



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
April 2015

From The Chair

THE MERRY MONTH OF MARCH

Another fantastic Month of running for our club. We did indeed sweep the board at the WYWL and took home much silverware and had a very enjoyable night at the presentation evening. So a massive thanks to all who organised, supported, ran, took pictures, collated results and made cake and flapjack for re-energizing at the end of some particularly steep and muddy courses this year.



Mark Preston has now allocated the Championship divisions, 7 in total which shows what a competitive club we are now. Already there is the start of the season "eyeing up" of competitors and mumblings about tactics. It should be the usual "I'm your friend" start to the season and "hmm not sure now" end of the season, but it's all in good humor and although it is a competition it is for fun and should be taken as such and enjoyed by all.

Apart from our running antics we do support local charities with our races and events. This month attention has been drawn to the Overgate Hospice Day Care facility which was set up 20 years ago by our lovely Liz Forster, so many will have benefited from this, the kindness and support from Liz and her team will live with families forever and have helped people through some of their hardest times.

At the Annual Dinner Geoff's "photo Booth" raised £146.00 and the "Booze/Cake" bus to the Thirsk 10 miler held a "Great Stainland Bake off" which raised another £118.00 and a further £35.00 was donated that was left over from a social event. In total we have so far we have donated almost £300.00 and also individuals have had donations to their marathon efforts. So it's not just about the running side, as a Club the member's generosity of time and money never ceases to amaze me and each and everyone should be very proud of their efforts.

Liz has put something on our Forum under Charity and Fundraising with details of how people can continue to support the facility so if you feel you can help then take a look.

BLUEBELL 3RD MAY

It's getting very close, if you can help in any way on the day please get in touch. We are praying that the sunshine gods have taken note of the date and that we can have another superb Bluebell weekend that all the family can enjoy.

BEGINNERS COURSE

Starting on 13.4.15 it seems we are full, really looking forward to introducing new people to our lovely club and many thanks to David Rushworth for taking on the organising of this.

CRAZY CORNER

Our amazing and courageous James Penson is doing the Marathon De Sable in 4 days from today. Ranked the Toughest Foot Race on Earth. The equivalent of five and a half marathons in 5 or 6 days in temperatures of over 100 degrees Fahrenheit, over rolling sand dunes and desert mountains, carrying all his own supplies -Oh My!! I'm sure you will all join in and wish James the safest and most satisfying journey through what is truly a race of a lifetime, A Lion truly in his sun Kingdom we will all be with him in spirit, thankfully I don't think it's an event that lets you enter on line in a giddy wine fuelled moment so we should be safe!!

Spring has Sprung (allegedly) so head torches can get tucked away and the trails can once again be sought out, have fun this month with whatever you are doing, I know you'll all be great.

Check out the results some fantastic times and many PB's again this month. Very best of luck to all marathoners this month, hope you all achieve you goals and have a fab time

Karen x

Matthew's Race Results Service

Haweswater Half Marathon - Sunday 1st March 2015

Rachel Cullen - 01:34:59|F|98th
Gavin Dodd - 01:36:37|M40|115th

Norton 9 miles - Sunday 1st March 2015

David Waite - 01:09:36|M50|190th
Diane Waite - 01:10:37|F50|215th
Alan Gibson - 01:26:40|M50|409th
Carol Lord - 01:32:14|F50|449th

Groundhog Marathon - Saturday 7th March 2015

Jimmy Smith - 03:39:34|16th

Flower Scar Fell Race 5.5 Miles - Saturday 7th March 2015

Jonathan Collins - 00:48:24|M|123rd
Dan Marsden - 00:52:13|M|185th

Trollers Trot - Saturday 7th March 2015

Helen Hudson - 04:34:03|F45|123rd
Aileen Baldwin - 04:41:26|F60|138th
Sandy Gee - 04:52:58|M55|159th

Trafford 10K - Sunday 8th March 2015

Graham Smerdon - 00:42:28|M40|382nd
David Waite - 00:43:44|M50|423rd
Diane Waite - 00:44:32|F50|449th CR
Gaby Ferris - 00:46:17|F40|503rd

Roddlesworth Roller - Sunday 8th March 2015

Kevin Jagger - 00:43:14|M45|56th

Harewood 10K - Sunday 8th March 2015

Tim Neville - 00:48:00|222nd
Ray Mooney - 00:58:19|898th
Christine Crowther - 01:01:43|1130th
Grace Crowther - 01:04:18|1286th

