



# The Lion's Tale

The monthly newsletter of Stainland Lions Running Club

June 2018

## From the chair.....

As May draws to a close it will be good to reflect on what has been our busiest month of the year, and what a successful one too.

We had our next edition of the championship on the first Bank Holiday Monday with the Coiners Fell race organised by our friends at Calder Valley. I am not sure which was the biggest challenge on the day, the arduous route or the hot weather which was designed for sitting in the garden (guess where I was). A good turnout from us here at Stainland with 34 entrants on the day and a good few from the lower divisions too. However, it was the ever-competitive division 3 that led the way with a third of the finishers from that division.



Fast on the heels was the next Vets race at Roundhay Park where we had another great turnout of over 30 Lions especially as it was an evening race and on the opposite side of Leeds. I will leave the reporting of results to Sue but we had another good night with several category winners and placings on the night.

Onto the race event of the year and another successful Bluebell. It is difficult to put into words the amount of effort and dedication that goes into the organisation of this race. I am sure that I am not the first person to try and articulate this but here goes.

The first step was taken by Clayton this year, stepping into the shoes of Sandy to become race director. It is a large task taking on a successful event like the Bluebell and Clayton rose to the challenge with aplomb ably assisted by Tony Mott gently guiding him through some of the pitfalls that his previous experience as a race director prepared him for. Richard Crombie who coordinated the entries and registration this year which included having to contact all the entrants at least once to ensure that the registration and goody bag distribution went smoothly.

Next to Karen Thorne who as Chief Marshall and general go-to person rallied her troops efficiently as ever and provided that grounded view on the issues that appeared over the weeks up to the race. Colin Hughes the club President who does so much work in the background, negotiating parking areas, gaining access to parts of the route that suddenly become unavailable, coming up with solutions when there were issues and then doing everything he could to make the solutions work. John Bassinder the voice of reason, unflappable in a crisis and there were one or two. Rebecca O'Neil who listens to what is needed disappears comes back and suddenly we have a band, Ice-cream van and a bouncy castle to make the atmosphere on the day extra special, that does not happen without a lot of effort in the background.

While I have singled out the names above we must remember that there are dozens of other people who contribute to the success of our Blue-Ribbon event, too numerous to list here but equally vital to the team and of course everyone else that gives up their time over that weekend to support the race.

We have already had a debrief meeting looking at how this year went where we could make some improvements for next year as we cannot be complacent.

Breath had hardly been drawn and we were into the Calderdale Way Relay. I think this was a particularly challenging year for our captains Andrew Laird Boldy and Danielle Hirst. We seemed to be getting a regular stream of new line ups for our seven teams that we had entered, and it is a fantastic effort for the club to put out 84 runners when you consider injuries, holidays and other commitments that our members have. I understand that Danielle has the best cut stick and paste technique this side of the Pennines. The time spent carrying out recce's and arranging logistics for this event must be enormous, on behalf of those that did run it thank you to those that came to support, provide drinks, give lifts (to the start or end not during) and apparently provide ice pops!! I think I chose the wrong leg this year.

The first of our summer club races took place this month with the annual running of the Hare and Tortoise. This is a fun race where the more experienced participants spend more time trying to gain an advantage by standing in a slightly lower place than their pace demands than they do running the race, thank goodness no one takes it too seriously. I have to say though once the racing begins I don't think I see any less effort than I would at any other race that the Lions attend. John claims not to understand it himself but does an excellent job putting it together. It was one of the closest finishes we have had on this race with lots of the teams finishing close together, so I am told. Well done to all who attended and especially to those who managed to just scrape ahead of me and my partner. That would be almost everyone then.

Lastly on the race front our Vets turned out in numbers again at Kirkstall with almost 50 Lions making the trip. Another successful night with our own Gavin Mulholland coming in first in the men's race and incredibly eight Stainland ladies in the top 20 ladies. Mags Beever 1<sup>st</sup>; Sally Caton 7<sup>th</sup>; Lorraine Naylor 10<sup>th</sup>; Julie Field 12<sup>th</sup>; Helen Armitage 16<sup>th</sup>; Michelle Rogerson 17<sup>th</sup>; Aileen Baldwin 19<sup>th</sup> and Rachel Lumb in 20<sup>th</sup>. Just imagining the results if the rest of our talented girls were able to be there. Not to forget the contribution that all of our runners give us in these events. We are the reigning champions in most of the categories and to retain those we need as many people there as we can get. Every point counts no matter where you finish. The coach to Whitby is booked and just about full so let's see what comes of our next away day.

Preparations are well underway for our 30<sup>th</sup> Anniversary celebration this year with our Social Committee putting together what sounds like a great evening and I am sure those that attend will have a wonderful time.

Some good news that I would like to share with you. On the back of another successful beginners' course we have been able to secure funding of £600 from England Athletics to support our continued expansion of coaches and LIRF run leaders in the club which will offset the investment we have committed to this year to train 2 new coaches and 4 new run leaders. This was achieved by targeting an 18-25 age range when promoting the course.

I would also like to let you know that the search for our Trustees is now complete. Mags Beever; Brian Conroy; Geoff Matthews; Iain Threlkeld and Ranjit Uppal have all agreed to stand as Trustees of the club with the first meeting to take place in July.

Finally, I would like to talk about something that we all go through from time to time. When you lose that enthusiasm for the sport that we all love. In a club the size of ours there will always be a few people struggling for one reason or another with their running. That loss of form that you cannot explain or even a loss of confidence that leads you to believe that you are not running well and that ultimately leads to you not running very well.

