



ST. THERESAS
Athletic Club

RunDown ...

STAC News and Events

May - June 2017

Firstly Well done all... There have been some fantastic efforts throughout May and June...Congrats to those of you who've bagged PB's, ventured into new racing territory and won a prize (alcoholic or trophy). Whether it's Road, Fell, Trail or Tri, Summer racing is looking good so far!

High five's to.....

Runners: Many of you who raced in the high temperatures of May Bank Holiday weekend, those that "beat the train", represented the Club at Urban Trail Runner (UTR), ventured into 'Tri' territory or tried a new distance / event.

Volunteers that have given up their time, whether it's a local parkrun (pr), pacing at a Jane Tomlinson event or marshalling at Urban Trail Runner (UTR) at Temple Newsam.

If you've enjoyed a Race recently, why not review it in a **Race Report**. This may encourage other members to try it next year and it will give us 'food for thought' when planning Club Races.

Key Update: Leeds Country Way (LCW), 3rd September 2017

Thank you to everyone who has put their name forward and been supportive of what promises to be a great Club / Team Event. We've received our best response to date enabling us to reserve 6 team slots! Captain's will be collecting a £10 entry fee from all involved.

Martin, Stuart and Captains have tried to accommodate preferences but we recognise that we're never going to please everyone nor get it completely right. We have received some constructive feedback and Martin has sent an email to members to address this and the comments raised. Please contact your Team Captain with any further concerns or queries in the first instance.

It is a big commitment and we appreciate the time you're giving up to support the Club, train for the distance and recce your respective legs. We can guarantee that you'll enjoy the event and feel a fantastic sense of achievement when reflecting on goings-on in the Podger afterwards!

The [website](#) contains details of teams, pairings and legs. It will be updated to reflect ongoing changes from now until Race Day.

New Men's Captain and Vice Captain, Martin Horbury

Last month we welcomed our new additions to the Committee: Nathan Vaughan as Men's Captain and Wayne Butler as Men's Vice-Captain. They are both making a fantastic contribution so far, with presence and input into the Beginners Course, Committee activity and LCW planning.

STAC of the month, Jo Loftus / Sarah Waite

Well done to Dave Parker who won the inaugural award in recognition of his commitment and accomplishments at extreme events such as the Hardmoors 110 mile ultra. Voting for June is now underway.... Please use this [form](#), and submit it by the 1st of the following month.....

Jog-on with Dave (Mellor)

New Tuesday Group: We've received some welcome feedback on the Tuesday pacing groups; highlighting that there's no 9 ½ - 10 minute mile Group. Lisa Belford-McDowell has kindly agreed to Lead this Group going forward. Thanks Lisa! Hopefully this will encourage runners at this pace to come along.

Thursday sessions: The new sessions have been tackled with enthusiasm; you'll soon be reaping the awards of your efforts. We're still embracing the old favourites such as Duck and Whistle, Clover Leaf and who doesn't benefit from the three hills!? Full details of our weekly training sessions are on the [website](#).

I'm always around at training, Club events and parkrun, it would be good to hear your feedback!

Track Sessions: During the summer, one Thursday night per month will be a track session so a wider range of members can experience warm-up drills for technique and conditioning, different type of interval training and a good stretching routine.

Wednesday track sessions at John Charles will still go ahead and notified via a Facebook "event".

Training Get-Together: For those interested in training techniques, talking about their own schedule or training goals & bringing ideas or constructive input about club training sessions, I plan a regular get-together (Probably a Monday night 8:30 in the Leodis Pub). Watch this space for announcement of the inaugural meeting and get your thinking caps on.

Summer Challenges, Stuart Gall

STAC Temple Newsam Hill 'Top Trumps' you've been trumping up those hill with gusto. Well done to our first completer (of all 15 hills), Martin Horbury. 7 of us now have all 15 segments in the bag and John Robson is top of the Leaderboard. Have a [look](#) and come and get involved.

There are 8 Leagues with course times ranging from 19 mins to 31 mins onwards... It's a great challenge as well as an opportunity to stretch our running and try some new courses. Full details are on the [website](#). We'll shortly be publishing who has been allocated to what league.

We'll be further extending the Championship Races and introducing a few more testing hill challenges such as Butt Hill, Hill 60 and The Boyle. Put your hilly suggestions forward to me kids.

