



RunDown ...

of last month's NEWS and EVENTS

Recognition of achievement's – October:

Volunteers: The fantastic STAC pacers at the Plusnet Yorkshire 10 and Yorkshire Marathon:

10 mile: 1.10: Terry, 1.20: Richard, 1.30 Andy, 1.40 Becca.

Marathon: 3.00: Paul, 3.30: Wayne, 4.00: Nathan, 4.30: Wanda, 5.00: Emma.

Runners: Well done to everyone who raced in October. Particularly those that did a first marathon or first 10 mile race... The following events have been captured within Race Reports:

- [1/10, Rombalds Romp, Daniel Gaunt](#)
- [1/10, Holly Hustle, Ruth Muir](#)
- [1/10, Pontefract Half, Wanda Macdonald](#)
- [8/10, Yorkshire 10 mile \(first race at this distance\), Rachel Trawally](#)
- [8/10, Yorkshire Marathon: A first-timers perspective, Lesley Lavery](#)
- [8/10, Yorkshire Marathon: An experienced Marathon runners perspective, Andy Warrender](#)
- [22/10, Yorkshire Coast \(Scarborough\) 10k, Lesley Lavery \(New Report\)](#)
- [29/10 Wistow 10k, Anna Sharrott](#) Well done to those that won prizes and achieved pb's!

The [Race Report template](#) is located within the [Club Runs Section](#) of the Website or available via the [In-box](#) for anyone who wishes to share their race experience / recommendation. We currently require a volunteer to summarise the goings-on from PECO (Nostell) on the 26/11... Any takers?

5 High five's:

1. **Annie Roddy** for her new 10 mile PB at Plusnet Yorkshire 10.
2. **Anna Milburn** for bashing out a half marathon PB and Marathon PB within weeks of each other.
3. **Ruth Muir**, 1st lady in the Holly Hustle, 22k; extraordinarily long distance for a trail race.
4. **Glen Johnson** for a fantastic result at the reputedly tough Kielder Marathon despite injury, his (admittedly) sloppy preparation and a few beers the night before.
5. **Richard Herrington**, aka King of the Hill (see page 3).

Please [get in touch](#) if you'd like to see a specific race or achievement recognised in the November edition.

Chairman’s Update, Martin Horbury

STAC Volunteers: I was at a race recently and as I jogged round before hand in my green STAC T-shirt I was stopped by another runner who said “**St Theresa’s, you’re great you lot**”. He was actually from Worksop. He then went on to explain that at the Run For All York 10K he had got under 40 minutes thanks in a massive way to our pacer. He further explained , he had previously had a disastrous 10k in Nottingham, got his pacing all wrong and was beaten by a rival of his from another Worksop club, but at York he tucked in behind our pacer, Terry Midgely, for most of the race and then finished really strong to comfortably get under his target time.

This is just one example of the fantastic effect that the STAC pacers are having on the running community and lifting the profile of the club. I was absolutely amazed when I realised recently that all runners from the Abbey Dash are sent an e-mail with an intro to their STAC pacer, just amazing publicity for the club.

Thank you to all those that have taken part in the pacing and those that help organise the pacers, this is putting the club on a different level.

Input into training sessions: On a personal note, I went on the **LIRF (Leader in running Fitness) course** recently with Anna Sharrott and Emma Longfellow. This course covers the basics of setting up a training session with warm ups, content and warm downs and some theory on the objectives of training sessions. This was a really interesting day and has given me lots of ideas on how I can use my previous training experience to lead some sessions for STAC members. In particular I am looking to set some tempo/threshold sessions on Tuesday nights. These sessions will be posted on the club website and Facebook.

TNT firmly on the map: I recently reactivated my Twitter account (@MartinHorbury63) and I was reading a thread on there by a chap trying to decide whether to do the Brass Monkey or **our own TNT**, he could not make up his mind. That really brought it home to me what a fantastic job has been done to establish the TNT into the local racing scene. The Brass Monkey was established 35 years ago and is one of the top races in the North of England so to have the TNT being compared to it is fantastic and an equally fantastic achievement that the TNT sold out so quickly . Thanks to TNT Committee for doing such a fantastic job to organise and promote the event. Kev has kindly provided the following sales stats for all 3 TNT’s which show the growth and success of the event:

Race year:	2016 (800 places)	2017 (1,000 places)	2018 (1,000 places)
Entries opened	23/10/15	29/08/16	28/08/17
Places sold when entries opened:	61	101	191
500 places sold by:	29/11/15	20/10/16	2/10/17
All places sold by:	26/12/15 (within 64 days)	14/11/16 (77 days)	19/10/17 (61 days)

TNT Update, Helen Fenton

We are pleased to announce that the race has now sold out and we are now being contacted by people who missed out and are desperate for a place! Thank you to everyone who distributed flyers, they certainly worked! We don’t offer a reserve list, however anyone looking for a place or if you have a place to transfer, you can use the TNT facebook page to connect to people before contacting Racebest to do the transfer.