There are several reasons why this may happen, and I am sure you will recognise some of them. Personal circumstances change, you have a series of injuries, you have an injury that takes some getting over meaning several weeks not running. Sometimes it is as simple as a poor race and that gets into your head. We all deal with these things differently the support we made need will differ from person to person.

This is something as a club that we have always been really good at, supporting each other at races, arranging socials that people can attend and noticing when others are not themselves I really think it was one of the factors that persuaded me to move on from being a beginner who may have drifted away once I had achieved my goal to one that joined the club and ultimately wanted to put back in what I got from it.

Let's make sure that the club we joined while growing and becoming stronger does not change its values. While you are basking in the success of your race don't forget that there maybe someone further down the field that needs to feel that someone cares about how they have done. The continued success of the club both in winning trophies and in putting on events like the Bluebell is made easier by a large and diverse membership.

*Paul*

Club Chairman

# Club Publicity Officer

## Sue Cash

### Summary of Race Reports for June Newsletter



4 May 2018: This weekend saw Mark Pottinger racing the Three Peaks and Stefanie Hopkins leading the Lions home at the Bradford 10K.

### The Three Peaks Fell Race

Familiar to most people as a walking challenge, the Three Peaks is also one of the oldest and most famous fell races in Britain. Imagine running a marathon not through city streets but over Pen-y-ghent, Whernside and Ingleborough. The first recorded traverse of the route was in 1887 when two teachers from Giggleswick School, near Settle, claimed to have completed it in 10 hours. The first race over the route was organised in 1954, with the winner Fred Bagley posting a time of 3:48. This year's race, billed as The Marathon with Mountains, saw Lion Mark Pottinger finish in an almost identical time to that first winner.

Result: Mark Pottinger 3:49:31  
(photo credit Andy Jackson)



### Bradford 10K

This popular local charity fundraising race was postponed due to heavy snow earlier in the year. Organisers Epilepsy Action rescheduled the event for Sunday, when around 2,000 people took part. Starting and finishing in Centenary Park, the fast flat route took runners through the heart of the city centre. Stefanie Hopkins scored a new personal best and was first Lion to finish.

Results: Stefanie Hopkins 43:15, Paul Corns 46:51, Jan King 48:11, Bill Lee 60:59, Julie Goddard 63:52 and Peter Cawdron 67:45

### Lincoln Sprint Triathlon

Tony Mott took on the Lincoln sprint triathlon, a 400m heated indoor pool swim, followed by a 23K bike ride and 5K run along the Fossdyke Canal. Tony finished in a new personal best time of 1:16:34.

### Update - Anniversary Waltz and Teenager with Altitude Fell Races

Full results are now out for last week's Anniversary Waltz and Teenager with Altitude Fell Races.

Results: Jonathan Collins 2:11:31, Mark Pottinger 2:12:04, Mark Pigford 2:27:45, Andrew Earnshaw 2:34:18, David Culpan 2:41:23, Jim Harris 2:43:42, Aileen Baldwin 2:51:15, Rikki Hammond 2:55:25, Leon Severn 2:56:00, Moira Alderson 2:58:38 and Steve Boyer 3:47:35 (Anniversary Waltz)

Result: James Penson 4:21:01 (Teenager with Altitude)

*11 May 2018: Red hot racing over the Bank Holiday weekend culminated in the Lions Ladies Team taking second place at Coiners Fell Race, and James Penson and Jim Harris completing another of their trademark epic Lakeland challenges, along with new Lion Kevin Robinson.*

### **Orchan Rocks Fell Race**

But first to Todmorden for the Orchan Rocks Fell Race. This short sharp race from the Staff of Life pub in Todmorden takes runners up to Orchan rocks and then fast downhill back to the finish line. 3½ hard miles with 900 feet of ascent.

Result: David Culpan 33:23

### **Hollingworth Lake 5K**

Joanne Hirst marked her return from injury with an appearance at Race 1 of the popular Hollingworth Lake 5K series. Joanne finished 3<sup>rd</sup> V50 in a time of 33:44.

### **Windmill 6**

On the outskirts of Huddersfield, the Windmill 6 is an undulating road race around the windmills on the top of Spicer Hill. The route is an anti-clockwise loop with breathtaking views across Penistone and surrounding areas. Carol Heptonstall was the sole Lion to participate, completing the route in 1:11:33.

### **Saddleworth Cake Race**

The Cake Race, which took place in Saddleworth on Saturday, is a spectacular 10 mile race with as much well-earned cake as runners can eat at the end. Prizes are awarded for the cakes as well as for the running. The challenging course with 1,700 feet of ascent takes in open moorland scenery, industrial heritage and Pennine farmland. It is mainly on flagged paths, tracks and trails with the challenge of going over the Pennines and back. Some of the tracks used by the runners were built in the 18<sup>th</sup> Century for the canal boat horses - while the horses were led over the hill, the boatmen would have been "legging" the boat through Standedge tunnel below. Conditions on Saturday were very hot, and there was a battle for first Lion, with John Bassinder overtaking David Culpan in the last 200 metres to claim it. First pick of the cakes for John!

