



RunDown ...

of NEWS and EVENTS

Recognition of achievements – January-February '18

Volunteers:

- 1) All the STAC's that helped out / volunteered at TNT. Contributing to making the event the success it was. (*Read about the roles 'behind the scenes' of TNT on page 4*).
- 2) PECO marshals and the Gazebo Crew.... For giving up your time and braving the elements for far longer than us runners do.
- 3) Volunteer(s) of the year: Shaun Loftus and Tracey Parsons! Well done both. (*See the STAC Awards presentation winners on page 2*).

Runners:

Well done to everyone who raced in Jan / Feb and achieved what they set out to do. Kudos to those that earned their #REDJAN t-shirt and supported Mind.

5 High five's:

1. John Robson, who came 3rd in his first Hardmoors ½ (15 miles) and looking like he enjoyed every gruelling step!
2. Sir Chris, Wanda and Mr Keedy on their achievements at Torremolinos Half Marathon
3. Everyone who achieved PB's at Dewsbury 10k; David M, Richard C, Andy L, Anna and Alison and more.
4. PECO: Sarah Garbutt on her 'first lady' achievement at Roundhay PECO (Race 3) and second at Temple Newsam. Also mini STAC's (Denman, Gall and Longfellow) on their amazing efforts participating in Junior PECO:
5. 14/1 Races: **TNT**: Judy, Wanda and Glen for their Good for Age (GfA's) wins. **Brass Monkey**: Both Longfellows for their well-earned PB's and Sam Lambert on her GFA achievement.

Please get in touch if you'd like to see a specific achievement recognised.

Race Reports:

Thank you to STAC's who have shared their reviews of the following races:

- [14/1 Brass Monkey ½ Marathon, Rebecca Ewart](#)
- [14/1 Temple Newsam Ten \(TNT\), Joanna Pickles.](#)
- [4/2, Dewsbury 10k Race Report, David Mellor](#)
- [4/2 Torremolinos Half, James May](#)

Andrew Gardner has penned a report on [STAC Club Race, Fountain's Abbey parkrun, 9/2](#) and various events he took part in last year: [Races in Nottingham, Summer '17.](#)

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.

STAC Awards presentation, 28 January '18, Barnbow Club

We held a successful event recognising member's achievements over the past year. Well done to everybody who won an Award and thank you to guest speaker, local club runner and North of England Champion, Claire Duck.



All the worthy winners

Club Championship League:

- Judy Liu
- Richard Herrington

Runners-up and aged-grade winners also received an Award.

Most improved:

- Lindsey Hill-Reynolds
- Ian Maudsley

Volunteer Award: *A new award in recognition of supporters was awarded to:*

- Shaun Loftus - for his pacing at parkrun and races helping and encouraging many runners to achieve their goals.
- Tracey Parsons – who has been equally supportive and leads the 'Enjoyables' Group on a Tuesday.

Mike Sellars Award for 'Dedication to Training': was presented to STAC training enthusiast, Glen Johnson.

Additional Awards were presented for PECO and many STAC's received a trophy in recognition of their efforts in the following leagues:

- [parkrun winners](#) (and runners-up)
- [Temple Newsam 'Top Trumps' hill challenge winners](#)
- Fell / Mountain goat: Dave Parker

Consecutive Club Championship Races Award

Andrew Gardner has kindly funded a new Award in recognition of members' who complete all Club Championship Races. A few back-dated trophies were presented in inauguration of the Award to:

- Richard Herrington, 2016-17
- Terry Midgley, 2016
- Ian Sheppard, 2014

Please refer to Andrew's [article](#) for a background / guidance.

Temple Newsam Ten (TNT) – Behind the Scenes

STAC hosted TNT for its 3rd consecutive year on the 14th January 2018 and everything was bigger and better; the number of Clubs, Runners and Volunteers, the goody-bag, post-event kudos. The only thing there was (slightly) less of was mud!

