



RunDown ...

of September 2017
STAC News and Events

Well done all

Volunteers:

- The effervescent Sharon Butterfield, who runs, supports and childminds at many STAC events.
- Anyone who has paced at an event this month or volunteered at parkrun. Please contact Gill if you'd like to help out at a forthcoming TN parkrun or Junior parkrun.

Runners:

Who ran at the following Club Championship Races (CCR) / well-attended events which have been well captured in the following Race Reports:

- [Wetherby 10k, 3/9](#): Race Report by Michael Grayson
- [Great North Run \(GNR\), 10/9](#): Race Report by Sam Rowley
- [Vale of York Half Marathon, 10/9](#), (CCR). Race Report by Sarah Waite.
- [Kirkstall 7,17/9](#), (CCR). Race Report by Violet Gill.

There was also healthy STAC representation at Tadcaster 10 and Ladybower 20 on the same day.

- [Berlin Marathon, 24/9](#): [Race Reflection](#) by Sarah Waite and Danny Hare.

High five's

- 1 **Louise Olbison** for knocking a whopping 17 minutes of last years' time at the Vale of York (VoY) Half Marathon.
- 2 **Nicky Coop** for competing in Wetherby 10k, her first race for 2 years. Good to have you back Nicky.
- 3 **Leanne**, for competing in her first tough 20 mile challenge; Ladybower 20.
- 4 **Lynsey Lyon** and **Daniel Gaunt** for their parkrun PB's (both at Wetherby parkrun). Spurred on by the parkrun championships perhaps...
5. Ironman **Wayne Herbert** for completing a 1.2 mile swim, 56 mile bike ride and half marathon at the event in Weymouth:



Well done to everyone that raced in September.

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

Chairman's Update, Martin Horbury

Leeds Country Way (LCW) Relay, 3 September '17

This year's LCW relay proved to be another really successful day for STAC. 72 runners represented the Club and STAC was the only club to field 6 teams which is an outstanding achievement.



There was some an outstanding runs with prizes for fastest ladies pair going to Sarah Garbutt & Jane Kemshall on Leg 1 and Ruth Muir and Tillie Clark on Leg 2.

The men's Vets' team also gave a fantastic performance, winning a trophy for the second team in their category.

Our first team home was the Men's A team in third place in a super-fast time of 7 hours 15, which was 13 minutes quicker than our fastest team last year and in fact quicker than the overall winning time in 2014. This shows what great potential we have in the Club with several of our younger runners in this team.

There were lots of excellent performances throughout; I must give a special mention to Wanda who not only completed the Leeds Triathlon on the Sunday morning but actually won her age category and then ran Leg 6 for our ladies vets' team in the afternoon.

Special thanks must go to our LCW Co-ordinator Stuart Gall who has done a fantastic job pulling the teams together and keeping on top of the range of tasks required to get the STAC teams out for the last four years. Stuart has given us notice that he wants to stand down from that role so thanks again to him for all he has done.

Manchester Northern Road Relay Championships, 16th September, '17

In a bit of a contrast to the Leeds Country Way the Club took men's and women's teams to the Northern Road Relay Championships which literary did laps of the concourse outside the Etihad Stadium in Manchester. Each leg was just over 5k and was pretty flat and extremely fast.

Starting and finishing on the athletics track at the side of the stadium this event featured all the top clubs in the North of England and both teams did a fantastic job against such high quality competition with the men in 75th and the ladies 57th.

This was the first taste of this type of event for most who took part so it was a great experience and I am sure there will be many more to come.

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

The application for England Athletics Affiliated Club Places does not open until the end of October this year. This will be followed by a **Club Ballot in November**, to be held on a Tuesday at 9pm in the Barnbow Club after training. The date will be confirmed asap via email and Facebook once the date for applications is open and an application has been submitted and acknowledged.

