



RunDown ...

August 2017

STAC news and events.....

Well done all

Volunteers:

- Nick, Terry, Andrew and Shaun for pacing at Runforall York 10k.
- Members who have provided support at local parkruns this month. Gill Lambert does a fantastic job of co-ordinating the volunteers at our local course, Temple Newsam and has recently had a callout for volunteers to support the establishment of a new parkrun at St Aidan's RSPB Centre. Its early days, but contact Gill if you'd like to be involved.
- Team Gall and everyone who helped out at the Chris Gill Summer Handicap, undertaking a wide range of roles that helped make the event the success it was.

Runners:

STAC was well represented at the following events:

- **Runforall York 10K;** Well done all, especially if it was your first 10k.



Club Race:

Middleton Urban Trail Runner, 20/8:

19 STAC's defeated the course. There were some fantastic placings and category results with 3 STAC's in the top 10.

Reflected by Clary in her Race Report.

- **Escrick 10k:** Held on the same day as Middleton UTR, in a contrasting setting and terrain. The event was enjoyed by all, as summarised by Elizabeth in her [Race Report](#).

High five's

- 1.&2. Violet and Richard Howarth for completion of York 10k on their comeback from injury.
3. Paul McGreevy for his first Tri Challenge; Allerthorpe Super Sprint Tri, coming 16th overall and 3rd in his age category.
4. New Dad, James Gray, running 57 miles of boggy moor, some of it waist deep in celebration of his 30th birthday, as you do...
5. Handicap winners; Emma Doherty (1st place), Terry Midgley (2nd) and Lee Holliday (3rd).

Well done to everyone that raced this month.

Please [get in touch](#) if you'd like to see a specific race or achievement mentioned in next month's Newsletter.

Leeds Country Way (LCW), 3rd September 2017 This week's the week! Stuart has updated the [webpage](#) to reflect last minute changes. Please liaise with your team Captain's should you have any last minute queries. Good luck to all the STAC team's. Looking forward to exchanging stories of the day and celebrating with you on Leg 7 (the Podger).

Leeds Country Way in a Day, 10 September, Glen Johnson

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, Thomer, Barwick, Scholes, The Podger.

Next Sunday, Glen is taking on the epic challenge of running the whole of the LCW route in a day after many recce's and much planning and preparation. There are several people joining him to run various legs throughout the day and many others who are providing support, which is much appreciated. Please contact Glen if you'd like to be involved and he'll add you to the [Events page](#) Please be aware, this is just for fun and for Charity, so those involved are responsible for themselves (please wear appropriate kit, ensure you have supplies and an emergency £20).

If you'd like to support Glen raise funds for St Gemma's Hospice, please refer to his [Fundraising page](#).

Save the Date: Temple Newsam 10 (TNT), 14th January 2018



We are proud to announce the date of next year's TNT as **14th January 2018**. Jump on board to volunteer, race (or both) and save the date...

The event will follow the same route as previous years, taking in the historic Temple Newsam Estate, lakes and surrounding woodland. It is the perfect course for runners wishing to expand on their multi-terrain distance and push themselves with some undulating hills, including Bullerthorpe Lane and the lung buster we cruelly threw in 400m before the finish!

The course comes with its fair share of mud too, earning it the '*tough not timid*' strapline which helps make it a sell-out!

31 STACie's took part last year and we expect more of you will want to rise to the challenge in January and wear your Club vests with pride! As before, the event capacity will be 1,000, it will be chip timed and the cost will £15 for affiliated and £17 for non-affiliated runners. Prizes will be awarded for Male and Female winners, age categories and the best represented club.

Members will appreciate it is no easy feat organising and hosting such an Event; Helen, Tracey, Kev and the team have been actively beavering away behind the scenes. The key event enablers have been established for 2018; the event licence has been granted by Run Britain, hosting support obtained from Leeds Council and Race Best have once again been granted the contract for event registration and results.

The Event has been publicised on social media (Facebook and TNT) and a communication on Racebest is soon to be announced.