Matthew's Race Results Service

Dentdale Run 14.2 miles - Saturday 14th March 2015

Rachel Cullen - 01:46:23|F35|115th
Gavin Dodd - 01:46:43|M40|117th

Haworth Hobble - Saturday 14th March 2015

Helen Hudson - 06:49:40|F45|219th

Spensorborough 20 - Sunday 15th March 2015

Sally Hackney - 03:24:37|F35|216th

Thirsk 10 - Sunday 22nd March 2015

Mark Pottinger - 01:03:07|M|96th
David Hutchings - 01:05:21|M45|148th
Craig Phillips - 01:09:16|M|240th
John Hirst - 01:14:35|M45|383rd
Paula Statham - 01:14:50|F|389th
Diane Waite - 01:15:11|F50|380th
David Waite - 01:15:12|M50|381st
John Ingles - 01:15:29|M45|393rd
Louise Turner - 01:16:44|F35|415th
James Harris - 01:17:36|M40|436th
Andrew Laird Boldy - 01:18:08|M40|450th
Rochelle Drake - 01:18:11|F|465th
Matthew Gadd - 01:18:13|M|461st
Sandy Gee - 01:18:25|M55|485th
Brian Conroy - 01:21:04|M65|541st CR
Andrew MacKrill - 01:21:09|M|547th
Graham Teal - 01:21:19|M50|556th
Rebecca O'Neill - 01:21:49|F40|564th
Michael Greer - 01:21:52|M|560th
Nick Thompson - 01:21:58|M|568th
Caroline Ford - 01:22:40|F35|591st
John Thompson - 01:23:04|M55|589th
Michael Dunning - 01:23:06|M40|603rd
Mark Preston - 01:26:01|M50|687th
Simon Gadd - 01:27:57|M50|719th
Cheryl Carter - 01:27:58|F|720th
Dawn Medlock - 01:28:37|F50|742nd

Trimpell 20 Mile Road Race - Sunday 22nd March 2015

Richard Brown - 02:25:42|M50|87th CR
Rachel Cullen - 02:32:34|F35|123rd
Gavin Dodd - 02:34:00|M40|135th

Matthew's Race Results Service

Jacob's Leg-it 10K - Sunday 22nd March 2015

Kevin Jaggar - 00:44:38|M45|67th

Brentwood Half Marthon - Sunday 22nd March 2015

Helen Fay - 01:40:46|F50|412th **CR**
Paul Armitage - 02:09:12|M50|1818th

Wilmslow Half Marathon - Sunday 22nd March 2015

Ed Hyland - 01:15:53|M|54th **CR**
Tanya Seager - 01:20:54|F40|115th **CR**
Craig Miller - 01:22:47|M45|159th **CR**
Mags Beever - 01:24:31|F35|203rd
Tim Walker - 01:45:56|M50|1423rd
Sarah Lunt - 02:14:08|F40|3472nd

Coniston 14 - Sunday 22nd March 2015

Eileen Hiller - 02:11:52|F65|775th
Alan Gibson - 02:16:26|M50|833rd
Carol Lord - 02:28:57|F50|979th
Chris Tetlow - 02:34:35|M55|1028th
Clive Siddal - 02:46:49|M50|1082nd

Heptonstall Fell Race - Sunday 22nd March 2015

Dan Marsden - 02:17:16|M|33rd
Aileen Baldwin - 03:06:04|F60|185th
Helen Hudson - 03:06:49|F40|186th

Wakefield Hospice 10K - Sunday 29th March 2015

Ashley Convalier - 00:39:48|M|78th
Claire Guest - 00:51:08|F35|545th
Kim Ison - 00:55:22|F|874th
Hazel Sykes - 01:04:57|F60|1383rd
Zoe Lunn - 01:07:22|F|1446th

Matthew's Race Results Service

Liverpool Half Marathon - Sunday 29th March 2015

Ben Moran - 01:22:28|M|83rd
Gail Schofield - 01:57:31|F40|2661st
Joanne Cooke - 01:58:44|F40|2829th
Stephanie Hull - 02:22:02|F45|4419th
Julie Johnson - 02:25:08|F50|4519th

Honley Vets Race - Sunday 29th March 2015

Women

Anne Johnson - 00:47:09|F50|1st
Julie Field - 00:53:42|F40|9th
Louise Turner - 00:55:51|F35|13th
Aileen Baldwin - 00:55:59|F60|14th
Janet Carter - 01:07:52|F55|38th
Jackie Barker - 01:15:26|F60|48th

Men

Gavin Mulholland - 00:37:36|M40|1st
Mark Pottinger - 00:41:09|M35|4th
Richard Hand - 00:41:21|M35|5th
David Roberts - 00:43:48|M50|13th
Bill Johnson - 00:44:23|M45|15th
John Bassinder - 00:49:35|M60|35th
Martin Wood - 00:51:43|M50|49th
Paul Patrick - 00:51:48|M50|50th
Dick Spendlove - 00:53:36|M65|60th
Colin Hughes - 00:53:36|M55|61st
Tim Neville - 00:54:49|M50|68th
John Ingles - 00:55:43|M45|73rd
Andrew Mackrill - 00:55:50|M35|74th
Ian Hamilton - 00:56:44|M45|83rd
Graham Teal - 00:58:28|M50|85th
Steven Crowther - 00:59:12|M45|89th
Mark Preston - 00:59:38|M50|90th
Dave Hudson - 01:00:49|M55|95th
Jonathan Taylor - 01:04:54|M40|104th
Martin Carr - 01:05:37|M40|105th
John Rushworth - 01:06:00|M45|106th
Alan Gibson - 01:10:52|M50|114th