Results: John Bassinder 1:32:29, David Culpan 1:32:36, Martin O'Brien 1:35:41, Kevin Jaggar 1:38:46, Rachel Lumb 1:41:50, Rikki Hammond 1:50:18, Moira Alderson 1:50:54, Ray Mooney 1:51:25, Michelle Rogerson 1:51:54, Ian Hoskins 1:52:06, Cat Daniel 1:52:41, Angela Lee 1:57:53, Steve Boyer 2:03:37

### **Roche Abbey Half Marathon**

Joanne Cooke ran the Roche Abbey Half Marathon on Sunday. Roche Abbey is a hidden gem, nestled away in South Yorkshire near the picturesque village of Maltby. Starting and finishing within the grounds of the glorious 12<sup>th</sup> Century abbey, the route encompasses trail and track running through Lord Scarborough's land, which originally formed part of Sherwood Forest. Joanne's finish time was 2:43:46

### **Coiners Fell Race**

Bank Holiday Monday saw a huge pride of Lions gathering in Mytholmroyd for the Coiners Fell Race round Stoodley Pike. The Lions Ladies Team of Aileen Baldwin, Rachel Lumb and Victoria Armstrong ran strongly to take second place in the Team competition.

Results: Phillip Moyles 1:03:15, Clayton Cutter 1:05:09, James McNutt 1:06:28, Anthony Mott 1:08:00, Martin O'Brien 1:08:02, Gerry Banham 1:08:33, John Bassinder 1:09:33, Steve Ashworth 1:11:10, David Culpan 1:12:21, Aileen Baldwin 1:12:43, Andrew Earnshaw 1:13:03, Rachel Lumb 1:14:09, Victoria Armstrong 1:14:52, Jonathan Pybus 1:15:30, Ian Johnson 1:16:23, Richard Crombie 1:17:19, Maria Harron 1:18:30, Julie Field 1:18:31, Ian Hoskins 1:19:59, Tim Walker 1:22:49, Michelle Rogerson 1:22:54, Moira Alderson 1:27:13, Catherine McHugh 1:27:24, Jonathan Taylor 1:28:49, Steve Boyer 1:28:55, Angela Lee 1:32:35, John Rushworth 1:37:13, Susan Cash 1:41:38, Dawn Medlock 1:50:17, Jackie Barker 1:52:33, Helen Shenton 1:53:22, Ken Chilcott 1:53:26, Wendy Paulson 1:55:56, Alex Whyte 1:57:19



Lions at the start of Coiners Fell Race



Aileen Baldwin from the Lions Ladies Team nearing the finish line at Coiners

## **SILVA Great Lakeland 3Day 2018**

If you are of a nervous disposition, look away now. The SILVA Great Lakeland 3Day is a 58 mile mountain marathon with 19,387 feet of ascent and 28, yes 28, Wainwrights. The event takes place over the three days of the May Bank Holiday, and this year was the twentieth anniversary edition.

James Penson and Jim Harris completed this epic challenge on the hottest three days of the year, finishing in very creditable 13<sup>th</sup> and 17<sup>th</sup> positions.

Results: James Penson Day One 7:22:53, Day Two 6:32:42, Day Three 4:41:43, Total 18:37:18

Jim Harris Day One 7:27:55, Day Two 6:41:12, Day Three 4:53:11, Total 19:02:18

*Update – Kevin Robinson who did this race with James and Jim has now joined the Lions! He finished in 14<sup>th</sup> place in a time of 18:38:03*

## **Staveley - Kentmere Trail**

Four Lions took part in this 17k run on Saturday. Part of the Lakeland trail series, the beautiful undulating *trail run* along the *Kentmere* Valley takes in spectacular views of the southern Lakeland Fells. Mags Beever led the Lions home.

Results: Mags Beever 1.28.16 (5th Lady), Tanya Blake 1.30.08 (1st V40), Craig Miller 1.30.45, Karen Marsella 2.33.55

*18 May 2018: This weekend saw the Lions host their flagship event, the mighty ten mile Bluebell Trail, brilliantly organised this year by first time Race Director Clayton Cutter and his team.*

## **Bluebell Trail**

The Bluebell Trail is one of the best known races on the local calendar. Eagerly anticipated for its mix of beautiful scenery, challenging hills and famously “refreshing” river crossing to finish, the race always sells out well in advance. This year’s event was extra special as it marked the start of the Lions’ 30<sup>th</sup> anniversary celebrations that will be formally celebrated in June. 500 lucky runners secured places in the race, and conditions on the day were perfect, with wall-to-wall sunshine and plenty of bluebells in flower along the route. Dozens of enthusiastic marshals were on hand to ensure that everything went smoothly. The runners were particularly glad of the marshals’ encouragement on the day’s most challenging climb, the legendary Trooper Lane. After this lung-busting effort up the steepest road in Halifax, exhausted runners were rewarded with supplies of water and jelly babies, plus panoramic views from the top of Beacon Hill and a welcome downhill run to the finish. Thanks to a last minute course alteration, organisers were able to provide the runners with extra value for their money this year by treating them to a bonus extra half mile on top of the advertised ten miles. There was a party atmosphere at the finish line, with a live band and bar, a bouncy castle for the children, and well-earned cakes and ice cream. The race was won by Matthew Hallam of Valley Striders in 1:12:02, Lioness Lucy Collins was 1<sup>st</sup> Lady, and there were category wins for Aileen Baldwin (1<sup>st</sup> F65) and Judith Greenwood (1<sup>st</sup> F70).