It is currently a busy time for the team with all the race goodies (t-shirts, medals, bottled water etc) being ordered along with walkie-talkies for the carpark marshals, lanyards for the course marshals and lots of other little details which will make a difference to the running of the event.

We also have had to make a change to the route - for health and safety reasons, the access road to the Amazon and John Lewis buildings are now too busy for us to safely use. We have taken this bit out and added something in, the new route is now <https://www.plotaroute.com/route/142872>

We are taking names for volunteers for the day - there is a form on the website – we’d appreciate it if you could support the event and the Club and lend a hand.

The allocation of volunteer roles will be done at the end of November - all marshals will receive course information and telephone numbers for the day. There will be various course reccies going on, which we will advertise, and we would advise you to go along and familiarise yourself with the route if you can - this is not essential but helpful in understanding the course and marshal points etc.

King of the Hill (KoTH): January - October 2017

On the 11th October 4 STAC's ventured to Marsden in, Huddersfield to compete in the final 'King of the Hill' monthly challenge in the 'wind, rain and darkness' (as described by Mr Mellor). The Series commenced in February and the challenge has taking place on the 2nd Wednesday of each month over the course of 9 months.



There's the option to run the 5k up the hill, run (the recently introduced) 10k up and down the hill or for the cyclists amongst us just ride up (5k).

The 5k Climb follows the Kirklees Way and the Pennine Way to the road at the top.

King Richard's Coronation:

Richard Herrington was crowned King this year and had the privilege of wearing a rather fetching hat and robe as part of the ceremony: Richard completed 8 out of 9 runs in the series and obtained 'consistently average' points across each of the races he completed.

A man of few words, Richard declined to comment. However Daniel said; *"I've really enjoyed the KoTH races I've done this year, and it was inspiring to see Richard banging out results month after month; he has definitely earned his crown! It would be great to see a few more STAC's there next year"*



Gnomes Daniel Gaunt and Dave Mellor and also Dave Parker were there to see Richard ascended to the throne.



Kudos to all STACs who embraced the challenge this year: Richard, Daniel, Dave M, Dave P, David Cohen, Stuart, James, Mr Keedy, and ladies Anna Sharrott and Lindsey Hill. Results are within the / Fell Championships League Table.

The Series recommences again in January for those who fancy tackling the climb. It's only £3.00 to enter on the day, there are regular trains from Leeds and runners congregate in the New Inn for food and post-race shandies afterwards.

Points are awarded to the first 5 finishers in each category and all finishers receive a point for being there. Full rules and further details are on the Team OA website: www.teamoa.co.uk/king-of-the-hill.html

Race Results: Fell Championships, Stuart Gall

The latest results from the Fell Championships and web-links to Races included within the competition are on the [website](#). Dave Parker is now at the top of the leader-board after his October KoTH result. James Gray is in 2nd place. 52 separate runs have been logged so far. Well done all.

Challenges, Stuart Gall

Recent challenges have been embraced and they're going well, please refer to the latest league tables (and rules and scoring) on the website. Anyone else fancy giving them a crack before the year ends?

STAC Temple Newsam Hill 'Top Trumps': We have a new King of Temple Newsam – John Robson spurred on by some gentle encouragement from Martin Horbury has set the quickest time of 01:16:55 for our Temple Newsam Hills. Ian Maudsley remains the quickest at the “numerical order” round.

parkrun League: The STAC Parkrun league has now completed its visit to Roundhay. 27 STACies logged a time there this month. There is now only one venue left – Woodhouse Moor for the whole of November plus the “wildcard – run of any one again” on the 9th Dec.

Current League Leaders As Follows

Remember it's best 4 scores count – all leaders can still be caught!! Runners must run 4 events to qualify for a prize – first and second in each league will get a trophy.