Coniston 14

By Alan Gibson



A marketeers dream is the Coniston 14, arguably up there as one of the most beautiful road races in the country, and for a race organized by a small community there must be some sweat on as their team have to cater for over 1500 runners; imagine that 3 bluebells and a team much smaller than 'Team Stainland', one hell of an effort for in essence the local village school -!!!

The race, well small roads, country lanes and lots of runners, busy, busy initially then clears after a couple of miles - so you'll need to wait a minute or two to hit the chip start mat and then get some deep breaths in, as you are now into the respiration challenges and cheeky undulations all the way up to Torver - after the initial kicker of Bowmanstead, you can now breath - now take a look sideways across the picturesque fields, [springly] abound with freshly born lambs.

Brown Howe, lake level then gives you the most amazing views of the Lake Coniston, this year accentuated by, a clear, chilled day that offered crystal clarity that intermediated between a chill wind and the warm spring sunshine welcomed on your back or face dependent on your orientation around the lake. The race continues now as it returns to Coniston, past John Ruskin's house the great 19th Century philosopher and then the small islands remembered from my childhood through the classic 'Swallows and Amazons' - finally the runners join the pathways frequented by walkers outward and returning from a steamer trip; only one thought on my mind now the Bluebird and the Bluebird Brewery serving the most magnificent pint of ale, I think well deserved as returning to fitness 38 seconds differential on my last year's time.

There was a Stainland thing going on too, Eileen Hillier breezed past me on 6 miles and I never saw team Stainland again during the race; then viewing the finishers, Carol appeared running steady away as she tests the terrain she will face a few weeks hence during the Windermere Marathon and finally strong runs from the returning to fitness Chris Tetlow and Clive Siddall anyway here(s) the times -

Results -

1. Eileen Hillier - 2:11:52
2. Alan Gibson - 2:16:26
3. Carol Lord - 2:28:57
4. Chris Tetlow - 2:34:35
5. Clive Siddall - 2:46:49

Afterthoughts, it really is a scenic beauty and I will be back for another 14 next year!

Julie Field's Race Diary

****Those race highlighted in RED are Club Championship Races (GP races)**

April 2015

SAT 11/04 14.00 WARDLE SKYLINE FELL RACE (BM) 7 MILE £5
SUN 12/04 09.30 BILDON BOUNDARY WAY OFF-ROAD 1/2 MARATHON £16
SAT 18/04 10.30 MEANWOOD VALLEY TRAIL RACE 7.5 MILES £8
SUN 19/04 09.30 OVERGATE HOSPICE 10K ROAD RACE £12
SUN 19/04 ?? HUDDERSFIELD HALF & FULL ROAD MARATHON £30 & £35 RESPECTIVELY



May 2015

SAT 02/05 10.00 HUDDERSFIELD 10K CHALLENGE MULTI-TERRAIN FROM CATHEDRAL HOUSE £12
SUN 03/05 10.00 BLUEBELL 10.3 MILE TRAIL RACE £10
MON 04/05 13.30 *BANK HOL* COINERS, MYTHOLMROYD (BM) 12.2K £4
TUES 05/05 19.00 WOMBWELL, NEAR BARNSELY 10K PENNINE TRAIL £5
THURS 14/05 18.45 HARE & TORTOISE CLUB RUN BETWEEN 4 - 7 MILE! **FOC**
SAT 16/05 11.00 SOWERBY SCORCHER 10K TRAIL RACE £11 (POSSIBLE REDUCTION!)
SUN 17/05 08.00 CALDERDALE WAY RELAY - TEAM EVENT - 6LEGS. DETAILS: TBA
WED 20/05 19.00 ASKERN 10K ROAD RACE £8
MON 25/05 11.30 *BANK HOL* ILKLEY TRAIL RACE (CM)10.9K £10
TUES 26/05 19.30 2ND VETS RACE, KIRKSTALL, 5-6 MILES TRAIL £5 ON DAY
WED 27/05 19.30 DOVESTONE DIAMOND 10K TRAIL RACE, NEAR OLDHAM £TBC
THURS 28/05 19.30 APPERLEY BRIDGE CANTER 10K TRAIL RACE £10
SUN 31.05 12.30 SADDLEWORTH FELL RACE (AS) 4.8K £4

