and was amazed how many Lions were there and the support we gave each other. She then came over to win our Bluebell, and was praising the race organisation afterwards, if not our gentle course! Mags Beaver [still getting used to that] is fast returning to form, or returning to fast form, was first lady for us and second overall, and though Tod took the Ladies' team prize and many individual age categories, even they knew to keep their hands off the F55 prize which, as usual, quite rightly belonged to our own Aileen.

Everybody knows what a tough course this is, so we can't let it go by without mentioning Stuart Anderson of Wakefield Harriers, 68.24 and Dereck Clutterbuck of Tod Harriers, 72.36. Stuart is 70 and Dereck 77, and is regularly seen at local races, absolute inspiration!

We witnessed the two extremes of warm up techniques that day. Whilst Ben's was more chill-out than warm up, Steve Turner had persuaded/coerced/bullied others to join him in his preferred method. Starting just before 8.00am, some ran one lap, some one and a half laps, but Steve, Clive Siddal and Sylvain ran two full laps before joining in with the race proper, and all still finished in amazing times!

The fun run itself was also a success, the thirty two entrants included around a dozen children, and Dr Kate McMichael leading a team of six

Stainland doctors. I must admit some of us were wary when Colin offered to organise this, nobody questions his experience and organisation, but we did have visions of kids coming crawling back two hours later saying “ That man there said it was only a mile”.

We needn't have worried, in fact the first boy over the line was 12 year old Scott Miller, one of Colin's relatives, [our next generation aren't safe either] The first girl was Georgia Smith-Calvert 9, [whilst Mom ran the main race for Dewsbury], she was closely followed by 7yr old Emily Fawthrop, who with sister Jemima showed Dad what running was all about. First of the adults was Dr John Gurr.

The fun run raised over £100, which together with the main race, raffle etc. gave us a total of around £1500 on the day. Gav and Richard wish to pass on their thanks to the many helpers who as usual work away unnoticed in the background to make these things successful, organising the raffle, producing the results so promptly and so on.

John Bassinder.

Quote of the Month

Posted: Mon Jul 28, 2008 1:29 pm

“ Will the person who so kindly nominated this race for the Grand prix kindly go and boil his or her head.”

David Swarbrick commenting on the Pudsey 10k Challenge.

Lion's Lounge In the spotlight



Name: Richard Fawthrop
Age: 37
Occupation: Senior Clinical Embryologist

How long have you been a member of the club?

Joined the Club in January 2004 after seeing an horrendous photograph of my neck at a conference in Liverpool (17.5 stone) not nice. Read a poster in the Heath toilets after watching rugby match with my Dad.

Positions held (previous / current) with the club:
Chairman

How long have you been running? First stated in 1993 with the London Marathon with a few colleagues from the Anatomy Department at Leicester University but then had a nine year break before doing the GNR and Leeds Marathon in 2002.

What is your most embarrassing moment associated with the club? I would say a pair of green shorts I used to wear which always looked like I'd wet myself!!.

What is your fondest running memory and what is your worst running memory? My fondest running memory was running the Nottingham Marathon in 2005. At the half way stage when all the half marathon runners left, my sister, nephew and niece were there to cheer me on. And at the end Clive Siddall and a group of Lions cheered me down the last straight before I saw Angela, Emily and Jemima at the end. My

worst running moment was just before the end of the London Marathon 2006 when I was really not going well. Angela cheered me on and all I could do was grunt 'all right love'.

What is your favourite (none club route) place to run: I really enjoy running leg 2 of the Calderdale, climbing up to Stoodley Pike and then back down.

Which are your favourite races and why? I would say the London marathon the first time I ran because I ran with some mates and had a good support team, the Calderdale relay and the party afterwards.

Tell us something funny, embarrassing or secret about yourself? I have 5 synchronised swimming awards because at school I really fancied my swimming teacher and did every award in the book!

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy? When I was at University I used to PAULINA PORIZKOVA from the film Her Alibi, had the poster in my room! Now I have four beautiful women in my life!!