- **Richard Herrington** – Cock Beck – 300 Points – 3 Runs
- **Wayne Butler** – Devon – 345 Points – 4 Runs
- **Daniel Gaunt** – Woodman – 295 Points – 3 Runs
- **Sarah Waite** – Wykebeck – 375 Points – 4 Runs
- **Helen Fenton** – Brown Cow – 360 Points – 4 Runs
- **Stacey Goodyear** – Barnbow – 395 Points – 4 Runs
- **Adele Wilson** – Station – 385 Points – 4 Runs
- **Lynsey Lyon** – Leodis – 390 Points – 4 Runs

Previously there was the option to run a 'wildcard' (run any course) venue on the 9/12, this date has changed to the 16/12, however, if you would prefer to the original date of the 9/12, **please let Stuart know.**

Please refer to the website for details of 'wildcard' venues as well as rules and overview of the competition.

The success of these events has supported the rollout of similar challenges. Updates will be announced on the Facebook page. It's great that members are supporting them and trying something new.

Club Championships Races - 2017

The latest results from the Club Championships will be available on the [website page](#)

The next Race is **PECO XC at Nostell Priory** on the **26th November.**

Car sharing: We have introduced a 'carpool' lift sharing scheme, click on the [race](#) you are travelling to, to establish how you offer or request a lift. Alternatively, please have a callout on Facebook.

Race Reflection: Kosice Marathon & Half Marathon 1 October '17



On the 1/10 4 STAC's: Emma, Anna, Nathan and Andy travelled to Eastern European City Slovakia to compete in the Kosice 'Peace' Marathon (and Half Marathon); Established in 1924, it is the oldest Marathon in Europe and the 6th oldest Marathon in the World.

With its 2010 World Record, Kosice stands in 8th position in Europe making it attractive for the elites as well as Club and Fun runners, with the event offering a half marathon and other races.

That weekend there was a battle between the world's best distance runners to break the 2.04 mark.

We hear from Anna and Nathan about their own battle on this fast flat 2 lap course of the old town.

1.	Race build-up:
	<p>NV: We set off at 6am on Saturday morning in Emma's fun bus to get to Doncaster airport. As soon as we were there the other 3 we're on the sauce but I refrained, this set the standard for the weekend. What a lovely hotel they had booked whilst I checked in to What can only be described as Kosice jail before promptly checking out again to crash in Andys room. Cheers pal. Night before was spent at a very good Italian restaurant before bed for a good nights kip after a lot of laughter and taking the mick.</p> <p>Luckily the start was right outside the hotel and was also the base for the elites and press so that was quite an insight into the way they prepare.</p> <p>AM: The morning was fun – any early start and off to the airport; Emma and Nathan got their bags searched and Nathan had his vaseline confiscated much to his dismay. We had breakfast together with the first beer of the weekend. The flight was quick and we were sat together so had some pre-race banter - mostly at Nathan's expense because he had booked a cheap hostel on the outskirts of the city and we had booked a nice hotel next to the start line. A couple of nervous flyers amongst us but in no time we were in Kosice. We quickly checked in and headed to the Expo which was extremely well organised and collected our numbers, running backpacks and yellow t-shirts which we donned for a group shot :-). The weather was warm and afterwards we walked to Nathan's hostel which didn't fail to disappoint - on the way joking how the film Hostel where guests were tortured to death was about a place in Slovakia. He quickly conceded he wouldn't be staying there. Back to the hotel to get changed and out for pizza and pasta - no chance of cramp the next day because the amount of salt in the food was like seawater at Brid! Duly back to the hotel and a reasonably early good night's sleep commenced. We rose early and had a hotel breakfast with the other runners - I think we may have been the only Brits! We rubbed shoulders with the Elites and were soon at the start of the race.</p>
2.	Miles 1-6.5:
	<p>NV: Sunny cold start, I passed the line within seconds and was off. The first mile was a bit off the pace due to traffic which wasn't a problem, this soon passed though. It was strange running a race with no banter as I didn't see or hear any other English voices for the whole race.</p> <p>AM: The race started at 9am with a few bottle necks for a couple of miles which always help start you off with a nice steady pace. The streets were lined the whole way with people but they are very different from the Brits - not as friendly and no sweets handed out - still good support though. The first quarter of the race was taken at a steady comfortable pace and I tried to take the sights in.</p>
3.	Miles 6.5 – 13:
	<p>NV: Nice route thro the town and local parks with great support. I kept a constant pace between 7.15 to 7.30 pace which was comfortable.</p> <p>AM: The 2nd quarter for me was much like the first - still warming up - I always come into my own after about 12 miles - def a long distance runner! At the half way point, the half marathoners were funnelled off to the finish and the marathoners directed around again - I nearly followed the halfers by mistake but was pushed back onto the course by a friendly marshal :-). I started to feel I needed some food at this point (gels just don't cut it for me) so was glad to see the bananas and other refreshments.</p>