Lions Results: Darren Young 1:19:13 (2<sup>nd</sup> M45), Dan Marsden 1:23:27, **Lucy Collins 1:24:30 (1<sup>st</sup> Lady)**, Derek Parrington 1:26:55 (2<sup>nd</sup> M50), Phillip Moyles 1:29:46, Mark Pigford 1:29:52, Andrew Earnshaw 1:33:30, Michael Barlow 1:34:22, Julie Field 1:35:11 (2<sup>nd</sup> F45), David Culpan 1:38:25, Martin O’Brien 1:40:07, Stuart Clinton 1:41:05, Rachel Lumb 1:42:38 (2<sup>nd</sup> F50), **Aileen Baldwin 1:42:43 (1<sup>st</sup> F65)**, Michelle Rogerson 1:44:55, Gareth Duckworth 1:45:02, Ian Hoskins 1:46:57, Jonathan Pybus 1:48:02, Gareth Webb 1:48:46, Moira Alderson 1:50:38, Angela Lee 1:54:46, Kevin Jaggar 1:58:36, Tony Pinnington 1:58:40, Holly Maddocks 1:59:33, Genevieve Thompson 2:01:35, Carol Gregson 2:03:07, Alison Audsley 2:03:49, Zoe Mallinson 2:07:36,

Catherine O'Shaughnessy 2:11:16, Steve Boyer 2:12:00, Roger Smith 2:12:01, Debbie Hyde 2:14:50, **Judith Greenwood 2:24:32 (1<sup>st</sup> F70)**, Patricia Hallowell 2:24:35, Wendy Paulson 2:25:16, Julie Goddard 2:31:22, Manjit Ahir 2:37:56, Gail Fawcett 2:43:03



Trooper Lane, the hardest climb on the Bluebell Trail – Aileen at the front



A fantastic atmosphere at this year's Bluebell Trail

### Yorkshire Vets Grand Prix Series – Race Two, Roundhay

Over in Leeds, it was time for Race Two of the Yorkshire Veterans Grand Prix series. Nearly 40 Lions answered Vets Captain Gav Mulholland's call to arms (and feet), to race round the 5 mile parkland course in search of points for the team. Every single runner contributed to the team's points score, and there were category wins on the night for Sally Caton (1<sup>st</sup> F40) and Aileen Baldwin (1<sup>st</sup> F65). The race took place in the beautiful surroundings of Roundhay Park, taking runners from Soldiers Field down to the Lakeside cafe, then up to the top lake, and around the golf course and back, with just under 400ft of climbing.

Results: Sean Thompson 32:24 (3<sup>rd</sup> M50), David Roberts 32:30, Dan Marsden 32:38, Andy Baird 32:55, Clayton Cutter 34:13, Andrew Earnshaw 35:29, Paul Hiley 35:35, Andrew Laird Boldy 36:14, **Sally Caton 36:43 (1<sup>st</sup> F40)**, Paul Patrick 37:17, John Ingles 37:24, David Culpan 37:29, Gareth Knight 37:34, Ian Hoskins 38:22, Andrew Mackrill 38:24, Helen Armitage 38:29 (2<sup>nd</sup> F50), Tim Neville 38:32, Steve Hallam 38:44, Michelle Rogerson 38:45 (3<sup>rd</sup> F40), Paul Corns 38:53, **Aileen Baldwin 39:33 (1<sup>st</sup> F65)**, Steven Crowther 40:50, Tim Walker 41:51, Tony Pinnington 42:17, John Hirst 42:48, Paul Armitage 42:51, Gail Schofield 43:38, Jonathan Taylor 44:18, Liz Hallam 45:02, Paul Butterfield 46:47, Jenny Walker 47:20, Dave Hudson 47:53, Wendy Paulson 52:26, Patricia Hallowell 53:18, Judith Greenwood 54:02 (2<sup>nd</sup> F70)



Lions Vets Team at Roundhay Park



## Kirklees 10K

This year's Kirklees 10K attracted 240 runners. The circular course started and finished at Cathedral House near Huddersfield town centre, and was largely run on flat canal towpaths to Linthwaite and back. Two Lions were amongst those taking part, and Gaby Ferris finished 4<sup>th</sup> Lady.

Results: Gaby Ferris 47:16, Paul Corns 49:09

## Hollingworth Lake 5K

Two of the club's faster runners were in action at Race 2 of the Hollingworth Lake 5K series this week.

Results: Ed Hyland 16:58, Stephen Hall 17:22

## Leeds Half Marathon

A magnificent run by Jan King saw him take the win in the M65 category at the Leeds Half Marathon. It was the 33rd year of the event, and all the runners were supported every step of the way by enthusiastic crowds. The course took the runners along The Headrow and out of the city centre, returning via Abbey Road and Kirkstall Road to the big finish in Cookridge Street alongside Millennium Square. Several of the Lions scored personal bests on the day.

Results: Gavin Foster 1:21:41, Will Rushworth 1:37:20, Gerry Banham 1:37:49, **Jan King 1:43:03 (1<sup>st</sup> M65)**, Michael Dunning 1:45:15, Catherine McHugh 2:00:33, Ian Quigley 2:08:59, Kate Ryley 2:09:02, Dawn Medlock 2:09:20, Anne Cawdron 2:28:19, Carol Heptonstall 2:33:17

## White Peak Trail Run

Laraine Penson marked her return from injury with an appearance at the 16 mile White Peak Trail Run. The run took place on the spectacular trails of the Southern Peak District, taking in Dovedale, Milldale and the Tissington Trail.