Entry criteria does apply to any members putting their names forward for the Club Ballot; members must produce their London Marathon rejection letter (as proof they've entered), they must have been with the Club for 1 year since the Ballot opened on the **1st May '17**, and they must not already be in under Good for Age (GFA) If unsure, please refer to the full guidance within the [Club Rules](#).

Leeds Marathon 1990, David Leaf

'Why didn't you give us a wave in the finishing straight, we were all cheering you!'
'Sorry, I was watching the hands on the town hall clock' was my reply to Maureen Gunby
at the end of the Leeds Marathon in 1990.

That just about tells the story of several attempts to get a decent time in that race on the fourth attempt; the previous three times being on the original beast of a course starting in town and finishing in Roundhay Park.

New start: This year it was to start and finish at the Town Hall and run alongside the Half Marathon for about the first 8 miles. I was running alongside Maureen Gunby who was running the half marathon and at the point on the ring road when the courses split and we wished each other good luck it was becoming evident the high winds at the start were becoming a gale. A little later on the very long and straight Alwoodley Lane, with the wind in ones face, I'm thinking 'All times out of the window today Dave, wish I'd had followed Maureen back to town! Just run with the conditions' I decided at that not to look at my watch as it was only going to depress me further.

Half-way: However, I eventually reached half way, somewhere on Otley Road, and obviously had to check - and knock me down with a feather boa! - I was not that far off my target time!

By the time I got out into the very exposed countryside towards Scotland Lane the black dog had appeared again. I had been running on my own since halfway and not caught a sight of anyone up front and no one at the roadside for miles, I assume because of the foul weather. I thought I'd gone the wrong way until another runner caught me, someone much taller, at last shelter! Happy days! Sorry mate but I'm behind you until we're out of this wind.

Even so when that policeman on Kirkstall Road says 'Not far now' the viaduct bridge still seems miles away and my reply of '*Not on an effing motorbike*' seemed to amuse him.

Just after the enclosed photograph, near Westgate, I saw the hands on the town hall clock with the big hand not yet reaching the horizontal and I have to at least reach the finish well before it does so - Sorry Maureen! I'm focused!



2hours 43minutes 59seconds. Nearly four minutes behind my target of the 2hrs40mins overall qualifying time for the London Marathon! How did I feel about this? - Bloody great actually as I'd just turned 40 years old and the qualifying time for vets was about 3 hours! It was a satisfying time given the nature of the course and conditions.

The marathon is a special distance whatever time you run it in and to get to the end of one is a fantastic achievement.

Learning curve: I guess if there is anything to learn from this, apart from don't try to walk up the Town Hall steps after a marathon, it is actually not to get too obsessed with times and that conditions are rarely perfect. In races (especially marathons) anything can happen on the day. The Leeds marathon was actually cancelled one year in the 90s because of snow!!! In October!!! I don't know how frustrating that would be after all that training.

The other thing is that I am not a natural long distance runner; my running style is more suited to shorter distances so that I had to find a way that suited my running, to put in the miles and to train to maintain the pace for longer distances. It took 7 marathons over 7 years to get that right but I had a lot of fun and made a lot of friends along the way. So if at first..... PS It probably won't take Mo Farah that long.

Jog-on with Dave: Training get-together?

Thanks everyone who came to the inaugural **“Training Get Together”** at the Leodis on 4th September. It was great to chat about training without being out of breath and sweating!

We had a wide-ranging discussion about issues such as Beginners and Improvers, and how we could tailor some sessions to include them, to bringing a more focused approach to our current Tuesday and Thursday sessions.

We agreed that over all we want to retain the character of the Tuesday and Thursday sessions. The multi-ability nature of our Thursday Session’s at Temple Newsam is a very enjoyable and supportive environment for every member no matter how fast and hopefully we can continue to motivate everyone and refine the sessions to keep on improving and remain relevant for members. Thursday training continues through the winter and we will try to make sure we run in well-lit areas around the House & Stable block as we know it is an issue for some.