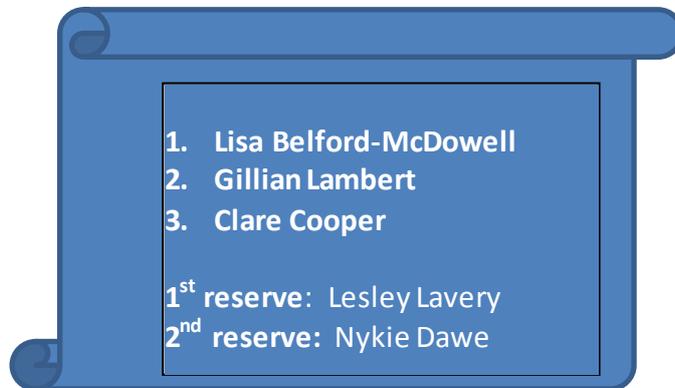
4.	Miles 13-19:
	<p>NV: As the race was 2 laps the half marathon crew went through the finish and we set off on lap 2. It was the first 2 lap marathon I had done. I really enjoyed this as I knew exactly what was to come and kept going at the same pace through to mile 20.</p> <p>AM: I wasn't sure how I'd feel about a lapping course but it worked for this one as we didn't know the city and it gave chance to see things you'd missed the first time. It also helped as you knew what was coming! It felt like a flat course but Strava said different. There were water stations every two miles which was good with a mixture of bottles as well as I like to carry one :-)</p>
5.	To the line... (19 – 26.2) and celebration time.
	<p>NV: 19 to 26 and the sun got hot, I slowed a bit but pushed on and got there in 3:19 which I was quite pleased with.</p> <p>Great medal at the end plus 2 cans of beer, we picked the t shirt and rucksack up at the expo on Saturday. Post-race celebrations commenced in try STAC style with Andy letting his hair right down.</p> <p>2 hours sleep then back to airport at 4 in the morning. Highly recommend it, great town, organisation and relatively cheap. Roll on the next away trip!</p> <p>AM: I always think the race starts after mile 18, I felt strong and well fuelled and was counting down the last miles in my head calculating what I needed to do pace wise to get that PB. During the last 3 miles I picked the pace up and luckily the last couple of miles are slightly downhill. Mile 26 arrived and Nathan and Andy were there with a cheer. The last 0.2 (which was 0.4 ha ha) was long but I still felt good and pushed harder and finished the race with a quick collapse over the line before recovering and having one of the strong Slovakian beers which were being handed out. I got a couple of texts from people tracking me at home and quickly joined Andy and Nathan to see Emma come through. After downing a couple of beers basking in the Slovak sun we had a quick change and hit the town (but what goes on in Slovakia stays in Slovakia ;-). Overall a fantastic weekend with fantastic people and I would highly recommend this race or another International Marathon especially with the STAC massive who really do know how to have a good time :-)</p>





Club Places Virgin Money London Marathon (22/04/18)

The Club ballot was held on the 26th October, names were drawn by glamorous assistant Paul McGreevy and read out by Helen, who announced the successful STAC's as:



Well done all! It's a fantastic opportunity and we wish you all the best with your training over coming months. We know you'll fully enjoy the VMLM experience.

Runners and supporters may be interested in the travel/ accommodation arrangements that Helen has pinned on the Facebook page.

STAC of the month: October's Winner – Lynn Fletcher, Jo Loftus / Sarah Waite

The **winner for October** has been announced as.....the lovely **LYNN FLETCHER**. Not one to let an injury set her back, Lynn built her miles and endurance back up and has embraced challenge after challenge. She had an amazing finish on Leg 6 of LCW with Lynne F, it was fantastic to see them come-in. She has most recently tackled a 16 mile Hardmoors challenge and achieved Good for Age at Yorkshire Marathon. Well done Lynn!

Future votes can be submitted using this [form](#), and submit it by the 1st of the following month....., Nominations are not votes and the number of nominations received for any individual is not the determining factor on who wins STAC of the month. Please refer to the [key points](#) of the Award. Please direct any questions to Joanne Loftus or Sarah Waite via stacofthemonth@sttheresasac.org.uk

Meet the Member: **Lynsey Lyon (November)**

Many thanks to STACies who have participated so far; the 'interviews' have provided an opportunity to share achievements, advice and aspirations, making an interesting read.