Result: Laraine Penson 3:11:57

## Lake Balaton Ultra Marathon, Hungary

Andrew Falkingbridge travelled to Hungary to take part in the UltraBalaton, a 140 mile relay race around Lake Balaton, the largest lake in Europe and 40 times bigger than Lake Windermere. Andrew ran as part of a relay team of 11 runners, and his team completed the race in 22hrs 21mins, which was comfortably within the 24hr cut off time. Speaking after the event, Andrew said, "On the day I ran 3 legs, two of around 7 miles and a short one of just under 2 miles, so not a great distance in total but the heat and humidity was incredible, it was over 30C so made for very hard going even for relatively short runs."

Andrew Falkingbridge cooling down after the UltraBalaton in Hungary



*25 May 2018: This weekend saw Fast Ed win the Sowerby Scorcher, Andy Baird take an improbable 48 minutes out of his course pb at Windermere Marathon (well done Andy, every three quarters of an hour counts!), and dozens of Lions take on the epic 50 mile Calderdale Way Relay.*

### **Hollingworth Lake 5K**

Two Lions finished in the top ten at Race 3 of the Hollingworth Lake 5K series this week. Ed Hyland finished in 5<sup>th</sup> place (clocking the exact same time as he did in Race 2 last week), whilst Stephen Hall managed to shave 22 seconds off his time to finish in 7<sup>th</sup> place.

Results: Ed Hyland 16:58, Stephen Hall 17:00

### **Sowerby Scorcher**

Just a couple of days after the Hollingworth Lake race, Ed Hyland was back in action, leading a pride of Lions round Saturday's appropriately named Sowerby Scorcher to finish in first place. Speaking after his win, Ed commented, "I got a bit lucky. I was 20 metres or so behind the leader when he started fading in the last kilometre and I drew closer. I think he must then have pulled up with an injury - but still, a win's a win!"

The Scorcher takes runners through breathtaking countryside above Sowerby, following quiet country roads, bridleways and paths with panoramic views over the Calderdale and Ryburn valleys. Around 40% of the 10K route is off-road on tracks and paths.

Results: Ed Hyland 39:04, Clayton Cutter 45:10, Michael Dunning 51:41, Jan King 56:14, Paul Wallis 61:50, Emily Wilson 63:32, Ian Threlkeld 64:47, Anne Cawdron 73:47, Jackie Barker 74:24, Linda Williamson 74:46, Peter Cawdron 78:32

Ed Hyland closing in for the win at the Sowerby Scorcher (photo Michael King)



### **Windermere Marathon**

Regularly voted the most scenic marathon in Britain, this breathtakingly beautiful run starts, amidst a carnival atmosphere, in the grounds of Brathay Hall with its stunning views over England's largest lake. The route around Lake Windermere takes in the honeypot sites of Hawkshead, Newby Bridge, Bowness-on-Windermere and Ambleside. Andy Baird and Sean Thompson both achieved fantastic sub 3½ hour times despite the undulating terrain and the hot weather on the day.

Results: Andy Baird 3:20:46, Sean Thompson 3:26:37

### **Great Manchester Run**

*Wendy Paulson was the sole Lion at the Great Manchester Run, the third largest mass participation race in Britain after the London Marathon and the Great North Run. Wendy did the half marathon distance in the morning – there was also a televised 10K on the same course later in the day which was won by Mo Farah.*

Result: Wendy Paulson 2:32:58

## Liverpool Rock n Roll Marathon, Half Marathon, 5K and 1 Mile

The Lions were out in numbers for the Liverpool Rock n Roll races on Sunday. Whilst most opted for the half marathon, two completed the full marathon distance. Gluttons for punishment, many of them also took part in the 5K sharpener on the day before the main races, and a hardy few even had enough energy left over for the post-race 1 mile fun run!

Results (Marathon): Rebecca O'Neill 4:15:06, Derek Doyle 4:20:30

Results (Half Marathon): Steve Ashworth 1:43:25, Michelle Rogerson 1:46:02, Ian Hoskins 1:48:58, Claire Guest 1:51:51, Lesley Hodgson 1:52:51, Catherine McHugh 1:58:51, Kim Ison 2:03:36, Zoe Mallinson 2:04:19, Diane Thornley 2:06:00, Debbie Hyde 2:08:32, Graham Robertshaw 2:11:28, Paul Butterfield 2:14:28, Justin Scargill 2:21:11, Helen Shenton 2:25:20, Simone Zoledziejewski 2:25:47, Zoe Lunn 2:26:30, Ken Chilcott 2:28:30, Alex Whyte 2:30:21, Manjit Ahir 2:31:32, Cheryl Hill 2:34:43, Colette Croft 2:37:12, Hilary Scargill 2:49:57, Sandra Robertshaw 2:54:54

## Outlaw Half Triathlon

Meanwhile, down in Nottingham, Tony Mott completed the Outlaw Half Triathlon. This gruelling event comprises a 1.2 mile open water swim, 38 mile bike ride and half marathon. Tony was going well until part way through his run, when he started to feel ill, and he did well to finish.