Tuesday training could be improved, if group-leaders wish, by regular fartlek or time trial routes. Out and back is also an option we should do regularly. Focusing training building up to a key race might be an option. For example, Leeds Half Marathon or Abbey Dash or a big club race. We could plan the training block of 8 weeks or so before these races for anyone who is interested in targeting a PB. The track sessions could be part of this. Some Cross-Country training could also be offered.

We also discussed the informal runs that members organise most weeks form part of what the club is about, e.g. Friday Mud Club, Saturday Stroll or Tillie’s Track. There’s always something for everyone and if you would like another training option, do it! You will get support, advice and companionship from our friendly club.

We discussed a questionnaire to ask members their thoughts on what is good, what not so good and what is missing from our training offer, so expect to see that soon. We will use your input to improve our training offer and to write a Training Statement which we can build our sessions around.

Next Training Get Together Monday 6th November 8pm Leodis Pub. Please come along if you wish to talk about your training, have any issues or ideas for current training or just want to have a drink and listen!

Olympic sprinter **Emily Freeman** kindly came along to our last track session. She demonstrated some drills and was very generous with her time and chatted while we did our pyramid session. Massive thanks to Richard Howarth for organising this, it was an inspirational session!

Finally, STAC has been successful in our **application to Club Run** <https://www.englandathletics.org/clubs--community/club-management/club-run>

An experienced coach will come to our club for three sessions over three months to lead practical sessions. We asked for help in improving members 5-10K pace or transition from 5-10K for improvers. There’ll be event specific warm up and cool down and chance to chat and get advice from qualified coaches. This is really exciting and hopefully our members will support it as it really is a great opportunity to receive quality coaching and advice. Again thanks to Richard Howarth for taking the lead in this application.

STAC England Athletics Coaching Opportunity Richard Howarth

STAC submission to Club Run scheme for 2017: We recently applied to England Athletics to take part in the Club Run scheme which offers Clubs a free series of practical coaching sessions led by England Athletics coaches linked to the Coach Development program.

It was a yes... Only 40 Clubs per year can benefit from a place on the scheme and I'm pleased to say that STAC have been offered a place this year. As such, we'll get 3 coached sessions that members can benefit from and the coaches and leaders will also get additional support and guidance. This is great for the Club and I hope members will enjoy the sessions and benefit from the coach we get allocated. We're currently waiting for further details and to be assigned a coach. We'll update members further then.

For more information on Club Run see: <https://www.englandathletics.org/clubs--community/club-management/club-run>

Leeds Country Way in a Day, 9 September, Glen Johnson, Helen Fenton Stuart Gall

Garforth, Woodlesford, Rothwell, Stanley, Alverthorpe, Ardsley, Gildersome, Tong, Thornbury, Lower Fagley, Apperley Bridge, Rawdon, Horsforth, Cookridge, Golden Acre park, Eccup, Harewood, Wike, East Keswick, Bardsey, Thorner, Barwick, Scholes, The Podger.

There was no Saturday sleep-in for Glen, Helen and Stuart on Saturday, 9th September; their alarms were set at silly o'clock ready for them to embark on their Leeds Country Way (LCW) challenge, kicking off from the start of Leg 1, Garforth Squash Club at 5am (Stuart) and 6am (Helen & Glen), they had a mammoth feat ahead of them and knew when they returned to the Club they and the light would be fading after running 64 miles in a day!

Read each of their perspectives via the following links:

- [Glen's Journey](#)
- [Helen's Journey](#)
- [Stuart's Journey](#)



Race Results [Club Championships Races](#)

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

The next Race is **Wistow 10k** on the **29th October**.

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.

[Club Championships Races - 2018](#)

Do you have a race suggestion for next year? Go put it forward via the Race [Spreadsheet](#) or send an email to the [Inbox](#). It's an opportunity to have a say / influence, so don't pass it up.