Everything has gone smoothly despite a slight hitch when it came to light that the date clashed with the popular Brass Monkey Half Marathon; an event that is well attended by runners within our Region.. We are disappointed by this and we recognise that members will be too. We had made every effort to avoid such a clash and Tracey had actively communicated with local organisers to avoid it happening. However, we feel reassured that both events are very different in distance and terrain and it goes without saying that both will be a sell-out!

We'd still encourage members that wish to go for the Brass Monkey to do so. To compensate we'll be considering a PB half marathon amongst our 2018 Club races; suggestions welcome.

As always, volunteer support at TNT would be much appreciated, there are many roles and tasks to undertake on the day and we know you love the opportunity to wear a hi-vis vest and enjoy a free bacon (veg alternatives available) buttie!

There will be a callout for volunteers soon to help ensure the event is the biggest and best TNT yet and everyone enjoys much camaraderie on the day!

Tuesday and Thursday Meeting Points, Martin Horbury

Most members will be aware that earlier this year the pavilion at Barnbow was demolished and access to the playing field area stopped with the gates permanently locked.

This has had a significant impact on the Barnbow Club who ran several events each year that in particular earned them good revenue. It seems likely that the field will be used for housing development and there has to be some question over the long term future of the Club itself who are on a short notice period from their landlords. It's difficult to put any time scale on this as planning matters can take some time but no doubt when something does happen it could be quickly.

STAC members have continued to run from the Club on Tuesdays throughout the summer but we have been unable to offer to stage a PECO or Yorkshire Vets race with no parking options.

At this stage we plan to continue using Barnbow as our Tuesday base but will continue to look at potential alternatives. One possibility is to look at an option where we can meet on Thursday night's as part of the Temple Newsam training. This would allow us to assess the suitability of the venue and if it works out we could use that as a Tuesday venue. We will keep you posted on developments.

Chris Gill Summer Handicap, 28th August '17

The Bank Holiday sun was shining (some would say a bit too much), everyone was in good spirits and raring to dredge across a field plagued by grass mounds, through Garforth into the reported 'muddy / slippery' Parlington Woods; a challenging 7.6 mile route back to eagerly awaiting support team at the finish. [Read the full report and quotes from the winners via this link...](#)

STAC Summer Picnic, 28th August, Sara and Jude Jackson

August Bank holiday Monday saw St. Theresa's second annual family picnic held at Temple Newsam Park. This event is fast becoming a firm favourite in the STAC calendar, being a cheap and relatively easy crowd pleaser which gives our next generation of runners chance to network safely!

There was a good turnout of littlies, but also a fab amount of members there without offspring in tow. The sun was shining for all to enjoy the games and toys brought along by event organiser Clare Cooper and family.

A game of cricket was soon established, and it was noted that Alan Schofield was rather buttery fingered (too much cake?). Nick Wealleans powered home several runs, and Glen Johnson was soon on a hat trick on his first maiden. Frisbee, hoola-hoop and Jenga kept the kids, including Jude, entertained for hours. In today's busy 100 mile an hour life, it was lovely just to sit and chill with other like-minded people. It's a shame we can't do this more often!

My Race Recommendation: Flat Cap 5, 2nd August by Sarah Denman



Well done to the 2 Sarah and Claire Hogg who completed the Flat Cap 5, a 5 mile trail event held in Dewsbury which offers free pie and peas at the end in celebration of Yorkshire Day. Snippet of Sarah's report below along with a link to the full report on the website:

STAC vest - check, trail shoes - check, flat cap - check, money for a post race pint - check.... my ideal race preparation! This is the second year I have done the Flat Cap 5 and I enjoyed it just as much as the first.

[Link to Sarah's Full Report](#)

My Race recommendation: Karen & Violet Rock 'n Roll; Dublin, 12-13 August

Karen Haunch



Well done to Karen and Violet on the Dublin Rock and Roll Races and escapades... Snippet of Karen's report below along with a link to the full report on the website:

Violet and I completed the Liverpool Rock and Roll half marathon in 2016 and enjoyed it so much we decided we would go International and enter the Rock and Roll 5K and Half Marathon in Dublin. A very early start was needed, with a 6.30am flight; the busy airport indicated that half of Yorkshire were on their holidays! [Link to Karen's full report](#)

Jog-on with Dave: Getting high on Instagram



You know Instagram is a great social media site to share pictures of your tea or your cat. You may not know that Instagram is a great site to get training tips, share inspirational running photos and videos and follow your favourite athletes or running and fitness gurus. There is less of the constant chatter that is on Facebook so a bonus!

