



RunDown ...

of NEWS and EVENTS

Recognition of achievement's – November '17:

Volunteers:

1) **STAC pacers** did it again, this time at Abbey Dash! Well done to the dream team:

- Terry Midgley, 40 minutes
- Nathan Vaughan, 45 minutes
- Andy Cullen, 50 minutes
- Wayne Butler, 55 minutes
- Annie Roddy, 60 minutes
- Shaun Loftus 65 minutes
- Adele Wilson, 70 minutes
- Paula Watson, 80 minutes

Special well done to pacer supreme Annie Roddy who won the Haribo prize (pacing closest to the target time).

2) Anna Sharrott, Tillie Clark and Emma Longfellow, recently qualified **Leaders in Running Fitness trainers** (LIRF) have wasted no time putting their training into practice by introducing some alternative training sessions and xc practice in advance of PECO.

Runners: Well done to everyone who raced in November. The following events have been captured within Race Reports:

- [5/11: Abbey Dash, Report from a Pacer's Perspective, Wayne Butler](#)
- [5/11: Abbey Dash, Race Report, Chris Berry](#)
- [5/11 Helen's New York City \(NYC\) Marathon Experience](#)
- [12/11: Las Vegas Rock n' Roll Marathon, Nathan Vaughan](#)
- 19/11: Wooler Trail Marathon Race Reflection by Ian Maudsley (write-up on page 3)
- [26/11: PECO, Nostell Priory \(Club Championship Race\), Daniel Ayres](#)

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.

A big thank you to all the members who have penned a report this year (30+!) Viewable [here](#).

5 High five's:

1. Helen Fenton for smashing out a new PB and GfA; smiling all the way at New York City Marathon.
2. The two TP's; Tracey Parsons and Tracey Piper for their first ultra; Not forgetting James Gray who did the same event but with an extra 70 miles on-top...
3. Karen Sherras for competing in the reputedly hilly Bolton Abbey Half Marathon
4. Nick Wealleans pacer co-ordinator extraordinaire
5. All the PECO xc first timers (Nostell Priory 26/11), no easy feat!

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

Meet the Member: **John Robson (Dec '17)**

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.

December's Meet the Member features STAC Legend, John Robson! Read John's interview [here](#).

*Yes Anna, I do
love squatting....*



Jog-on with Dave... David Mellor

Winter Training: The dark cold and wet winter months can be a time when you take a step back from races and look at ways you can improve for next summer. You might write a training schedule, which includes some cross-training or strength work. Adding other elements may help your running without you having to brave the elements. Core exercises and strengthening key muscle areas such as glutes, quads and calves may stabilise your joints and help prevent injury so now is a good time to do this. Try planning a schedule over the next 2 or three months leading up to your next big race early next year

Our weekly Thursday hill and interval sessions in Temple Newsam and our monthly STAC Track Attack are also high-quality sessions which every member should try and include in their schedule if possible. They're safe, supportive, multi-ability, sociable fun, educational and challenging sessions suitable for all members. All the Thursday sessions are now in reasonably well-lit areas.

It's so much better to run in a group and there will be aspects you can take-away and use in your own training. For members who attend these sessions regularly, it's no surprise that their times are getting faster. Our planned sessions will give you much more bang for the buck than aimless miles. Don't be afraid of the dark. Invest in some quality kit. Lights, reflective clothing and good headtorch and get out there. Be safe, tell someone where you are going and always run in a group.

Forget the cold. There's no such thing as bad weather, just the wrong clothes! Wrap up and get out the door, it always seems worse outside than when you actually go. You soon warm up and good quality waterproofs, hats, buffs and gloves can protect you from the wind and rain. Make sure your kit is arranged and ready to go and you'll have no excuse. Sessions in the winter are worth double because you are challenging yourself against the elements when your competitors are lazing on the sofa! So, come along next Thursday evening and start challenging yourself to a new PB in the spring.

Training: Improvers.... Progression from 5k to 10k, Karen Sherras

Karen and Graham have scheduled some dates to support the progression of 'improvers' from 5k to 10k. This is a fantastic opportunity to build endurance and confidence with the help and support of qualified trainers. Dates have been posted on the [website](#).