There has been a good selection of races from members to date and the spreadsheet has been separated into events for Road, Trail, Fell and Track to help ensure all distances / preferences are met.

Club Championship Subgroup: We've established a subgroup of 8 members to devise a new Club Championships format for next year. Work is underway.. there will be an update in the next Newsletter.

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:

- [STAC Temple Newsam Hill 'Top Trumps'](#):
- [parkrun League](#) : parkrun League Leaders after Wetherby:
 - Richard Herrington – Cock Beck – 200 Points – 2 Runs
 - Wayne Butler – Devon – 265 Points – 3 Runs
 - Stuart Gall – Woodman – 270 Points – 3 Runs
 - Sarah Waite – Wykebeck – 290 Points – 3 Runs
 - Stacey Goodyear – Barnbow – 295 Points – 3 Runs
 - Helen Fenton – Brown Cow – 265 Points – 3 Runs
 - Sarah Denman – Station – 300 Points – 3 Runs
 - Lynsey Lyon – Leodis – 290 Points – 3 Runs

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.

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](#).

STAC of the month: September's Winner – Helen Fenton, Jo Loftus / Sarah Waite

The **winner for September** was announced today as **Helen Fenton**. For recognition of her LCW in a day feat and encouragement and support of others. Congratulations Helen!

Future votes can be submitted using this [form](#), to be submitted by the 1st of the following month.....

The nominations received for any individual are not the determining factor of who wins STAC of the month. Please see [key points](#). The Award is organised by Sarah and Jo who are contactable via stacofthemonth@sttheresasac.org.uk

Meet the Member

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

September's interview featured one of STAC's greats, **Alan Schofield**: [Alan Interview, Sept '17](#).

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

In November we hear from 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.

Club Constitution and Rules Club Members must our [Club Rules](#) and the [Club Constitution](#) in respect to racing in club kit, number exchanges, representation at events and other requirements, which members signed up to when they joined the Club: if unsure, please refer to the guidance on our website.

Committee: Members are encouraged to submit suggestions and feedback; in respect to new ways of doing things. There's always scope for improvement; we have an established a Lessons Learnt Log (of things that could have gone better as well as successes) which will inform planning for next year.

Committee meetings: The next meeting is on the: **24th October**. Please get in touch via secretary@sttheresasac.org.uk if you'd like to raise an item.

PECO XC League dates and venues - Nov-Jan '18

| 2017/18 | Date | Hosts | Assistants | Venue |
|---------|----------|--|-------------------------|------------------|
| Race 1 | Nov 26 | Ackworth Road Runners | Eccleshill Road Runners | Nostell Priory |
| Race 2 | Dec10 | Kippax Harriers | St Theresa's AC | Temple Newsam |
| Race 3 | Jan 7 | Roundhay Runners | Chapel Allerton RR | Roundhay Park |
| Race 4 | Jan 21 | Abbey Runners | Horsforth Fellandale | Golden Acre Park |
| Race 5 | Feb 11 | Rothwell Harriers & Hyde Park Harriers joint hosts | | Middleton Park |
| Relays | March 25 | PecoXC League | WYWL | TBA |

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

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

Diary dates

- 8th October, Yorkshire 10 mile and Yorkshire Marathon
- 14th October, Gruesome Twosome 10k and Half Marathon
- 15th October, Shaun Lee Johnstone Memorial Multi Terrain 10
- 28th October, Hubble Bubble Races (various distances, 5k – 32m), Kirkstall
- 15th October, Post Hill Race, Pudsey
- 22nd October, Holmfirth 10k and 15m
- 28th October, STAC Halloween Takeover at Temple Newsam parkrun.
- 29th October, Wistow 10k, Club Championship Race
- 5th November: Abbey Dash / Guy Fawkes 10 / Cop Hill Fell Race

Please get in touch if you'd like to share an update, article, event or race in the November issue