June 2015

THURS 04/06 19.15 HEBDEN BRIDGE FELL RACE (BS) 9.6K £4 ON DAY
SAT 06/06 15.00 PEN Y GHENT FELL RACE (AS) 9.5K £4 ON DAY
SUN 07/06 TBC 3RD VETS RACE, WHITBY, 5-6 MILES TRAIL £5 ON DAY
SUN 07/06 10.00 BOLTON BROW BURNER 10K TRAIL RACE £10
WED 10/06 19.30 OTLEY 10 MILE ROAD RACE £10
SUN 14/06 11.00 CASTLE HOWARD 10K TRAIL RACE £13.70
SUN 14/06 10.00 MARSDEN 10 MILE CHALLENGE TRAIL RACE £12
MON 15/06 19.30 JOE PERCY 10K ROAD CLUBS ONLY RACE, THURSTONLAND *FOC*
TUES 16/06 19.15 BRIDESTONE FELL RACE NEAR TODMORDEN (AS) 7.5K £5 ON DAY
THURS 18/06 18.45 FASTEST DOWNHILL 10K CLUB RUN **FOC**
FRI 19/06 19.30 WICKEN HILL WHIZZ, MYTHOLMROYD (AS) 4.5K £4 ON DAY
SAT 20/06 11.30 RESERVOIR BOGGS, NEAR HEBDEN BRIDGE (BM) 12K £4 ON DAY
SUN 21/06 12.00 TOM TITTIMAN, NEAR HEBDEN BRIDGE (BS) 6.7K £4 ON DAY
SUN 21/06 14.00 FRECKLETON HALF ROAD MARATHON, NEAR PRESTON £18 *ON-LINE ONLY*
SUN 21/06 10.45 PUMA PUDSEY 10K MULTI-TERRAIN RACE £10
TUES 23/06 19.30 4TH VETS RACE, MEANWOOD, 5-6 MILES TRAIL £5 ON DAY
SUN 28/06 11.00 PENISTONE 10K ROAD/TRAIL RACE £10
SUN 28/06 09.30 LINDLEY 10K ROAD RACE £12
SUN 28/06 ?? HEPWORTH DRYAD 5 MILE TRAIL RACE £??

July 2015

WED 01.07 19.30 CRAGG VALE FELL RACE (BS) 6.4K £5 ON NIGHT
WED 01/07 19.15 HELEN WINDSOR 10K ROAD RACE £10
WED 01/07 19.30 ROYTON 5.5 MILES TRAIL RACE £5 *ON-LINE ENTRY ONLY*
SAT 04.07 10.30 HEPTONSTALL FESTIVAL FELL RACE (AS) 9.5K £5
TUES 07/07 19.30 5TH VETS RACE, CROSSGATES, 5-6 MILES TRAIL £5 ON DAY
TUES 07/07 19.15 ROCHDALE 10K ROAD RACE £5
TUES 14.07 19.30 STOODLEY PIKE FELL RACE, LUMBUTTS (BS) 5K £4
WED 15/07 19.15 WIDDOP FELL RACE 7 MILES (M) £4 ON DAY
SUN 19/07 11.00 HOLME MOSS FELL RACE (AL) 25.5K £6
TUES 21/07 19.30 6TH VETS RACE, TAINLAND, 5-6 MILES TRAIL £5 ON DAY
THURS 23/07 18.45 SUMMER HANDICAP CLUB RACE, 5-6 MILES MULTI-TERRAIN **FOC**

Five go to Portugal

By Lesley Henderson

Yes, it's that time again when thoughts turn to sun, sand and, what was the other one, oh yes, running! The girls are off to the running camp in Falesia in the Algarve for another week of torture, oops, I mean of course, intense running training. This year the group comprises Judith, Julia, Dawn, Paula and Wes with Dawn and Paula being the newbies on the team. For anyone who hasn't heard of this camp, can this be possible, the following is a brief overview.



Organised by 2.09 Events, this is a week/ten days running camp in the Algarve. It comprises a morning and evening run every day, an afternoon class, different each day, of yoga, pilates, gym work, core work and stretching exercises. Each evening there is a talk by a professional trainer, a physio, and London Marathon Winner, Mike Grattan, and running legend, Bruce Tulloh. As you can imagine the girls make full use of all of these facilities as well as the excellent pizza night and buffet night included in the trip.

The girls arrive, a little weary, after a longer than expected flight, the result of an hour and a half sitting on the runway at Leeds/Bradford airport. However, on arrival, there is no sign of the fog which had delayed their departure. On the contrary, the girls are greeted by glorious sunshine, and are soon stripping off the thick garments required of a British winter.

There's no time to waste, though and within a very short time the girls are kitted out in summer running attire for the traditional welcome meeting which comprises a steady (it says in the brochure) run along the stunning cliff tops of the Algarve. For those who have been before this is always one of the eagerly awaited highlights of the trip and one of the selling points to the newbies.

The girls are accommodated in apartments close to the main hotel in the sports complex and it is in the hotel, next day, after a 'steady' morning run, they enjoy a magnificent breakfast which, more importantly, is included in the cost of the trip.

