



RunDown ...

July 2017

STAC news and events.....

RunDown of July '17

Volunteers: Well done to those who gave up their time to help and actively encourage others as part of the Runforall Leeds 10k pacing team. This event is nicely summarised in [Nick's Report](#).

Runners: There was fantastic Club representation at the following events:

- **East Leeds 10k, 7/7:** offered PB's, prizes (Wanda) and camaraderie (Mrs B's Birthday). There were also some encouraging displays of STAC support. All nicely summarised in [Wayne's Report](#).
- **Club Race: Kilburn 7, 9/7:** was held on the same day as Leeds 10k, but despite the clash and reduced numbers, we cleaned-up Awards at this event. Family members also won the duck race and ping-pong; a good day was had by all, as summarised in [Richard C's Report](#).
- **Golden Acre Relay, 12/7:** was a fun evening for all 9 teams involved. STAC Men's Open Team placed a fantastic 5th out of the 151 teams and the other team's did well, with several course PB's. Paul fittingly described it as a 'lung-buster' within his [Race Report](#)
- **Roundhay Urban Trail Runner, 19/9:** 21 STAC's defeated the course and Hill 60 (with some 'encouragement' from Wayne). There were some fantastic placings and category results with 3 STAC's in the top 5.

Other events ranged from fast 5k's: Jane Tomlinson Canal Race and the Brownlee 5k through to Anna and Dave's Dale Trail 30k, Emma's 100k Northumberland – Scotland ultra and Dave Parker's latest Bob Graham Round (BGR) challenge!

5 High five's

1. Joanne O'Hara ran her first Race as a STAC at the hilly Kilburn 7 and came 3rd STAC lady.
2. Clare Cooper who annihilated her East Leeds 10k time by 10 minutes!
3. Lynsey, Mrs B and Elizabeth on their first Golden Acre 'lung buster' relay showing true STAC support
4. Teams who took on the muddy, tough, mentally challenging relay: Conti Thunder Run.
5. Last but not least ; the lovely Geoff Hardman... who won his age category (80+) and a recognised trophy at Kilburn 7.

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.

Northern Road Relay Championships, Manchester, 16 September, Martin Horbury

Thanks to those who've put their names forward for this event. It's a fantastic opportunity to be involved in a high quality championship race and it will be great if we can turn out decent teams to see how we compare against the region's top clubs.

The races commence at 2pm at the impressive sports city in Manchester. Men's legs are 6.5k and women's 5k. Squads need to be preregistered and we enter up to 18 men and 12 women in the squad. With all athletes doing the same lap there is always a great atmosphere with lots of people on course cheering team mates along.

If you are interested in running please put your name forward to me. Further details of the day and coach transport arrangements will be posted within a Facebook Group I'll establish for runners and spectators.

Beginners Course: April – July, 17, Karen Sherras

The Beginners Course has now come to an end, after 14 weeks. It began on the 20th April and we accepted 40 people. There were some people who couldn't make it and we had a loss of people over the first few weeks who didn't feel that running was for them, but by the end of the course, 50% of those that signed-up, completed 30 minutes of running, which is a great achievement.

Jam Pot Challenge, 20th July 2017: The course ended with the Jam Pot Challenge, which is hosted in memory of Mike Sellars, our Training Co-ordinator, who jointly founded the course with Helen Fenton. This year saw a slight twist in that for every person who completed the course there were two members of STAC in support. We were also able to give out prizes of pots of jam that had been very kindly donated by Mike's wife, Sandy. This year's winner was Tracy Dalby, who was running with Glen Johnson and George Schofield.

Thank you: Firstly, to the improvers who attended the course; all your hard-work and efforts have paid off. Thank you also to our wonderful team of helpers without which these courses would not be held. Helpers were a combination of members, many of which had completed the course themselves and members who were returning to running after illness or absence.

For the first time, we did not need to put a shout for volunteers.