October features graphics whiz, **Kev Spivey** from the STAC TNT Team: [Kev Interview, Oct '17](#).

This month we've heard from the lovely **Lynsey Lyon** who joined the beginner's course last year, an engaging club member who is well known for embracing her monthly 10k races, her big smile and love of LUFC. [Lynsey Interview, Nov '17](#).

Next month features someone who wears green socks, smiles a lot and love a tri challenge.

Race Reflection: **Blackpool Marathon, April 2009** by Craig Keedy



Background: This was my first attempt at a coastal marathon after getting back into the running scene in 2005 after an 8 year ,ermmm break! I was getting a little fat and unhappy with my appearance and quite frankly enjoying myself far too much for far too long! Anyway, having had a few years of dedicated training with a few obvious setbacks and a few minor successes at various distances I roped in my old friend, Mr Iron man John Hunter who assisted me on training plans etc.

So , we/I decided to train for a marathon with John's help ,although his knees had sadly failed him, so he accompanied me on his bike on those lonely long runs! We went to Ireland in 2008 to run the Longford marathon and after a reasonably good build up ,managed 5th 2.39.58,(I distinctly remember the sprint to the line! Wasn't my fastest time as I'd run sub 2.30 ,but that was in the 90s and felt like a lifetime ago, anyway was a promising foray back into marathon running so we decided to tackle the Blackpool marathon having reviewed the previous winning times , we thought there was an outside chance of some sort of positive result.

The marathon had a very good reputation as a very well supported event so the atmosphere was hopefully going to be good and I'm happy to say, it didn't disappoint. **The course** was a traffic free one and started near the Hilton hotel taking in 2 laps running towards the pleasure beach and back up towards Fleetwood ,but all mostly along the coastal paths , I also think I was the only STAC , although I may stand corrected!

Training for this event had gone pretty much trouble free and we ran the famously tough Spen 20 and ran 1.59 with a 3 mile warm up and the same to warm down to get the marathon distance in, sounds barmy I know but we decided to go old school and instil some mental confidence which I think works, at least in my case, trial and error of course for everyone is essential for all distances! We decided that a realistic time to go for was around **2.35** which is very slightly **sub 6 pace** which we felt was in my comfort zone.

The build was going to plan then until I contracted an annoying cough for which I eventually had to come out of stubborn mode and get some antibiotics to sort it out! I only stopped taking those the day before the event unknown to John as I didn't want to concern him!

So on **marathon day** I actually felt ok surprisingly and the weather was favourable ,a sunny and crisp Spring day and of course running past the Blackpool Tower and along an iconic place makes the event a little special! The marathon and half marathon started together and I think there was around 3,500 runners in total, so of course the race plan was not to get too competitive too early . When we got to half way for which I was in the leading pack in the half, they went on and ran to their finish and I surprisingly found myself **in the lead on my own** with the lead car as company!

All went swimmingly well with John shouting from the sidelines when he could and I was almost enjoying myself as running along the coast and sort of in the zone taking in the view of the blue sea and I almost forgot that I was in a race! Anyway I was so much in the so called 'zone' that unbeknown to me a stray car had got onto the course just behind the lead car and I didn't notice, so when that car turned left as I knew there was a left coming up I stupidly followed it, I was about 3 minutes in the lead at the time, so kept on following this car until I heard a voice around 700 meters in the distance shouting (you're going the wrong way)! **My heart sank**, so I ran back onto the actual course and fearing that my lead had gone (17 mile markish) ,I found that I was still in the lead; however only just by around 15 yards , he must've smelt blood!

The original plan was to put in a spurt depending on where I was in field at around 21 miles but I had no choice but to put in a bit of a kick and try and **stamp some sort of authority back in the race**.

It worked and a few shouts from Andy May and John of course and I was home and dry, a great and crowded laden finish saw me coming home in 2.38.36 but would have been practically bang on 2.35 had I'd not taken my detour! Having got over the finish line I found one of those grey furry microphones stuck in my face by someone from Sky News !! I blabbered on, telling them we'd just scattered my grandmothers ashes there a short while back and dedicated the win to her! The 2 gents at our hotel recorded it for us which was great although it was edited (of course) it was weird seeing myself on telly too!

