



Stainland Lions Running Club

Beginners' Newsletter

What to do next

We all hope you've enjoyed the Beginners' Course, the aim of it was to introduce others to the joys of running and show that everyone can run and hopefully enjoy it. Over the last 8 weeks you should have had a gentle introduction to running and the opportunity to make new friends.

So, what happens next? The choice is yours, you can join our club and run with us or you can carry on running alone (hopefully you won't decide to give it up altogether). There are advantages to running in a group:- motivation, its more fun, its safer and you get to try out varied and different routes.

The fee for joining the club is £25 (£20 for over 60's) for the year, which runs from January to December. Being a member of a running club allows you reduced entry fees into races, production of your membership card will also get you discounts at Up & Running in Huddersfield & with Charlotte at Ripponden Physiotherapy. A membership form is on the website along with details of how to join us.



When we run

Our members cover a wide spectrum of abilities, from slow plodders to fast, fit and competitive athletes. We welcome you all. Club night runs are detailed below:-

Mon 7.00pm	Heath Rugby Club - open to all, 2 or 3 groups of different abilities.
Tues 6.30pm	Saville Park Moor (opposite the fish & chip shop), open to all, 2 or 3 groups of different abilities.
Tues 6.45 pm	Red Lion Pub, Stainland. Everyone welcome but probably more suitable for the medium and faster runners.
Wed 6.30pm	Spring Hall Athletics Track, £2.15 per session – see article in this newsletter for further details.

Thurs 6.45pm Heath Rugby Club, main club night, various groups of different abilities.
NB The second Thursday of every month is an away run, this is where we run from somewhere different – usually a pub! After the run, food is generally available or you can just have a drink or go straight home. Details available in the newsletter and on the web site.

Saturday 8.30am Heath Rugby Club

Road Grand Prix

This is our annual club competition / league. At the beginning of the year we pick a number of races over varying distances, roughly one per month. You aim to run at least 80% of these races. Everyone is sorted into divisions based on their 10k (or estimated 10k) times. You score points based on where you finish in each race compared to others in your division. Results are posted on the web and in the newsletter and there is a trophy for each divisional winner. It's managed by Mark Preston who will be able to provide more information.

Fell Grand Prix

Managed by Trevor Murgatroyd, unlike the road grand prix this is run on a handicap system based on your previous off road results or experience so everyone has an equal chance of winning. It's proving to be great fun and a popular addition to our racing calendar. A full list of races are available on the website or speak to Trevor for further information.

Races

Helen Windsor 10k - Wed 8th July at 7.30pm from Greetland Allrounders.
It is an undulating course around Norland moor and Barkisland, a good first 10k race. There's normally an excellent turn out of Lions and a great atmosphere.

Social

Future events include:

Sun 26th July - 3.00pm – Family afternoon at Heath, rounders, football, bbq and the bar will be open. Members and their families are welcome.

Summer ball - Friday 3rd July at the Design House. 3 course meal and Disco - £20 per person.

The following events involve running, are great fun and are aimed at involving beginners and slower runners alongside those that have been running for a while (and who in theory are supposed to be quicker)

Hare & Tortoise - Where a fast runner and a slow runner are teamed up to go on a circular route, running in opposite directions, when they meet they turn round and run back. First pair back are the winners.
Thurs 18th June

Pub relay –
Sun 23rd Aug

This one is as the name suggests – a relay from pub to pub! There is a twist to it though – you run from pub to pub, there is no set route, you choose which you think would be the quickest – but you must do it on foot – no cheating! Runners are divided into teams, first runner from each team sets off to the pub, on arrival has to finish a drink (a pint for the gents, a half for the ladies) before the next runner can set off to the next pub and so on. The first team back to the last pub are the winners. Usually followed by a bbq at Heath.

Summer Handicap
Thurs 16th July

This is a race that anyone can win! All you have to do is estimate the time you will complete the course. You don't know until you arrive where you will be running (but it is suitable for beginners) watches, time pieces etc aren't allowed!

Springhall running track – Wed night training

The Springhall Running track opened on the 31st March 2007. Stainland Lions has been heavily involved by having members on the track steering committee and by donating £1000 to the cost, which for a small club was a large commitment. From the very conception of the tracks planning, Stainland Lions stated that it wanted to have a Club Night at the track. We negotiated a deal that our members pay £2.15 on a Wednesday night (6.30pm to approx 8.00pm). On arrival we have a gentle jog around the track until everyone has arrived then one of the Stainland Lions Running Club Coaches leads a warm up session including stretches and shuttle runs. Once warmed up we start various sections of running over a variety of distances from 100 meters right up to 1 kilometre. Every now and then we run a timed mile to see how we are improving. Again this is hard work but after a number of weeks you can really start seeing and feeling the benefits. Finally we finish with one of our coaches leading a warm down, again with stretches. Many find they have a few aches and pains after the first session but get used to this after a few weeks. We are extremely fortunate to have Bryan Burgin who is a National level 4 coach who supervises and gives great encouragement to all members, including acting as a mentor to our level 1 and level 2 coaches. He enjoys working with our club and gives his time and expertise free of charge. Bryan has said he has already noticed how our members are running with more balance and strength and this in turn is leading to faster running which will pay off in races. It is open to all members for a price of £2.15, which is excellent value. All abilities are welcome, including beginners. There are changing facilities including showers, toilets and parking at the track which is based on Huddersfield Road. So come along to the track, get fitter, improve your running style, run faster and meet other members.

Club Shop

Club running vests £12 each



Club colours also available in t shirts or long sleeve shirts at £14 & £16 each

Club 'hoodies' £15 each, in navy blue with white lettering

Club baseball caps £7.50 each, in red and vented to keep you cool

Car stickers as below £1.00 each



For any of the above items please contact Sue Gledhill. You can email her - kit@stainlandlions.com or she will be down at the club on Thursday 25th June and can be found on most club nights.

Website

www.stainlandlions.com. Steve Boyer looks after our website so let him know if you would like anything posted. All fully paid up members have access to the members forum which hosts lots of useful information (& a lot of idle chit chat!) including races, results, ad hoc runs etc.



Monthly Meetings

These are held on the first Thursday of every month at Heath Rugby club. They normally start around 8.00pm after a shortened club run, and last around an hour. You can buy a drink from the bar. It's all very informal and a good way of keeping up to date with what's going on, everyone is welcome.