What is your worst habit, behaviour or vice? My worst habit would be to say basically a lot, worst behaviour is butting in when people are talking because I'm bored and worst vice must be red wine!

Favourites:

Food: Italian

Film: Fish Called Wanda

Drink: Red wine

Music: Very varied

Pastime (apart from Running): Golf, Squash, Tennis, Skiing, Parachuting, Chess

Book: Only really read the news and sport plus ceefax and the kids books on top of work related books and papers!

Talents & skills (own up to what you are good at, electricians, plumbers, cooks, car mechanics, landscape gardeners etc.): Drinking and eating.

What are your running plans for the coming year (goals, races etc.)? Try to get back in to some kind of shape. Might do level 3 coaching course next year!

Recommendations:

What type of shoes do you wear?

Newbalance/Innovate

What is /are your favourite bit(s) of running kit: Vaseline and lots of it!

What is your best running tip? Start fast as you never get the time back

Statistics:

When / how many times a week do you run?

Varies from 7 to 0

What is your average pace (min/mile)? Varies from 7 to 12

What is your average weekly mileage? Varies from 60 to 0

Personal Bests

Distance / Race	Time	Distance / Race	Time
5K Littleborough	21.26	10m Skipton	1:22:15
10K Joe Percy	45.23	Robin Hood Marathon	3:35:36

New Member profiles



Me on the left and my friend Janet

Name:

Sharon Carter

Age:

39

Occupation:

Receptionist

Email Address:

sharicart@talktalk.net

When did you start running and why?

I started running in January this year, with the aim of losing weight and improving my fitness. Since then I have lost a stone ½ run in three 10k races and made a very good friend Maria who is now my running partner and drags me along in all weathers.

What made you join Stainland Lions?

Stainland Lions was recommended to me by a personal trainer. After two visits with my running partner Maria we were very happy to join. Everyone in the club is very friendly and happy to give you support and advice if you need it.

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy? Colin Firth, Hugh Grant

What is your worst habit, behaviour or vice?

I talk too much, worry too much and cannot sit still.

Favourites:

Food: curry, very dark choc

Film: loved mama mia

Drink: cup of tea (must be my age)

Music: coldplay

Pastime (apart from Running): I play squash and enjoy mountain biking

Book: I'm reading the competitive runners handbook!!!

What are your running plans for the coming year (goals, races etc)? Two weeks ago I joined lots of other club members and ran the Alice run. It was the first time I'd run as part of the club, I felt very proud wearing the vest and being part of a large friendly club. Thank you

I will be running the Penistone 10K sat 13th Sep and then the great north run Oct 5th. This will be my first ½ marathon; I hope to complete it in two hours. I am running for the charity leukaemia care, my friend Janet (photo above) was diagnosed with leukaemia in Dec 2006 she is now fit and well and will be running the GNR. If anyone would like to sponsor me please visit my justgivingwebsite.

www.justgiving.com/sharoncarter Thankyou



Name: Richard Brear

Age: 43

Occupation: Branch Manager.

Email Address:

richardjbrear@hotmail.co.uk

When did you start running and why? This year, as a new years resolution to get fit and lose weight.

What made you join Stainland Lions? Recommendation.

Tell us something funny, embarrassing or secret about yourself I haven't got fit, and I haven't lost weight yet.

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy? Her on GMTV Weather. What's she called?

What is your worst habit, behaviour or vice? Eating and drinking.

Favourites:

Food: Curry

Drink: Anything alcoholic.

Film: Lord of the Rings

Music: Anything chilling.

Pastime (apart from Running): Walking

Book: This Is The North

Talents & skills (own up to what you are good at, electricians, plumbers, cooks, car mechanics, landscape gardeners etc): Plumbing.

What are your running plans for the coming year (goals, races etc)?

Half marathon this month. Prague marathon next year.