Result: Tony Mott 6:03:20

## Calderdale Way Relay

Sunday saw half the runners in Calderdale taking part in the Calderdale Way Relay, a six leg relay event run in pairs, which covers 50 miles of the Calderdale Way. Andrew Laird Boldy did a fantastic job of pairing together Lions of similar speeds, so that each team could run together effectively. Cameron Rushworth and Amjid Khan both deserve a special mention, having been drafted in at the eleventh hour to replace injured runners – and in Amjid's case having only joined the club this week and wearing borrowed club kit. The results are to follow, but in the meantime here are some pictures from the day.



Calderdale Way Relay runners



Will Rushworth and Damian Pearson perfectly in sync at the Calderdale Way Relay (photo Ginny Rushworth)

# One Year On from The Beginners Course 2017

## By Wendy Paulson

From one beginner to another if you persevere - you will do it, you can do it, and I promise you won't look back.

### Things to remember as a beginner

Hills are not hills - they are slight undulations and are our friend!! I haven't got to that point yet..... I think maybe that comes in year 3.. But they aren't as steep as they used to be.

Head up - even when you don't want to see what's ahead - breathe

Shoulders back - breathe

Pick your feet up - breathe

Power those arms - breathe

Multi-tasking at its most complicated.... but no there's more... ..Lions like to chat too.... you do master the art of running, talking and breathing - then the miles pass by. And then the run leaders and coaches speed you up..... is that to stop us talking???? Wish they'd make their minds up.

### How it started

April/May 2016... Googled running clubs in my area and Stainland Lions popped up, liked the look of the motley crew whose photos were on show, email sent. Received a response saying that I'd missed this year's beginners, but asking how far I could run - 5K without stopping.....not a chance. I was given some hints and tips to build up my runs and invited to come down when I'd increased my running distance. Off I dutifully went, jogging here/walking there, too impatient ended up with sore knees. That wasn't what I had imagined, motivation waned.

March 2017 - out of the blue an email comes in from David Rushworth, beginners starting again, am I still interested? Was I?

Don't worry he said, you'll be running 6 miles in 8 weeks. Could I?

Courage mustered, leggings and old trainers dusted off, I made my way to Beginners and joined David's Group..... 6 miles in 8 weeks he said???.....2 laps round a rugby pitch and I'm puffing like a train!!

Don't worry he said, slow it down, control your breathing, try counting to get a rhythm..... ooooooh that's better. Right then he said let's speed it up a bit... come on you can do it.... Wish he would make his mind up!

8 weeks later.... Fun Run - huge pride of Lions involved, all who ran with you looked effortless, cheering you on from marshalling points at every turn, literally willing you to succeed.

6 miles in 8 weeks.....BOOM, I did it.

Don't tell him I said it, but he was right.

### My journey 2017

3rd April Beginners Course starts

28th May - first ever "race" first time I'd ever attached a number to my t-shirt - Manchester 10K. Total strangers cheer you on, awesome mix of people and abilities. Started, finished with no stops to walk in between. Jubilant, tearfully clutching my medal I went home. Just 2 months before I was stopping at a railway bridge just up the road from Heath to catch my breath.

I still look at that medal and well up lol.

That race was my personal challenge!

That race told me I could do it!

From then I've taken part in numerous runs, Vets races, charity races, Winter league races (I've ran in wind, rain, snow and hail), Park Runs (finally getting a sub 30minutes at Brighouse), Park Run challenges still to be achieved are sub 30's at Halifax (hills of doom) and Huddersfield.

York 10 mile finished

November Clowne Half Marathon... 13.1 miles. Finished

All wearing my Lions club vest with Pride (excuse the pun)..

I'll never win these races, half way round I'm asking what in God's name am I doing..... but feeling fantastic when it's over, the time it takes me I try not to worry about, its reaching that finish line that matters most. December icing on the cake to be awarded "Stainland Lions Most Improved Beginner"..... WOW, for someone that doesn't cry much, this Club and running make me tear up at the drop of a hat



I used to be more interested in Fizz, Diamonds and Motorbikes, now its Chia Seeds, Race Bling and Trainers – I really must work on my Mid Life Crisis!!!!



I can guarantee without Stainland Lions I wouldn't be running now. This club is made up of normal people (well relatively normal), who all have the hearts of Lions, who support you, coax you, take the proverbial, immortalise the agony of your efforts digitally and then post on Facebook, (if your single it might be best to make your status Private, at least for a while!!), yell "of course you can run a particular course" and then Marshall it themselves because they know it's a beast, tell you No there's no hills on this run! Run with you, laugh with you, put up with very grumpy looks and mumbles but Never Ever leave you behind!

Oh and they also like a good social get together too.... from bowling to dancing into the wee small hours at Roxy's, away runs, fun buses further afield and everything in between, fun and laughter all the way.....not that that was a deciding factor in my joining the club.  
A drinking club with a running problem.... suits me.

Different individuals for different reasons have made my first year as a Lion extra special... to name check a few....teams Rushworth and Robertshaw, Paul for pacing me around my first Park Run at Halifax, Simon for encouraging me round other parkruns and my first long run - foregoing their race times to help me gain some PB's, the pushes up the hills from Helen and Diane - tail runners extraordinaire, the pull alongs from the Gazelles Lin and Dawn, Catherine keeping me sane at hills – asking quietly if smiley Wendy is back yet haha, Coaches Tanya and Mark – constantly encouraging, Michelle for supporting giggles, the fasties Leon, Phillip, David, Tim, Clayton, Gareth and Richard (Big Red) for the well dones as they lap me at the track, zoom up a hill or pass me everywhere else, and many other Lions besides. Rebecca and Co for sorting out the fun and games.