- **STAC on Instagram.** Lots of our members are already on Instagram. Come and join us @sttheresasathleticclub! If you want to share any #running or #trailrunning pictures or use a hashtag in your post like #sttheresasathleticclub or #stacfell for the mountain goats! Happy snapping.
- Our **Danny Hare** has travelled to Kenya for marathon training and has been sharing some of his experience on Instagram - find his pictures here <https://www.instagram.com/dannylewis/> It's great that he is sharing his altitude training adventure. It looks so exciting & hopefully it will have a beneficial effect on his performance. Altitude training can boost endurance and make your body more efficient at dealing with oxygen. There are lots of guides to the benefits of altitude training online, so do some research!
- The amazing **RunRx** <https://www.instagram.com/runrx/> has a constant stream of drills, everyday strengthening exercises and stretches based around a specific running technique.
- You can follow **Colin McCourt's** journey from pizza to podium <https://www.instagram.com/colinmccourt/>
- Check out the latest gear <https://www.instagram.com/salomonrunning/>

Summer 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**

The success of these events has supported the rollout of similar challenges. Updates will be announced on the Facebook page.

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](#).

Race Results Club Championships Races

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

The next Race is Vale of York Half Marathon on the 10th September

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.

STAC of the month: July's Winner – Stuart Gall! Jo Loftus / Sarah Waite

Well done to July's winner; **Stuart Gall!** He runs ultra-marathons, tackles fells and gets us all organised and suitably challenged...

The winner for August has just been announced.... **Elizabeth Atkinson** in recognition of her enthusiasm, hard work and improvement since completing the beginners course last year. Well done Elizabeth!

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

Meet the Member , Sophie Cullen

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

August's interview featured our Club Captain's Emma Longfellow and Nathan Vaughan: [Emma & Nathan](#)

Interview, Aug '17

This month we've heard from one of STAC's greats, Alan Schofield: [Alan Interview, Sept '17](#).

October's interview features graphics whiz, Kevin Spivey from the STAC TNT Team.

Facebook page: The STAC Facebook page is a fantastic information resource for race updates, organising training runs, publicising events and sharing our goals, achievements and successes. We all utilise it well, but please be mindful that we have approx. 220 members in the Club and 560 members on Facebook (mainly UK, but also other countries). We have received some sham membership requests of late, which have promoted us to introduce a couple of simple security questions to establish interest and the page settings have changed from Public to Private following a (questionable) non-member reacting to posts. Please keep posting and sharing but also consider the Club Rules in respect to social media along with the wider audience and the privacy of others.

Club Constitution and Rules Club Members **must** follow UKA rules and [Club Rules](#) in respect to number exchanges, representing the Club at events and racing in [Club kit](#). Please refer to the Rules and the [Club Constitution](#) on the website.

Committee: Members are welcome to feedback to the Committee in respect to the running of the Club; please let us know if you feel there is anything you think we should be doing differently. We have recently established a Lessons Learnt Log that will inform planning for next year.

Committee meetings: The next meeting is on the: **26th September**. Please contact secretary@sttheresasac.org.uk if you'd like to attend.

Diary dates (Sept):

- 3rd September, Leeds Country Way / Wetherby 10k
- 4th September, Training Get-together, 8pm, The Leodis
- 8th September, Ladies night at the Bingo / the Devon, Organiser: Donna Lenaghan
- 10th September, Vale of York Half Marathon, Club Championships Race
- 16th September, Northern Road Relay Championships
- 17th September Kirkstall Abbey 7, Club Championships Race
- 23rd September, [Great Whernside 4 mile fell race](#) suggested by Stuart Gall
- 24th September, Harrogate Haverah Trail Race, suggested by Sarah Waite

Please [get in touch](#) if you'd like to share an update, article, event or race in the September Issue of RunDown...