Name: Steve Hallam
Age: 49
Occupation: Regional Sales Manager (Scientific Equipment)
Email Address: steve.hallam@veolia water.com

When did you start running and why? For a brief spell, I started in the early 1980's, then didn't do much until recently. I completed the Bradford Marathon in 1982 in 3 hrs 33 mins. My next event was the Harewood 10m Trail in 2005 (just a short gap, in my case literally half a lifetime) Then nothing again until January 2008 when I entered the Pennine 10K. I've done many more races since and discovered many reasons to keep going.

What made you join Stainland Lions? Partly down to Richard Brear (who has also recently joined the club after 12 months of "free" training nights. We have known each other for years). Also to Pete Bebb who I occasionally play squash with. If I knew what I know now about Stainland Lions, Joining this club has given me a new lease of life in many ways - I should have joined years ago.

Tell us something funny, embarrassing or secret about yourself. Many years ago, on an impulse, I decided to "try out" the escape lane down Birkby Lane into Bailiff Bridge (to see if it worked!!). Needless to say it did, and I had to call out a rescue service to get me out. Whilst waiting, a bunch of likely lads turned up in an old Cortina and offered to help me out. To do this, I ended up in the driving seat of their car, whilst the four big lads literally lifted my car back onto the road. The drivers seat was falling to pieces and had an old steel spring sticking through it, upon which I promptly ripped open my best suit trousers. Just as I handed over a tenner for their help, the rescue man turned up demanding his call out fee, which cost me another £20. (That was a lot in those days).

For all those tempted to try out escape lanes – DON'T!!

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy? Amanda Holden, Amanda Redman, a girl at work called Amanda – anyone called Amanda really !!

What is your worst habit, behaviour or vice? Forgetting to keep my mouth shut whilst others are speaking. Some will probably have noticed this already. It's OK to tell me to shut up, I won't be offended.

Favourites:

Food: Fresh Fish, Fillet Steak, Strawberries, Green & Blacks Chocolate (not at the same time obviously)

Film: The Full Monty – just brilliant

Drink: Wine, especially red, and the odd glass of cider now and again

Music: The Jam/Paul Weller. Old stuff from 60's/70's to current bands such as The Kooks, The Enemy, Fratellis etc.

Pastime (apart from Running): Squash, Mountain Biking

Book: Crime Novels – A Child's Game by John Connor - thoroughly gripping stuff.

Talents & skills (own up to what you are good at, electricians, plumbers, cooks, car mechanics, landscape gardeners etc): Quite good at DIY and practical things.

What are your running plans for the coming year (goals, races etc)? To complete a 10K in under 50 minutes (my current PB is 53:26) and a 10 miler in under 90 minutes.

To complete my first ever half marathon (GNR)

To have fun with others sharing a common interest



Name: Tim Neville

Age: 46

Occupation: I think they are called 'home makers' these days (Retired Computer programmer)!

Email Address: tim@neville13.freemove.co.uk

When did you start running and why? Did the Great North Run with work colleagues back in 2003 and now that the football and cricket days are over it's my only chance to keep fit.

What made you join Stainland Lions? Moved into the area and due to do the London marathon next year

Tell us something funny, embarrassing or secret about yourself: No chance!

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy? Helen Mirren or the red haired one from Desperate Housewives

Favourites:

Food: My Mum's chilli con carne

Drink: Guinness

Film: Kes

Music: Various

Pastime (apart from Running): Watching Bradford City + Bradford Bulls, Walking with my wife, giving money to Student daughter, having a bet.

What are your running plans for the coming year (goals, races etc)? Ultimately to complete the London marathon in 2009 – I qualified for this year's race but deferred it. I have completed about half a dozen half marathons and the same number of 10K races over the past few years but never a full marathon.