From one Beginner to the all the other members of Stainland Lions Running Club, you have helped quiet the internal voices of self-doubt and self-criticism. Thank You xx

Wendy

# CALDERDALE WAY RELAY LEG 6

## By GAIL FAWCETT

"Hi Gail are you free to run one of the legs of the Calderdale Way Relay - Sunday 20th May? Perhaps you could do it together with your Trisha? - ALB

I've never run one before, I'm very slow just so you know.

Ok spoke to Trisha we are in."

That was the conversation that began my first ever run of the Calderdale Way Relay.

I'll give you a little bit of background to my running. I've been a member of Stainland Lions Running Club for about 4 years. I joined the beginners as I wanted to be able to run the Bolton Brow Burner in 2014 I did but ended the race with an injury. I tried again in 2015 but again picked up an injury during the race. But my love of running had started.

In 2016 I again joined the beginners and carried on my running throughout the year injury free. I ran the Burner that year too now relocated to Northowram, I found it hard going but loved it so much that I ran it again the next year, 2017, and was 15 mins quicker.

I also decided to join the Club Championship that year too finishing 6th. My first ever race as a proper Lion was the Winter Handicap and during my first year I rarely had a weekend to myself. Since then I have finished 5 half marathons, Leeds, the dreaded Freckleton, GNR, Clowne and London. Knocking 30 minutes off my time in London at the inaugural Landmarks Half Marathon with a time of 2hrs 36mins 40secs. So, if at first you don't succeed - try, try again!!!!

Anyway, let's get back to the Calderdale Way Relay, so here I was saying yes to ALB not really knowing what I had let myself in for!! With lots of chopping and changing we were confirmed, Leg 6 - Gail & Trisha "Leg 6 is great! You will love it." all my lovely lions family was saying.

On the 7th May arrangements were made to recce the leg Trisha, Judith, Leslie, Jackie, Linda and I, we met at West Vale where Eric kindly said he would drop us off at Shelf. We were all prepared for a nice steady morning run.

As the day of the relay approached the week before hadn't got off to the best of starts, I was on anti-biotics. I prepared myself the best I could.

### **20th May 2018 the day was here.**

The sun was shining, porridge for breakfast, kit check - banana, water, gels, I was ready. With borrowed kit from Joanne Hirst, Trish and I headed to Shelf.

With the Kit inspection done and our numbers pinned now it was just a waiting game. I was very nervous although I had been running the route in my head all week, I was still worrying that we could take the wrong turning somewhere. As I watch everyone arriving, it was nice to see some familiar

faces. Clayton Cutter, Andrew Earnshaw, Jamie Westwood, Jonathan Pybus, Julie Field and Steve Hallam (sorry I know I've missed others).

We watched Andrew & Jamie set off and time was ticking on, nearly time for us to start. Leon Severn looked like he was going to throw up when he finished. OMG what had I really let myself in for?

2pm and the mass start, we were off!!!! We got off to a great start, through the woods we went, nice downhill to Halifax Road, cross over and down through the fields. We hit Brighthouse now a nice flat run to Avocet. What a welcome sight, Jackie, Graham and Steph, amongst others, sharing jelly babies and water. Bouncy hugs all round and grab another water and off we go.

Up through the woods and up and up, oh a little downhill behind the farm where the sheep seemed to cheer us on and then back up the hill to Southowram. Through the field and then follow the path, David and Ginny Rushworth waiting for us at the end of the road with an ice pop in hand and lots of encouragement (love these two). Nearly home.

Down through Siddal, the lovely Paula Pickersgill waiting with bottles of water, what a star!!! and she'd already done one of the earlier legs. Passed the school and turn right, then it was down Exely bank. Lovely run downhill, onto the petrol station, only the canal and then the long stretch to heath. As we got off the canal we headed under the bridge onto the garden centre, who was waiting for us Paul Armitage, with last words of encouragement from him we were on our way home. I have never been happier to see that finish line. We had done it!!!! As I hugged Trisha tears spilled down my face, what an achievement!!!!

There is no better feeling than seeing all your running buddies waiting for you (John Hirst the pint didn't touch the sides, thank you). Thank you to each and everyone of you, I know it was a long wait. I appreciated all the encouragement, before, during and after.

Lastly a big thanks goes to Trisha, my running buddy, my family, my pal. She encourages me to go beyond what I think I'm capable of, she believes in me. Although I know I slowed her down she never said I did but I know. She was there every step of the way. Together we did it!!!!

*Gail*



Before I discovered running in the throes of a turning forty and fat(ter) mid-life crisis, my main thing was fell-walking: Snowdonia, the Dales, the Peak District but most of all the Lake District. I'd dragged family and friends up hill after hill, I'd wild-camped all over, stayed in remote bothies and many, many Youth Hostels, and over a decade had climbed nearly all the 214 Wainwrights – I've been stuck with just one to go for years now...

Then came the Couch to 5k app, parkrun, the Stainland Lions' Beginner Course, 10ks, 10 milers, even a half-marathon, the Championship with those sneaky little fell races tucked in and, best of all, the Calderdale Way Relay. Running off-road for a few hours was turning out to be right up my street and inevitably my gaze turned back to the Lakes with the fresh eyes of a runner. Tagging along on a friend's recce of the Joss Naylor Lakeland Challenge and James Penson's Bob Graham adventures gave some of the best days running (and Instagram content) ever, even when they left me barely able to walk for days after.