[Here](#) we meet the team who are responsible for making it the success it was:

Helen Fenton, Race Director



Are you surprised by the success of the event? Without sounding arrogant, no as with everything I do and put my name to I give 100%. I know every detail of the TNT and try to think around any problems before they might happen so we are prepared and have plans in place. The key to success is having a close team also passionate about the TNT, and being able to trust each person to carry out their role to what's been discussed. I am constantly thinking of new ideas to improve and how well they might be received by the participants. This is a race for runners by runners - I know what I like from a race and take all those and try to minimise the least liked things. It's the attention to detail I like doing and this shows through in the race.

What does your role involve? Being Race Director carries a lot of responsibility, however if well prepared and organised this should not bear too much weight. I apply for the UKA race license, for which risk assessments and course map are prepared and sent. Risk assessments are continually updated to reflect any changes needed right up until race day. I hold meetings for the TNT team to discuss plans for the race, any new ideas or improvements, when we are launching ticket sales and then monitoring places sold. I source the best prices and purchase the goody bag items ready for the mammoth bag packing at Tracey's house, which is always an enjoyable evening.

Tracey Piper, Assistant Race Director



I'm still amazed that by going to committee with a **simple idea of 'why don't STAC hold a race'** we have now run a successful race 3 years on the row that sells out faster and faster every year which is down to the whole of the club.

My role involves a lot of the behind the scenes involvement of handling the paperwork with the Council, the medical providers, with Racebest and with the provider of the t-shirts and medals.

I update the back end of the racebest system with changes to runner's details and deal with answering emails and calls about the run.

The Friday before the race we have a great team that come to my house to do the bag packing which takes a few hours but we have a laugh while doing it.

On the day I make sure everything is co-ordinated with Helen and that the site is open on time and just getting stuck in with everyone else to make the event a success.

Best memory of the day: My best memory is hearing all of the positive feedback from all of the runners and marshals and seeing what a great time everyone was having.

Please refer to the [full article](#) to find out more about
Team Members and their reflections of the day

PECO Annual Cross Country (XC) League 2017-2018

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

2017/18	Date	Hosts	Assistants	Venue
Relays:	March 25	PecoXC League	WYWL	TBA

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

Meet the Member: Tracey Parsons (January '18)

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.

January's 'Meet the Member' features the fabulous volunteer of the year; Tracey Parsons! Read Tracey's interview [here](#).

STAC of the year winner: David Mellor

Our awesome Training Co-ordinator DJ Dave Mellor was awarded the inaugural 'STAC of the Year' Award for his time and dedication to supporting members in training / achieving their running goals.

Thank you to everyone who voted. Future votes (for STAC of the month) 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 Joanne Loftus and Andy Cullen via stacofthemonth@sttheresasac.org.uk

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. Members have been invited to submit their feedback (to the Inbox) on the draft Rules and Constitution in lieu of the AGM (22/2)

Committee: Feedback and suggestions are welcome, we are open to new ways of doing things. To inform future planning we maintain a 'Lessons Learnt Log' (of things that could have gone better as well as successes).

Committee meetings: The next meeting is on the: **20th March**. Please contact secretary@sttheresasac.org.uk if you'd like to raise an item.

Diary Dates:

22/2: Annual General Meeting (AGM), 8:30pm, Barnbow Social Club

7/3: England Athletics Club Run Training Session 2

18/3: Thirsk 10, Club Championship Race

22/3: England Athletics Club Run Training Session 3

25/3: PECO Relays

1/4: Guiseley Gallop, Club Championship Race

4/4: STAC Juniors Introductory Training Session

16/5: Leeds Half Marathon, Club Championship Race

20/5: Calderdale Relay

31/5: Apperley Bridge Canter, Club Championship Race

2/6: Yorkshire 3 Peaks – STAC Hiking Trip

TBC STAC 35th Anniversary Celebration. Contact Clare if you'd like to be part of the organising team.

Thank you to everyone who has taken the time to contribute to an article, Meet the Member Interview and Race Report. Please refer to the [STAC website](#) for all publications