London Marathon Coach Trip – 2018, Helen Fenton

There are still places available on the London Marathon Coach Trip if anyone decides they want to go - stay 2 nights at the Holiday Inn, Kensington on a b&b basis £229 per person with a single supplement £122, this includes all travel. The coach leaves Crossgates on the morning of 21st April 2018 sat (time to be arranged) to London / the Expo, then the Hotel. Sunday 22nd, the coach will take us to the start and collect us from the finish area at an arranged time to suit the group (to take us to the hotel). Monday 23rd April we'll travel back to Crossgates (time tba).

Race Reflection: Wooler Trail Marathon, 19 November 2017 by Ian Maudsley

Last year I completed the Wooler Trail Half Marathon and saw Emma, David and Stuart complete the Full.

I've fancied having a go at something longer off road and so when Joe posted on Facebook that he was interested in doing this I jumped at the chance and got myself booked in for the race.

Read Ian's full report (which includes some fantastic photos [here](#)).



Results: Club Championships / Challenges:

Club Championships Races - 2017

The Club Championships results are available on the [website page](#). Tables have been updated with Nostell PECO results. Updates from Fountains Abbey parkrun on 02/12 AND/OR 09/12 to follow. Your quickest time from the two runs will count. Please do flag up any corrections required to the results thus far.

The next Race is [Fountain's Abbey parkrun](#) on the 9 December.

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](#).

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: STAC parkrun League updated with final Woodhouse Moor times. We now move to the wildcard date of the 16th of December for you to run any one again to better your time. Please note if you are unavailable on the 16th you can run on the 9th but you have to let me know beforehand (only one runner so far has taken this option). No running on both dates and then choosing your quickest time people!!!

Of the 8 leagues only 2 have already been "won" - 1st and 2nd places prizes up for grabs!!

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 and league tables to date.

New Club Championships Format - 2018

The Club Championship working group have devised a workable new structure, this will be updated on the website. Synopsis below:

x 15 club races per year – 3 road, 2 trail/mixed in 3 distance categories:

1. Short races – less than 5 miles/8km
2. Medium length races – 5 miles/8km to 9 miles/14.5km
3. Long races – 9 miles/14.5km upwards

Scoring: methods will be relative to first STAC finisher with reducing points for subsequent finishers (method used for parkrun league and Leeds Race Series). The rules / scoring will restrict a person from winning more than 1 category to ensure fairness.

Awards: There would be awards in each of the 3 categories, as well as an all-around award. 3 races (at least 1 to be trail/mixed) would be needed to be ran to achieve a place in a category, and 8 (at least 2 per category) to place in the all-around championship.

Going forward, there will also be an annual award (kindly donated by Andrew) for those that complete all / the majority of races.

The first race of 2018 has been announced as **Thirsk 10 on the 18/3**. Further races to follow.

PECO Annual Cross Country (XC) League 2017-2018



The PECO xc season has begun, commencing with Race 1, 26/11 at Nostell Priory. This was also a Club Championship Race and has been captured in [Dan's Race Report](#).

Well done to all that took part and thank you to spectators. *Brrr..*

The remaining dates for the 2017/18 season are as below:

2017/18	Date	Hosts	Assistants	Venue
COMPLETE 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	Rothwell Harriers & Hyde Park Harriers joint hosts		Middleton Park
Race 5:	Feb 11	Kippax Harriers	St Theresa's AC	Temple Newsam
Relays:	March 25	PecoXC League	WYWL	TBA

An overview of PECO, the competition and rules is on the [website](#). Please contact Captain's with any queries.

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

STAC of the month: November's Winner – 'Tracey Parsons'

Jo Loftus / Sarah Waite / Andy Cullen

The **winner for November** has been announced as Tracey Parsons, because of her support of others, particularly the 'Enjoyables', her fantastic running achievements (including an ultra) and her determined come back from injury.

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 stacofthemonth@sttheresasac.org.uk

We'd like to say a big thank you and all the best to Sarah for instigating STAC of the month (with Jo) and her work (up until the end of December). Jo has invited Andy Cullen to work with her on the Award going forward, he's looking forward to being involved.