Cook's corner

Chunky Chocolate Nut Flapjack

Ready in 45 mins

Makes 12

200g/8oz oats (I use porridge oats)

25g/1oz desiccated coconut

140g/5oz butter, cut into pieces

50g/2oz light muscovado sugar, I've used demerara if I haven't got any muscovado

5 tbsps golden syrup

100g/4oz Brazil or cashew nuts, cut into large chunks, I've also used pistachio

50g/2oz almonds, cut into large chunks, I've also used flaked

85g/3oz good quality plain chocolate, cut into large chunks.

Heat oven: 180c/fan, 160c/gas 4

Lightly butter 23cm square tin & line base with baking parchment. Mix together oats & coconut
Put butter, sugar & syrup in a pan. Cook over low heat, stirring occasionally, until butter melted and sugar has dissolved. Remove from heat and stir in oat and coconut mix. Spoon into the tin and press down evenly. Scatter the nuts over the mixture. If using chocolate, stick the chunks between the nuts. Bake for 25-30 mins or until pale golden. Mark the bars or squares with the back of a knife while still warm, then allow to cool completely before cutting through the marked out lines and removing flapjacks from tin.

Jimmy Smith (wife of)

Notice Board

Cross Country Season

West Yorkshire Winter League 2008/09

Calling all Stainland Lions! Cross Country season is almost upon us and it's time to dust off those inov's and hit the mud in preparation for what I hope will be another successful season.

For those new to the club and the league then it is an excellent opportunity to have a go at running off road and testing yourself against the elements and the terrain rather than just the clock. Any member of the club is eligible to run and it's the first 7 counters for the men (plus 2 vet's) and the first 3 ladies (plus 1 vet) that make up the team scoring. There is also a Vet's team which consists of both men and women counters. However, please do not let that put you off if you don't feel like you're the strongest runner. There are also different age categories for individual winners, an improver's trophy for men and women and this year a new trophy is on offer based on participation figures for each club. All I need from you guys is to turn up at the right fixture, run to the best of your ability and most of all enjoy yourself!

If you do want to compete for individual honours then you must take part in all 5 events to have a good chance of winning something. Positions equal points and the more you earn, the greater the total for yourself and most importantly for the club.

Last year we enjoyed our most successful season to date, winning various individual categories (including the male and female leagues), several vet categories and an amazing 2nd place team overall.

This year we are aiming to win the overall team prize and put Stainland 'on the map!' (as I like to say!).

Below is more information regarding the league plus all the fixtures for the season. Please note that this is a TEAM event and everyone's contribution in terms of performance is greatly appreciated. Stainland are certainly the most friendly, sociable and encouraging team in

the league. Everyone receives a free round of applause with every race.

Fixtures 2008/09:

16/11/08	11 am	LBT Temple Newsam
07/12/08	11 am	Skipton
04/01/09	11 am	Stainland
25/01/09	11 am	Pudsey
08/02/09	1 pm	Baildon

Presentation night:

Date is to be confirmed. Idle AC will be hosting the event.

Changes to last year :

1) New trophies: 2 new trophies will be added to the usual list of winners (male and female teams). The trophies are for the biggest improvement for a club based on participation over the season. It is a way of trying to increase the number of runners competing in the league and also means that every club has a fair chance of winning a team prize. Basically it's the team that manages to get the largest increase of runners from one event to the next - kind of like the improvers trophy but for a team's participation figures over the whole season.

2) 7 teams in the league: There will now only be 7 teams in the league this year instead of 8. Unfortunately St Bede's have pulled out of the league because they said Stainland are just too good! Only kidding about the last bit- although I know we're the best team! 😊 but they have withdrawn from the league.

If there is anything else you need to know or have any questions, please do not hesitate send me an email, contact me via the forum or catch me on a rare appearance at training.

BenMounsey
Your friendly Cross Country captain

Dates for your diary

Lantern Pike

Saturday, 20th September 2:00pm
5m/1050' Final (short) Counter in Hayfield
Championship. From Spray House Farm, Little
Hayfield (GR SK035886). Pay £5.50 (approx)
entry to Sheepdog Trials & Show - race entry free.