It should be noted that the apartments are not what you might term luxurious but they are comfortable, warm and clean with plenty of hot water, a necessity for kit and body hygiene. The electric system is a little idiosyncratic and as usual there was a small incident related to a kettle explosion but we will gloss over that. You will also understand that with three sharing an apartment, the business of key ownership became somewhat tricky. Of course, nobody ever had it except the person who had it, who said they hadn't, so the girls thought they could solve the problem by having two keys until Wes had the dubious distinction of leaving one in Vilamoura after a retail therapy run there! Sadly, the nice young gentleman in the shop did not come to the apartment to return it!

The girls ran every morning and late afternoon, usually between four and seven miles, and on Sunday they were all out and off before 7-30am for a longer run. In between the runs, our intrepid five went for walks, then attended exercise or running technique sessions and then a talk from a pro and finally allowed themselves a small alcoholic beverage and a meal in one of the very good, cheap and accommodating restaurants in the village. I know, you thought it was a holiday, didn't you?

Occasionally, the girls made a bid for freedom and did their own thing rather than follow the group run. This was indeed the case for one early morning run led by, yes you know who, Judith our tour guide and leader. The run, which we have completed in previous years, was to take a circular route through the nature reserve. Of course, as usual, only Judith could remember the route. No change there then! At a T junction, we are told we can go right or left and four of us vote for left. "Ok" says our leader "we'll go right." Wrong! "No" we are told, "we are not lost, we just don't know where we are" Sometime later, we reach a recognisable road and have to sprint the remaining distance in order to catch the breakfast cut off time.

The girls like to partake of all the facilities on offer and this year was no different. Judith, Julia and Wes elected to soothe their weary muscles in the Jacuzzi and though mindful of last years incident, felt that they had it covered this year. Julia suggested we pick up towels on the way in but submitted to her elders judgement to wait until we came out to save them getting wet. Well, yes, you've got it. Of course, when we came out, no towels! Judith and Julia returned to the Jacuzzi to keep warm while Wes 'volunteered' to go in search of towels. Simple she thought, they'll have some at the pool bar. "No", said the man, "reception" he gesticulated in broken English. Now picture the scene....Wes in a swimming costume and a dripping state has to climb the rather grand staircase to reception and join the queue where people are checking in. There she waits her turn, breathing in and trying to look normal as she drips all over the floor. At last it is her turn and the kind gentleman decides to waive the deposit fee for the towels as he cleverly surmises that Wes would not have anywhere to keep dosh at that moment in time.

As previously, one of the highlights of the week is the Falesia 5k race. This year four of our girls agreed to participate and the fifth is designated official photographer and cheerleader. We are all grateful to Julia for this and feel she could have a new career as she not only cheered her chums with gusto but took some terrific pics as well. Talk about multi-tasking. The weather had been fantastic until we leave for the race. Torrential rain greets us and as we begin the mile walk to the race start we are wondering as we trudge knee deep in water, if it will become a duathlon. Intrepid as we are, even we are on the point of turning back when a minibus stops and gives us a lift. We are truly grateful, no really! However, someone is on our side and ten minutes before the race starts, the rain stops. Good times are achieved by all and we are delighted to report that Judith won her age category again, and as usual, Falesia resounded to the sounds of Stainland cheers. We are also pleased to announce that Aileen's 2014 course record still stands.

Well, that seems to be it for this year. It just remains for us to say best wishes to all Stainland spring marathoners.

The Rock Chicks.

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These profiles are published in "The Lion's Tail" - Our monthly newsletter.
You are not obliged to complete it if you don't want to but it is a nice way to introduce yourself to the rest of the club.

New Member Profile



Name: GRAHAM ROBERTSTAW
Age: 55
Occupation: VEHICLE TECHNICIAN
Email Address: grahamerick@msn.com

When did you start running and why? About one month ago, to keep up with the wife.

What made you join Stainland Lions? The wife runs with the club, I hardly see her now so thought I best join in. She has had fantastic support from the members of the club, so looks like a good option for me!
Tell us something funny, embarrassing or secret about yourself

I saw Abba in concert at their last gig in the UK.

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy? SANDRA BULLOCK

What is your worst habit, behaviour or vice?

I like eating buns + cakes, chocolate etc and it's not good for me!

Favourites:

Food: BUNS, CAKES

Film: AVATAR

Drink: TEA!

Music: I like all sorts of music

Pastime (apart from Running): GARDENING

Book: Technical books relating to my job.

Talents & skills (own up to what you are good at, electricians, plumbers, cooks, car mechanics, landscape gardeners etc):

→ all of these things, and also marshalling at races as well!

What are your running plans for the coming year (goals, races etc)?