Time to celebrate; after picking up the cheque and a surprise visit from Johns' daughter and her beau we all got well and truly oiled!

My chest was bad again for a couple of weeks afterwards and of course I took it easy for a little while. So, any advice I have? Always have a race plan, don't lose your head if something goes slightly wrong and don't let minor setbacks affect you too much .

PECO Annual Cross Country (XC) League 2017-2018

PECO countdown has begun, so what's it all about.....

PECO XC is a series of **five cross country races** and a competition for running clubs around Leeds: each Club can enter as many members as they wish, there are competitions for individual runners as well as teams of runners which are simply based on men's and ladies teams.

All Clubs also compete in the Vets division: for men, 3 MV40s, 2MV50s and 1 MV60 count for the team score; for ladies it is 1 LV35, 1LV45 and 1 LV55

Scoring is based on the first 8 men counting for the men's team and the first 5 ladies (*previously 4, updated to 5 this year*) counting for the ladies team, i.e. 1 point for 1st overall, 2 points for 2nd overall etc.

If a team of men consist of 12 runners and the fastest 8 finish in 10th, 20th, 30th, 40th, 50th, 60th, 70th and 80th place, the men's team will score 360 points (10+20+30+40+50+60+70+80). **Winning teams:** The team with the lowest number of points wins that day and is awarded 1 point. The team who is awarded the lowest number of points at the end of the 5 races is announced as the winning team in each division.

Cost: It is £3 to register for the competition (payable to Captain's) and £3 per race. As a small incentive, STAC members who complete all 5 races in the series will receive a bottle of quirky ale!

Race numbers will be available for collection from Captain's in November (ready for the 1st race on the 26/11 Nostell Priory). Please retain your number throughout the competition (no matter how many races you are competing in). Numbers cannot be transferred to another runner.

The dates for the 2017/18 season are as below (changes in schedule reflected):

2017/18	Date	Hosts	Assistants	Venue
Race 1:	Nov 26	Ackworth Road Runners	Eccleshill Road Runners	Nostell Priory
Race 2:	Dec 10	Abbey Runners	Horsforth Fellandale	Golden Acre Park
Race 3:	Jan 7	Roundhay Runners	Chapel Allerton RR	Roundhay Park
Race 4:	Jan 21	Middleton Park	Rothwell Harriers & Hyde Park Harriers joint hosts	
Race 5:	Feb 11	Kippax Harriers	St Theresa's AC	Temple Newsam
Relays:	March 25	PecoXC League	WYWL	TBA

Race 1, 26/11 at Nostell Priory is a Club Championship Race

The above information and dates have been circulated via email and are on the [website](#). Please contact Captain's with any queries.

League divisions and additional details are available on the PECO League website:
<http://pecoxc.co.uk/>

Club Constitution and Rules Club Members must follow UKA rules, [Club Rules](#) and the [Club Constitution](#) in respect to racing in club kit, race number exchanges, representing the Club at events and other guidance; if unsure, please refer to the guidance on the website.

Committee: Members are encouraged to submit feedback; in respect to new ways of doing things. We have an established a Lessons Learnt Log (of things that could have gone better as well as successes). Everything we do is a learning curve and feedback will inform the Lessons Learnt log / future planning.

Committee meetings: The next meeting is on the: **7th November**. Please contact secretary@sttheresasac.org.uk if you'd like to raise an item.

Diary dates: Nov / Dec:

- 5th Nov: Abbey Dash / Guy Fawkes 10 / Cop Hill Fell Race
- 2 & 9 Dec: Club Championships Race Fountain's Abbey parkrun
- 3 Dec: Whitkirk 10k, **See Richard Cooper's Facebook post for details.**
- 8 Dec: STAC Social: Christmas Do, Crossgates Recreational Club
- 9 & 16 Dec: parkrun challenge 'run any course' days
- 12 Dec: Captain's Challenge
- 19 Dec: STAC Social: Curry night
- 31st Dec: STAC Winter Handicap (confirmed date, following no objections). Scholes Scott Hut has been booked from 10am – 12noon.

Diary dates: 2018 so far:

- 14 Jan, Temple Newsam Ten (TNT).
- 28th Jan: STAC Awards Night, Barnbow Club
- 22nd Feb: Annual General Meeting (AGM)
- TBC: STAC Social: 35th Birthday celebrations

Please get in touch if you'd like to share an update, article, event or race in next edition (due out 1 Dec '17)