[Fell Grand Prix event]

<http://hayfieldshow.co.uk/>

Track & Field, Spenborough AC

Sunday 21st September, Spen stadium,
Cleckheaton (noon)

For details see www.yvaa.org

[Vets Grand Prix event]

Ron Hill's 70th Birthday 5k Road Race

Thursday 25th September 2008 - 6.45pm
from the Falcon Inn, The Square, Littleborough,
nr. Rochdale (A58 Halifax Road). [Road Grand
Prizevent].

<http://www.ukresults.net/forms/080925ronhill.pdf>

Esholt Road Relay Champs

York Vets Road Relays
Sunday 12th October, Esholt (11.00am)

For details see www.yvaa.org

[Vets Grand Prix event]

Stadium Runners' Woodland Challenge

12th October 2008, Storthes Hall Park,
Huddersfield - Entries Now Open

Two lap course making up the 6 mile (give or take
a meter or two) course of the Woodland
Challenge. Note that there is no on-the-day entry
this year. [Road Grand Prix event]

<http://www.woodlandchallenge.com/>

National Road Relay Championships

Saturday 18th October 2008, Birmingham

A 4 x 4.315 km relay. Costs £26 per team.

Fun Bus for the Great North Run

There are still a few seats left on the Great North
Fun Bus (GNFB). Feel free to bring friends or
other runners. A deposit of £10 is required to
secure a place. Pick up time is 6 am from Heath
Rugby Club. Contact Steve Boyer for details.

Penny's hen party

Late June/July 2009, contact Penny/Lynne/Mary
Sorry guys... ladies only!

Date of next Committee meeting

Wednesday 17th September at the Three Pigeons
at 8.00pm.

Date of next away run

The next away run will be held on Thursday 9th
October from Bowling Green, Halifax.

Photo of the Month



Paul Costello has obviously been taking flying
lessons from Graham as he glides around the
Helen Windsor 10k.

TOP TIPS

Speed Training

Has your race times plateaued? Not had a PB for a while? The answer could be that you are not stretching your comfort zone. Following Gav's new track training page on the club website here's a little taster of what does actually go on down at Spring Hall...

We are all fully aware of the attraction of our club for all runners; "running is for everyone who enjoys running", and not everybody sees increased speed as their ultimate reason for running. However, these training techniques also play a big part in other ways. Many new members will say their reason for starting is to lose weight, so consider the following;

Fat burning and the length of run.

There is a myth that long, slow runs burn off more fat than a shorter fast run or speed work. This is untrue.

Whilst you will burn off some fat by running long and relatively slow, experts agree that the same amount of fat could be burned off in half the time by running harder. If you double the speed at which you are running, you will use up three times the amount of energy. Long slower runs are great for marathon training but we are not all training for a marathon, or have the time for those long Sunday runs.

There is an advantage of speed work over a longer run - and that is the "after burn". Your body's metabolism stays higher for much longer. Studies have shown that significant fat burning can occur for hours after intensive exercise.

There is no doubt that the track sessions are paying big rewards for our members who are using them on a regular basis, but if you have difficulty, as I do, fitting in another evening's training and/or are unable to get to the track on Wednesday nights, here are some simple ideas to incorporate into your solo runs. Whilst the road rep session may be no substitute for speed sessions with qualified coaches, they will give you focus, help to take any boredom out of running on your own and lead to improved times and a disappearing waist line!