To try + keep up with the wife 😊

Please feel completely free to ignore any questions you don't want to answer and add any that you do. Email the completed profile to webmaster@stainlandlions.com (with digital photo if possible) or pass it to any committee member.

Social events for your diary



Comedy Night, supper and disco - Saturday 11th April
£15 per person at Dean Clough, Halifax

Thai Restaurant in West Vale - Friday 17th April
Book now - limited places

Bluebell Walk - Sunday 26th April
Further details later

Petanque Boules - Friday 5th June
Further details later

A day at York Races - Saturday 13th June
Further details later

The following are to be confirmed:-

Summer Bash at Heath - Saturday 11th July
Live band and food - further details later

Charity night with live band and supper - Friday 13th November
A night of fun for runners from Stainland, Stadium and Halifax Harriers to raise money for charity. The Googles will be playing - further details later

Bier Keller - Friday 20th November - £20 inc £5 donation to Overgate
Further details later



Social Team: Diane Rafferty (07766 112457), Carol Lord, Jackie Barker, Linda Williamson, Chris Tetlow and Cheryl Carter

From Our Own Correspondent
(Alison's Halifax Courier Features)

By Alison Pearson

Stainland Lions copy 6 March 2015



What do runners wear when lycra and hi-viz doesn't suit? The answer was hi level glam and bling - in evidence in spadeloads at Berties, Elland last Friday - where they gathered to celebrate a year of running success. One of the biggest clubs in the region, it was a hard task for outgoing chair Tracey Mott to pin down a single achievement - so she didn't try.

Many of the awards were for internal club championships - the outcome of which are detailed below. Others highlighted achievements far beyond the scope of the valleys Stainland runners call home. In the Exceptional Marathon Award, Ryan Thompson and Ed Hyland were picked out for their first sub-three hour marathons; while Lucy Collins was there as first lady home in the Liverpool home.

Acknowledging outstanding achievements saw Richard Hand and James Penson receive Special achievement awards - Hand for his role in the GB Triathlon team; Penson for completing the T184 Challenge - a 184 mile ultra marathon. The Mick Woodhouse award was shared between Tanya Seagar and Lucy Collins. The Roy Spencer Founder's Trophy which is awarded to the member who has made an outstanding contribution to the club was awarded to Colin and Christine Hughes - founder members of the Lions. Without the support and strength they have lent the club over the last 26 years, Stainland Lions would be a shadow of the club we see today.

Ladies Most Improved Beginner
Sandra Robertshaw
Mel Shaw

Mens Most Improved Beginner
Richard Lambert

Ladies Most Improved runner
Helen Fay

Mens Most Improved runner
Ray Mooney
Matt Higham

Winter Handicap
Laura Thompson

Summer Handicap
Steve Boyer

Ladies Downhill 10k
Tanya Seagar

Mens Downhill 10k

Ben Mounsey

Hare & Tortoise

Craig Miller

Jo Lumb

Stainland Lions Championship (internal)

Handicap

Paula Pickersgill

Brian Conroy

Helen Fay

Paula Statham

Division 1

Ed Hyland

Liam Gough

Matt Higham

First Lady Tanya Seager

Div 2

Danielle Kobak

Andrew Laird-Boldy

Paul McCormick

Div 3

Martin Wood

Tim Neville

Tony Mott

Div 4

Paula Statham

Helen Fay

Graham Teal

Div 5

Brian Conroy

Ray Mooney

Wendy Harrison

Alan Gibson

Div 6

Paula Pickersgill

Judith Greenwood

Laura Thompson

Joanne Cooke

Race results

It didn't take long for the Lions to revert to their natural plumage.. Over the weekend the draw of racing was too much to bear. Bright sunshine mixed with hail and sleet didn't put anyone off in two popular races.

Haweswater Half Marathon - Sunday 1st March 2015

Hilly and cold was Gav Dodd's verdict. Stainland's Rachel Cullen was the ninth lady home. Gav came in shortly after - 115th in a strong field and challenging conditions.

Rachel Cullen - 01:34:59|F|98th

Gavin Dodd - 01:36:37|M40|115th

Norton 9 miles - Sunday 1st March 2015

David Waite - 01:09:36|M50|190th

Diane Waite - 01:10:37|F50|215th

Alan Gibson - 01:26:40|M50|409th

Carol Lord - 01:32:14|F50|449th

Stainland Lions copy 13 March 2015

Well they said they'd do it and they did. Stainland Lions are the undisputed cross country champions in the West Yorkshire Winter League, sweeping to victory in all four categories. The five race series saw the Lions hold off strong challenges from other clubs, notably Pudsey Pacers and Dewsbury.

Stainland took the honours in the Men's , Ladies, Vets categories as well as winning the championship overall .Victory came with the final race of the season on 1March but confirmation came a few days later with the compilation of the final results. Having built a strong lead early in the season, the Lions continued to hold off all comers. The final race - a five miler across Baildon Moor was staged in atrocious conditions - sleet and freezing rain - but that didn't deter the 150-odd runners all keen to bring home points for their clubs.