Diary dates: Dec / Jan:

- 3 Dec: Whitkirk 10k, *(Complete. What a success! Thank you Mr & Mrs Cooper and well done all!)*
- 8 Dec: STAC Social: Christmas Do, Crossgates Recreational Club
- 9 Dec: Club Championships Race Fountain's Abbey parkrun
- 9 & 16 Dec: parkrun challenge 'run any course' days
- 12 Dec: Captain's Challenge
- 19 Dec: STAC Social: Curry night
- 21 Dec: Last Thursday training before Christmas. Drinks n Brown Cow afterwards.
- 31st Dec: STAC Winter Handicap (confirmed date, following no objections). Scholes Scott Hut has been booked from 10am – 12noon.
- 14 Jan, Temple Newsam Ten (TNT).
- 28th Jan: STAC Awards Night, venue tbc
- 22nd Feb: Annual General Meeting (AGM)
- TBC: STAC Social: 35th Birthday celebrations

Club Constitution and Rules All Club Members need to adhere to UKA rules / [Club Rules](#) (and our [Club Constitution](#)) in respect to racing in club kit, race number exchanges, social media conduct and representing the Club at events; if there are any doubts, please refer to the guidance on the website.

The rules and constitution are in the process of being updated in advance of the AGM (22/2). Website links to both updated documents will be circulated to members in due course.

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: **5th December**, followed by the **9th January**. Please contact Sophie via secretary@sttheresasac.org.uk if you'd like to raise an item.

Ad-hoc:

- Joanne Loftus still has plenty of high-five gels left (from Run for all) if anyone is interested.
- 10% discount code: [sports shoes direct](#): **NXF1** valid until 02/01/18.



Seasonal Events:

Christmas Party (8/12), Christmas Curry Night (19/12) and Post Training Drinks (Thurs 21/12)



1. **8/12: It's Christmas party time..** next week! Tickets are available from Clare if you haven't got one already. The merriment will take place at Crossgates Recreational Club, 7:30pm until late. There will be pie and peas and music / dancing.... and a great night guaranteed!
2. **12/12: Captain's Challenge** (see below)
3. **19/12: Christmas Curry night**, 9pm, 19/12; This event is now fully booked (places were hot). The reservation is under Paul's name. Get there for 8:45pm. Paul has advised of menu choices on the Facebook page. £14.50pp on the night. Christmas jumpers welcome.
4. **21/12: Beverages at the Brown Cow:** David and the gang are heading to the Brown Cow for food / drinks after the final Thursday training session of the year. All welcome from 7:45pm.
5. **31/12: Winter Handicap** (see below).



Captain's Challenge, 12/12, Emma Longfellow / Nathan Vaughan



Get your team's (either mixed teams or all male / female) ready and fancy dress sorted for the Captain's Challenge on the 12th December at the Barnbow Pub .

Teams of 6 will have a quest to fulfil. There will be prizes and a fuddle in the pub afterwards. Full details are on the website .



Winter Handicap, 31/12 , Stuart Gall

This year's STAC Winter Handicap will be held on the 31st December at 10am full details below and (4.3 mile) route map on the website. If you haven't done so already, please advise Stuart if you'd like to take part.

Race Date: Sunday 31st December

Race Start Time: First Runner 10am Last Runner 1030 (ish)

Race Venue: Scholes Scout Hut, Rakehill Road, Scholes, LS15 4AJ

Changing Facilities / bag storage: To Be Confirmed (awaiting confirmation from Scouts on use of hall)

Parking: LEFT hand side of Rakehill Road please (do not park on both sides)

Kit: Club Vests or T Shirts please

Required Kit: Safety Pins for your number would help, otherwise standard running kit. If wet / cold please wear appropriate clothing.

Route: A 4.3 Mile loop starting and finishing on Rakehill Road, Scholes.

Terrain will be a mixture of pavements and trails.

Please contact Sophie if you'd like to include anything in the February Newsletter. Going forward, the Newsletter (and 'Meet the Member' interviews) will be bi-monthly. Information will be shared via email in between editions.

Please refer to the STAC website for all Newsletters to date.