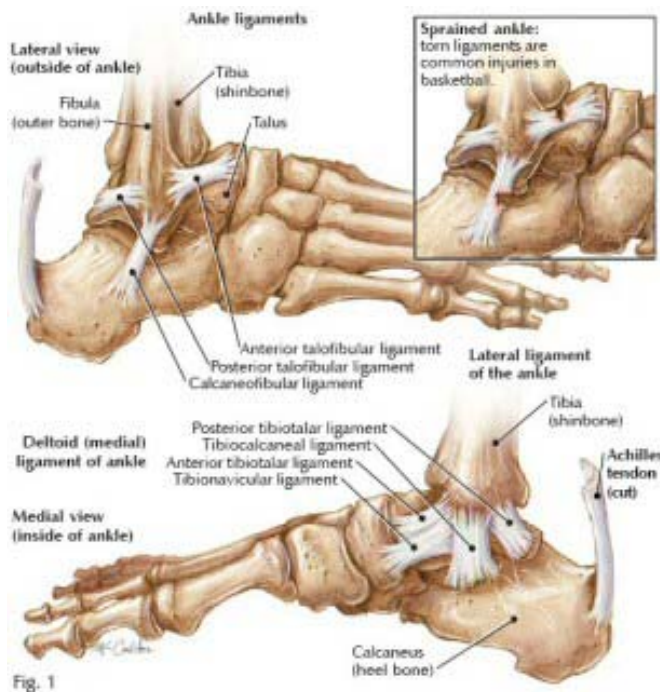
Warning: If you have never raced before or are a novice runner, the best advice would be to build up a good endurance base (steady running) and get a few races under your belt before embarking on speed training.

Type	Session	Race Distance
Track Reps		
Pyramid (Speed)	400m, 600m, 800m, 1000m, 800m, 600m, 400m, equally paced (<10 k pace)	5 k to ½ marathon
	200m, 400m, 600m, 800m, 800m, 600m, 400m, 200m	5 k to 10 k
Reps (Speed)	10 x 400 (90" rec)	5 k to ½ marathon
	6 x 800 (2' rec)	5 k to ½ marathon
	5 x 1000 (90" rec)	5 k to ½ marathon
	6 x (1 x 400m, 200m rec, 200m sprint)	5 k to 10 k
Road Reps		
Pyramid (Speed)	Sprint [or speed up] for 10 paces, rec 10 paces. Sprint 20, rec 20. Sprint 30... Aim to get to 100 paces then reduce again like a pyramid	5 k to ½ marathon
Reps (Speed)	3 x (3' effort, 1' rec) then 4-6 x (1' effort, 30" rec)	5 k to ½ marathon
	12 x 1' effort, 1' rec	5 k to ½ marathon
	10 x 2' effort, 2' rec	5 k to ½ marathon
	8 x 1' effort, 2' rec	5 k to ½ marathon
	5 x 3' effort, 2' rec	10 k to marathon
	6 x 1km effort, 3' rec	10 k to marathon
Reps (Resistance)	5 x 1km, 3' rec	10 k to marathon
	3 x 1Mile, 4' rec	10 k to marathon
	3 x 10', 3' rec	10 k to marathon
	2 x (2 km + 1 km), 3' rec	10 k to marathon
	2 x 1 Mile, 2' rec	10 k to marathon
These sessions could also be performed on the track.		

Lateral Ankle Ligament Sprain

The ankle or talocrural joint has 2 main sets of ligaments which support it. Ligaments attach bone to bone and therefore stabilise joints. Ankle ligament injuries are one of the most common injuries we see at Back to Fitness Physiotherapy but without appropriate treatment and advice, are one of the most poorly managed which often results in repeated sprains.

The more common of the two sets of ligaments to get injured are the lateral ligaments. These are located on the outside of the ankle (see diagram) and there are three of them: anterior talofibular, calcaneofibular and posterior talofibular ligaments. The most common ligament to get injured is the anterior talofibular ligament (ATFL) followed by the calcaneofibular ligament (CFL). The posterior talofibular ligament is rarely injured except in ankle fractures.