Next steps: Over the coming weeks Graham, David and I will be working together to integrate this year's improvers into the main group.



Interim course, 10th Aug '17:

We've already had an influx of people enquire about the next course, which is very encouraging and it has prompted us to organise a smaller version of the course, (for approx 20 people) on the **10th August**. Details will be communicated via Facebook and the Website. As always, we would welcome your support.

Planning for 2018 course:

We are meeting with the Committee in November to plan for the 2018 course.

Details will be communicated via the website and newsletter, Feb' 18.

London Marathon Trip: 21-23rd April 2018, Helen Fenton

We've arranged another fantastic trip to London Marathon next year, for runners and spectators alike. It offers extremely good value with both coach & hotel, staying at the Holiday Inn, Kensington b&b for 2 nights at £229 per person (based on two people sharing), with single occupancy supplement £122.

- **Saturday 21st April:** The coach will pick-up from the Barnbow Social Club, take us to the Expo to collect numbers and view the stalls, then on to the hotel.
- **Sunday 22nd, Race Day:** The coach will take us to the start and pick us up from the finish / Sherlock Holmes pub.
- **Monday, 23rd:** Coach will leave at approx 10am and drop us back off at the Barnbow Social Club.

Payment: If you, family and friends would like to join us, please send me a £75 pp deposit to secure a place. This can be paid either bank transfer directly into the club account (details on request) or by cheque.

Leeds Country Way (LCW), 3rd September 2017

This [webpage](#) contains all you need to know in respect to the competition, teams, Captains and the latest updates. Recce's are now well underway and enthusiasm is building. Please liaise with your team Captain's should you have any queries.

Jog-on with Dave (Mellor)

As you know I enjoy planning STAC training sessions, scheduling them along with Peter so we have some variety and appropriate aims, leading them occasionally (explaining what we are doing, warm up, cool down and advising on good practice) and being supportive to all the attendees. I did my LIRF (Leader in running fitness) qualification which teaches you (and more importantly insures) to do all of this. It has been a fulfilling and worthwhile thing to do.

Being training co-ordinator for STAC doesn't mean I must be there at every session (you must be sick of the sight of me) and we hope to expand our number of LIRFs in the next few months – this will help deliver a better variety of session and more runners in the club should benefit from the support. We also have CIRFs (Coach in running fitness) in the club membership and we can recommend various sports physio or sports massage practitioners so if there's anything specific you would like help with (this could be extra training or a personal schedule, injury prevention or training in an area you think you have a weakness) get in touch by any channel and I can point you in the right direction.

If you wish to explore the idea of becoming a LIRF in the future it's something the club will be supporting on an annual basis so contact any committee member about it.

However, you don't have to be a LIRF or a CIRF to know what you want out of training or have a favourite session. If there is anything you think is lacking from our overall training offer then please let me know. If you'd like to bring some ideas about training sessions, routes, or just to reveal your favourite or worst session I'd love to hear some feedback and get more people involved.

Tuesday nights: Fortunately we have some brilliant, experienced and committed members who have been incredibly helpful in leading groups and making training sessions so enjoyable . They have stepped up where we were advised of a general confusion developing on Tuesday Nights and this has really helped the groups stick together. So thanks to Walter, Helen, Wanda, both Tracey's, Sarah, Lisa, Alan, Wayne and Chris for keeping us rabble in order (hope I haven't forgotten anyone).

Finally a big congratulations to Clare Cooper who has set up an earlier Tuesday running group 5:45 from Barnbow Club which has enabled some members who couldn't make the usual run to enjoy running in a group. Great achievement Clare!

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. SG is planning an East Leeds hill challenge and a 'virtual 5k' challenge which will be held over the course of a month, recorded via pr results and Strava and awarded prizes (via a raffle / draw to ensure fairness). Updates will be announced on the Facebook page.

Race Results Club Championships Races, Wanda Macdonald

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

The next Race is: Middleton UTR on the 20th August.