Meet the member , Sophie Cullen

We've reintroduced the popular 'meet the member' interviews as a quick and easy way of finding out more about our inspiring Club members and their running experiences (via 10 Q&A).

Martin Horbury: featured in the June '[interview](#)'. We heard about Martin's race achievements, sporting influences and his bygone days partying in Milton Keynes.

Annie Roddy: is the interviewee for July. Annie joined the Beginners Course in 2015. She has progressed from a non-runner to a enthusiastic STAC member who embraces everything from parkrun to Marathon distance (whilst working and looking after a family).

Sign-up: Going forward we have a wide range of interview candidates scheduled who'll have some interesting snippets to share. Please let [me](#) know if you'd like to divulge some details of your own running journey.

Leeds Country Way (LCW) in a Day, 9 September, Glen Johnson

Come and join me in this opportunity to venture into 'ultra-territory': LCW in a day (64 miles)! Don't be put-off by the word 'ultra', there's no pressure to complete the whole course; you can just run half or a chunk. However, if you're in it for the duration, be prepared to set the alarms early, pack the head-torch, suitable clothing layers, food and drink provisions etc. You'll also need some long distance running experience to complete the course within the anticipated 14-15 hours. Some kindly people have offered to provide 'pit-stops' along the way and no doubt we'll come across a beer garden or two for a 're-hydration stop'. We'll be sticking with LCW tradition and rounding the day off in the Podger. Further details to be communicated and a Facebook Group established soon!

Club Championships Races:

Some of the Club Races to date have really tested our endurance and brought about a fantastic sense of achievement afterwards. Going forward, there is something for everyone from a short testing trail to a road half marathon that presents a PB opportunity. [Have a look!](#)

Race Reports: Thank you Paula for producing a fab [Pudsey 10k Race Report](#). We'd welcome a volunteer to complete the [Report](#) for the next Race: [Kilburn 7](#) a 7 miler on the road. It takes place on the 9th July and is set in a beautiful part of North Yorkshire. Post-race you can catch some of the village festival. Needless to say, there will be plenty of cake and refreshments on offer.

Car sharing: We are in the process of introducing a 'carpool' lift sharing scheme, click on the [race](#) you are travelling to, to establish how you offer or request a lift.

Race Results: Club Championships Races, Wanda Macdonald

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

Race Results: Fell Championships, Stuart Gall

The latest results from the Fell Championships, Ilkley Skyline Relay and web -inks to Races included within the competition are on the [website](#).

Diary date (Jul-Aug):

- 7 July, drinks in the Brown Cow after the [East Leeds 10K](#). Organiser: Clare Cooper.
- 12 July, (Wed), [Golden Acre Relay](#) Team organiser: Stuart Gall.
- 14 July, (Fri), STAC men's night out, 7pm at the Gascoigne, Barwick. Organiser: Richard Herrington.
- 4 August (Fri), [Meltham Murder Maniac](#) (2 miles), suggested by Richard Herrington
- 6 August, 10:30am at the Barnbow Club: STAC Handicap, Stuart Gall
- 6 August, 2pm at Temple Newsam, STAC Summer Picnic, Clare Cooper
Stu and Clare will publish Handicap and Picnic details via Facebook
- 9 August (Wed), [Farsley Flyer Trail Race](#) suggested by Anna Sharrott. Ruth confirmed it is part of [Country Trail Races](#) held for 4 months over the Summer "*cheap as chips and £2 off in the bar. Low key and suitable for all abilities...*"
- 19 August, Ripon Races, Organiser: Clare and Richard Cooper. Further details will soon be announced via Facebook.

We don't want to be bureaucratic, but.... All Club Members must follow UKA rules and [Club Rules](#) in respect to Number exchanges, [Club Kit](#), Representing the Club, posting on Social Media etc. A copy of the [Club Constitution](#) is also available on the website. Thanks all.....

Committee meeting take place on the last Tuesday of each month, from 8:30pm at the Barnbow Club. Please contact secretary@sttheresasac.org.uk if you'd like to attend or if you require a member to raise an item on your behalf.

Please [get in touch](#) if you have an update, article, event or race to share in the Jul-Aug edition of RunDown. [Feedback welcome](#).