The classic mechanism of injury is when someone 'goes over' on their ankle or 'turns' their ankle. This causes what we call an inversion injury which puts all the strain on the ankle ligaments and if the force is sufficient, the ligament will tear or sprain. Sprains can be graded into 3 classification:

- Grade 1 – minimal tissue damage with little swelling
- Grade 2 – More fibres are torn and movement is more limited
- Grade 3 – Complete rupture

Symptoms include an egg shaped swelling over the ankle bone on the outside of the ankle, bruising which often tracks down the foot towards the toes, pain, inability to weightbear and reduction in movement. Very rarely, if the force was great enough the fibular can be fractured and if this is suspected needs x-raying. Healing times depend upon the severity of the tear. A grade 1 tear may only need 2 weeks to recover whereas a grade 3 tear may need surgical intervention to reattach the 2 ends of the ruptured ligament or putting in a pot. Grade 2 tears normally take 6-12 weeks to fully recover and for an athlete to be competing at the same level as they were prior to the injury.

Any ankle injury needs assessing by a physiotherapist to determine the severity so that the appropriate treatment can start. At Back to Fitness Physiotherapy, we can usually see you within 48 hours of your call and we have appointments four evenings per week until 8pm and Saturday mornings until 12 for your convenience.

For the first 48-72 hours following a sprain you should remember PRICE: **P**rotect it (strap it up); **R**est it (avoid too much weightbearing on it or moving it); **I**ce it (put a damp cloth over the ankle bone and apply ice or a bag of frozen peas for 10 minutes at a time and keep reapplying regularly); **C**ompress it (use a tubigrip or crepe bandage to limit swelling and support it); **E**levate it (sit with the ankle elevated on pillows with the foot higher than the groin as this will help swelling to drain away). If you are ok taking anti inflammatories such as ibuprofen or cuprofen then these are a good idea in the first 72 hours to reduce inflammation. They can also be taken in conjunction with paracetamol for better pain relief. Always follow the instructions on the packet for dosage and check with a pharmacist or your GP if you are unsure whether you can take them or not. Asthmatics for example aren't normally allowed to take anti inflammatories.

Our role as physiotherapists is to help you to regain movement, reduce pain and restore function. This means that normally after about 2 weeks you will start a rehab programme. Exercises will include stretches, strengthening exercises and balance or proprioceptive exercises. It is really important that you don't do too much too soon as you will reopen the wound and set yourself back to square one. A common mistake is that people start exercising when the pain has gone, but the pain goes far before the ligament has healed and this means that you will go over on it again and restart the inflammatory reaction. As you get better,

your rehab will progress to prepare you for your sport. This will include more complex rehab drills such as plyometrics, hopping, jumping, sprinting, changing direction, kicking (football, rugby) etc.

I can't say enough that without this advanced rehab, you **will** reinjur the ankle in the future. How many people do you know who have sprained their ankle more than once?

If you have an ankle problem, or any other sports injury or back pain then why not give us a ring on **0800 0751 641**. We also treat chronic problems such as arthritis, neck pain following car accidents or back problems post pregnancy. In fact, there's not much we don't treat. We have 3 experienced chartered and state registered physiotherapists at the practice: Charlotte Dawson (clinic owner and lead physio with a special interest in sports injuries and back pain), Kath Clough (special interest in pilates, acupuncture and chronic problems) and Richard Walker (special interest in football, rugby and cricket injures). We are all very hands on and proactive with your treatment.

The ideal situation is to make you better quickly and do ourselves out of business – that's when we know we've done our job properly. Unlike some other health professions, we do not insist on 6 weekly MOT's as if we do our job properly and teach you how to stop the problem recurring then they are unnecessary, just good for the other health professions bank balance!

More information is available at www.backtofitnessphysio.com or you can e-mail us on enquiries@backtofitnessphysio.com.

Concluding Remarks

That's the end of our debut newsletter and we hope it's been a good read, all 18 pages of it!!! Apologies to anyone not mentioned who thought they should have been but if you don't tell us, we won't know and then we have to make it up ;-). We seemed to be short of race (or other) photos which have not already been displayed on the web site gallery. So if you have any, please send them in.

In the meantime it's expected there will be some more PBs being set next month with the transition of trail to road running during the winter months. So if you know of anyone who doesn't want to blow their own trumpet make sure you let us do it for them.

Until next time, enjoy your running.

John 'n' Jess