Ben Mounsey took the over men's title having gained maximum points in every race. He was closely followed by fellow Lion Gav Mulholland as they held off Skipton's Julian Hood and Quentin Lewis of Baildon.

Michelle Tenwick of Pudsey held off Anne Johnson and Lindsey Oldfield of Stainland to be the overall female winner, ensuring the Stainland didn't have it all their own way. At the prize giving later this month there will also be gong's for individual Stainland runners including Moira Alderson (first F40) and Aileen Baldwin (first F60).

The road running season is really taking off as Winter (just about) gives way to Spring with Lions running hither and thither.

David Waite continued to demonstrate his return to form, chasing Graham Smerdon at the Trafford 10k. David's wife Diane matched his pace coming in close behind him, followed by Gabby Ferris.

Kevin Jagger was well placed in the Roddlesworth Roller. This popular race at Abbey Village near Chorley features an undulating scenic route over five miles. Tim Neville, Ray Mooney, Christine and Grace Crowther joined a huge field of almost 2000 runners taking on the Harewood 10k.

Jimmy Smith travelled to Telford, coming 16th in the Groundhog Marathon; while Jonathan Collins and Dan Marsden came in 123rd and 185th respectively in the Flower Scar Fell Race. Run from Todmorden this Fell Runners Association English Championship race attracted a large field from across the North.

Trafford 10K - Sunday 8th March 2015

Graham Smerdon - 00:42:28 | M40 | 382nd

David Waite - 00:43:44 | M50 | 423rd

Diane Waite - 00:44:32 | F50 | 449th CR

Gaby Ferris - 00:46:17 | F40 | 503rd

Roddlesworth Roller - Sunday 8th March 2015

Kevin Jagger - 00:43:14 | M45 | 56th

Harewood 10K - Sunday 8th March 2015

Tim Neville - 00:48:00 | 222nd

Ray Mooney - 00:58:19 | 898th

Christine Crowther - 01:01:43 | 1130th

Grace Crowther - 01:04:18 | 1286th

Groundhog Marathon - Saturday 7th March 2015

Jimmy Smith - 03:39:34 | 16th

Flower Scar Fell Race 5.5 Miles - Saturday 7th March 2015

Jonathan Collins - 00:48:24 | M | 123rd

Dan Marsden - 00:52:13 | M | 185th

Stainland Lions Copy 20 March 2015

Sunday saw combined teams from across the West Yorkshire battle it out with their rivals in the PECO Winter Cross Country League. Teams competed in relays of three, covering 9.3 miles in total. Clubs could field as many teams as they wanted but the real battle was between teams featuring the best runners from each league. A dream team of Ben Mounsey, Tom Collinge and Johnny Helliwell put in a strong challenge, running the relay in 53.56 but were pushed into second place by PECO men's team. Terry Forrest, Will Kerr and Dan Fisher held them off, beating them by just 20 seconds (53.36). A no less impressive WYWL Ladies team pushed their PECO rivals down the results table. Jennie Guard, Michelle Tenwick and Anna Keys took the circuit in 1:05:12; with PECO's Ruth Moran, Rachel Pilling and Ruth Moran finishing in 1:07:17. The WYWL mens 40+ and 50+ teams turned the tables and beat their PECO opposition. Gavin Mulholland, Karl Gray and Matt Higham took the MV40+ title in 55:48 while the MV50+ team of Peter Hughes, Martin Firth and Rob Samuels came home in 1:01:39. PECO ran in at 1:03:12 and 1:03:54 respectively.

A Stainland Lions Men's team took third place - with Karl Gray, Gavin Mulholland and Ben Mounsey (or the Yorkshire Champs as they called themselves) taking a second circuit of the course in 51:21 to prove just how much they love cross country. Ultimately both league's ended the day level-pegging with three wins each. However as the current holder PECO retain ownership of the trophy for this year.

Elsewhere praise must go to Helen Hudson who came 219 in a field of 325 runners tackling the Haworth Hobble. With a route taking in Hebden Bridge, Todmorden and Haworth, this 32miler is a real endurance race and attracts runners from around the UK. Helen completed the run in 06.49.40. Elsewhere Sally Hackney used the Spensborough 20miler as a training run for her marathon challenge later this year, coming home in 03.24.37

Stainland Lions Copy 27 March 2015

You know the running season is off and speeding away from you when you're faced with a wealth of awesome achievements. How do you choose where to start?

Is it with Aileen Baldwin setting a new course record for V60 in the 15 mile of the Heptonstall Fell Race, or Tanya Seagar finishing her first half marathon (at Ormskirk) in 01:20.54. Perhaps Ed Hyland coming home in the same race in 01:15.53 - or Matthew Gadd - one of the youngest Lions - taking a full 15 minutes off his 10 mile personal best at Thirsk? The list goes on - three new club records at Trimpell? In a normal month that would be a lot to cram in - in a single weekend it proves that it's going to be quite a season with Lions travelling far and wide.