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.

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 recommendation: Dalby Forrest Half Marathon, 16/7 by Tracey Parsons

Well done to the 2 Tracey's, Becca and Jo H for completing the 'tough but gorgeous' 13.1 mile race. The event also offered a 10k as well as a children's race for anyone wishing to partake or spectate next year. Tracey shares her feedback:

As we drove into the stunning Dalby Forest with spectacular views and hills we did begin to wonder what we had signed up for, signing a waiver beforehand should have given us a clue. The atmosphere was relaxed as we collected our numbers, but not as relaxed as some of the footwear some were wearing, turning up in everyday trainers.



After a short briefing of the course we were off and were soon thankful we were in the right footwear as we soon hit the mud and bogs followed by trees to jump over and hills to climb and master the decent.

The course was a figure of 8 so you were greeted by cheers of support at half way before you ran back into the woods, which felt so magical, it was like a fairytale, luckily we didn't meet the 3 bears!

The course was a challenge but one we will back to do again.

STAC of the month, Jo Loftus / Sarah Waite

Well done last month's deserving winner, David Mellor! The winner for July is soon to be announced. Future votes can be submitted using this [form](#), and submit it by the 1st of the following month.....

Meet the member , Sophie Cullen

Thank you to Annie Roddy for sharing details of her fantastic achievements since joining the beginners course. If you haven't had a chance to read it, it's here: [Annie Roddy, Interview, Jul '17](#). Our Club Captain's Emma Longfellow and Nathan Vaughan have also shared an insightful and inspirational interview. [Emma & Nathan Interview, Aug '17](#). September's Interview will feature STAC Legend **Alan Schofield**. We find out about Alan's days competing against Chris Gill, his penchant for running in fancy dress and of course some sensible advice and guidance.

Diary dates (Aug - Sept):

- 9 August (Wed), [Farsley Flyer Trail Race](#) suggested by Anna Sharrott.
- 19 August, Ripon Races, Organiser: Clare and Richard Cooper
- 20 August, Middleton UTR, Club Championships Race
- 27 Aug, Wooler (Trail Marathon) Recce Run, Organiser: Tim Bateson, Trail Outlaws
- 28 August, 10:30am at the Barnbow Club: STAC Handicap, Stuart Gall
- 28 August, 2pm at Temple Newsam , STAC Summer Picnic, Clare Cooper
Stuart and Clare will publish Handicap and Picnic details via Facebook
- 3 September, Leeds Country Way
- 9 September, Leeds Country Way in a Day. Organiser: Glen Johnson (FB group established)
- 10 September, Value of York Half Marathon, Club Championships Race
- 17 September, Kirkstall Abbey 7, Club Championships Race
- 22 September (Fri), Temple Newsam Beer Festival, suggested by Daniel Grant
- 23rd September, [Great Whernside 4 mile fell race](#) suggested by Stuart Gall
- 24th September, Harrogate Haverah Trail Race, suggested by Sarah Waite

Discussion Groups

We have a Facebook discussion Groups established for:

- **Leeds Country Way Recce's** (to practice running respective Legs)
- **Marathon Matters** (to support many members who are training for marathons)

These Groups provide an opportunity for guidance and support and they're also a great forum for sharing goals and achievements.

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 and posting on Social Media etc . A copy of the [Club Constitution](#) is also available on the website.

Members are welcome to feedback to the Committee in respect to the running of the Club and how we are performing in our respective roles; please let us know of any suggestions or anything you feel we should be doing differently going forward.

Committee meetings: The next meeting is on the: **22nd August**.

Please contact me via secretary@sttheresasac.org.uk if you'd like to attend. Guests will be allocated an early time-limited slot, they don't need to attend the whole meeting.

Please get in touch if you'd like to share an update, article, event or race in the August Issue of RunDown... I'd really welcome your suggestions and input.