Lisa Robertson completed an 11.5m Lakeland trail at Cartmell, tackling fells and mud. Across the Lakes, five Lions were running the Coniston 14m. Eileen Hillier was the first one home in 02:11:52, closely followed by Alan Gibson 02:16:26 in a field of 1500 runners.

At Heptonstall, Dan Marsden came in 33rd, finishing in 02:17:16; while Aileen Baldwin set a new course record for the F60 category, coming home in 03:06:04. Fellow Lion Helen Hudson was close on her heels finishing in- 03:06:49.

Over at Trimpell, a remarkable hat trick of club records were achieved at this 20 mile road race. Richard Brown was 87th and set a club record for the M50 category in 02:25:42: Rachel Cullen did the same in the F35 - 02:32:34 and Gavin Dodd in M40 in 02:34:00.

Over at Skelmersdale, Kevin Jaggar continued his great form in the Jacob's Leg-it 10K -finishing 67th in 00:44.38.

Helen Fay travelled south for her triumph. Yet another record - this time for the F50 category in a half marathon. She completed the Brentwood Half in 01:40.46; while fellow Lion Paul Armitage finished in 02:09:12.

At the Wilmslow Half Marathon more records were set. Ed Hyland stormed home in 01:15:53 finishing 54th overall. It's hard to believe that this was Tanya Seager's first marathon given her showing in so many races. Her 01:20:54 result is yet another, as is Craig Miller's 1:22:47. Mags Beever wasn't far behind at- 01:24:31.

Forty-six Lions travelled to the Thirsk 10 -mile road race - literally a bus-load. Brian Conroy and Linda Williamson chalked up two more records. Many others achieved personal best times - too many to mention but Matthew Gadd needs singling out for taking a full 15 minutes of his time for the distance. He's going to be one to watch!

At the end of an intense weekend, Karen Thorne, Stainland's chair was effusive in her praise. "It's been an amazing weekend with club and course records falling here, there and everywhere. Friday saw the end of the cross country season - where we picked up a bevy of team and individual trophies. While some of us were hosting Huddersfield's Park run on Saturday, elsewhere our runners were pushing themselves up Lakeland slopes and fells. Come Sunday there were 20milers, half marathons and the Thirsk 10 m. As a club championship race it was so popular we hired our own fun bus to get the runners there.

"Although we've highlighted some of our best performances you have to remember that many of the Lions are novice runners - some of them only joining last year. If anyone's been inspired by this weekend and wants to join us our Beginners Course starts on 13th April at Heath Rugby Club. Full details are on our website but essentially it's an opportunity to run with people of similar ability and develop. It's not competitive, there's no pressure and it's where many of our best runners got started." **EDITORS NOTE: ALL PLACES NOW TAKEN**

A weekend where the weather kept a lot of people indoors saw Stainland Lions breaking records and taking top honours at the first Veterans race of the season.

Anne Johnson and Greg Mulholland made their mark at Honley in the first Yorkshire Veterans race of the season. Winning the Ladies and Men's races, they were followed closely by Julie Field (53:42)^{9th}; Louise Turner -(55:51)^{13th}; Aileen Baldwin (55:59)^{14th}; and Mark Pottinger (41:09) ^{4th}; Richard Hand -(41:21)^{5th}; David Roberts (43:48)^{13th} and Bill Johnson - (44:23) ^{15th}. After days of rain the conditions were very muddy but the lions who romped home rose to the challenge.

Many were chasing times in the weekend's road races. On Saturday in atrocious conditions Tanya Seager continued her spectacular form this season by setting a new club record on 18.13 over 5km at the Huddersfield Park Run.

On Sunday Lions braved the Liverpool waterfront for the first of the city's half marathons. Ben Moran didn't let the rain put him off, Storming home in 01:22:28 he was 83rd in a field of over 6000 runners. Fellow Lions Gail Schofield -came home in 01:57:31 (2661st) and Joanne Cooke in 01:58:44 (2829th).. Stephanie Hull - 02:22:02 (4419th) and Julie Johnson 2:25:08 (4519th) completed the Stainland pack.

Finally at the Wakefield Hospice 10K Ashley Convalier chalked up a great:39:48 result which placed him 78th; while Claire Guest showed that she's returning to the great form she showed last year 51:08 (545th). They were supported by Kim Ison 55:22 (874th); Hazel Sykes -1:04:57 (1383rd) and Zoe Lunn 1:07:22 (1446th)



Sports Shoes are offering 10% savings and free postage to Stainland Lions members.

Good Morning,
Hope you are well?

The new code for use in April is SAL6.

Happy Easter Holiday!

Cheers,

Dan Cartner

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