Then this beauty of a race caught my eye. A three day mountain marathon over May Bank holiday weekend with training wheels on for the L-plate runners like myself. Yes, you'd have to camp and cook at a different spot each night but they'd transport your tent, sleeping bag, cooking shizzle, etc. whilst you ran comparatively unencumbered over the fells with just the FRA kit you'd expect. And instead of the checkpoints being sneakily hidden off the beaten path, like in the grown-up mountain marathons for bearded masochists, they were mostly on summits, meaning much of the running could be along the clear paths that criss-cross the Lake District. Best of all, each day they were three levels of course - Expert, Wainwright and Café and you could do whichever you felt like on the day. Had a hard day 1? Do the Café course on day 2. The latter was aimed at walkers and guaranteed a "café" stop each day – this year these turned out to include pubs and a fantastically remote Youth Hostel.

Duly entered, I managed to badger some running mates into doing it too (only one of whom bottled it a few weeks before like a complete wassock). Friday 4<sup>th</sup> May saw me heading up a busy M6 in the intimidatingly more experienced company of James Penson and (newly minted Lion) Kev Robinson, both veterans of Spine Challenger – level nonsense. Though both were making all the right emollient noises about being happy to take it easy and go at my pace, I doubted they would have the patience and consoled myself with the thought of some good company when I finally rolled across the finish line long after them.

We arrived at the Ennerdale event base just as daylight was fading and managed to hurtle into registration just quick enough to get the event map, which allowed us some time to consider our route choice over a pint before retiring to our tents.



We woke to a misty morning and packed the 60L <13kg drybag for Ourea to move on for us, and set off. The mist soon burnt off to reveal a gloriously sunny day - several competitors were to rock up at that night's camp very sunburnt – and finding places to refill the waterbottles was to be as important as finding the checkpoints. The route took in seven Wainwrights, two lakes, 23.5 miles and 6,800ft of ascent – the highlight of which were the miles of ridge running from Whiteside to Hopegill Head with views stretching from the Isle of Man in the west, Scotland to the north and the Pennines away to the east. By the very last fell, reduced to a slow uphill plod, I persuaded James and Kev to stretch their legs and leave me to struggle on without feeling burdensome. Crossed the line five minutes behind them, in a time of 7:28 and placed 23<sup>rd</sup>/135. Felt extraordinarily pleased with myself and more tired than I'd ever been, and somewhat fearful of having to do it all over again.



The campsite was truly stunning, right on the lakeshore looking across to the Buttermere pines and Haystacks beyond. We sat in front of the beer-tent and cheered in the finishers that followed us, some of whom had considerably more epic days (the expert route was a ridiculous 29 miles and 10,000ft of ascent!). I'd worried beforehand that these different classes would feel somehow cliquy at the campsite but the whole place was somehow fantastically relaxed and friendly; the lead being taken here from the marshalls who were all just brilliant, clearly runners themselves and just as pleased to be there as we were.



Day two saw us wake to the smell of a very welcome bacon butty van and low mist that hinted at soon burning off. Re-fuelled and kitted up in long-sleeve T-shirts to avoid sunburn, we hurtled straight up from the campsite to Kev's own hill – Robinson – to soon find ourselves above a cloud inversion that my pics don't do justice to. A high-pitched buzz alerted us to one of the event team filming us with a drone, and James and I rushed up the hill trying to look as heroic as possible in the hope of making our way into the footage. Somewhat inevitably, we didn't make the cut although the resultant 3min film is well worth a watch (despite this? because of this?) -

<http://www.greatlakeland3day.com/media/video/2018-event/>



Another epic day of well thought-out ridge running followed – shorter this time: ‘only’ 19.5 miles but more climb – 7,500ft of ascent, easily the most I’ve ever done in a single run. And what goes up must come down – near the end of the day we dropped from heights of Grasmoor to the bluebells of Rannerdale valley in twenty minutes losing some 2,200ft inside of a mile and a half. The next climb was very jelly-legged and again I ‘let’ Kev and James run on for me to finish some 10 minutes behind them, grab a beer and wade out into the lake where I swear my overheated legs sizzled and steamed

as they hit the water. Much comedy staggering about on ruined legs followed and I seized the opportunity to book a sports massage as a last roll of the dice to avoid having to change down to the café route the next day. (Painful) witchcraft ensued and having taken 15 minutes to struggle 100 yards from the bar-quiz to massage table I strolled out like a new man feeling very grateful indeed.



Having packed the tent etc away, the last day was a brutal first climb up Fleetwith Pike then more miles of stunning ridge-running, but a shorter route to give us chance to get home (15miles, 5000ft) Kev and Rob comprehensively dropped me on the first climb - it took me 2+ hours and another 8 miles to catch them back up through a combination of sheer bloody-mindedness and a couple of nice racing lines. This monumental effort had robbed me of any chance of sticking with them though and as soon as it turned uphill I dropped off the back again. By the time we neared the end of the ridge, we'd been running at altitude (and therefore away from water sources) for hours and I had to forgo the nice runnable looking descent for a route-one dash from the last checkpoint to the nearest stream that involved picking my way down a loose tiny fellside path that gave the exhausted me a large dose of The Fear, but icy cold water has never tasted so good. Then a run out through the beautiful Ennerdale valley and onward to the finish line. Thrilled to be finished and sad that my biggest running adventure yet was over. Will definitely be back.

Results (all Wainwright class)

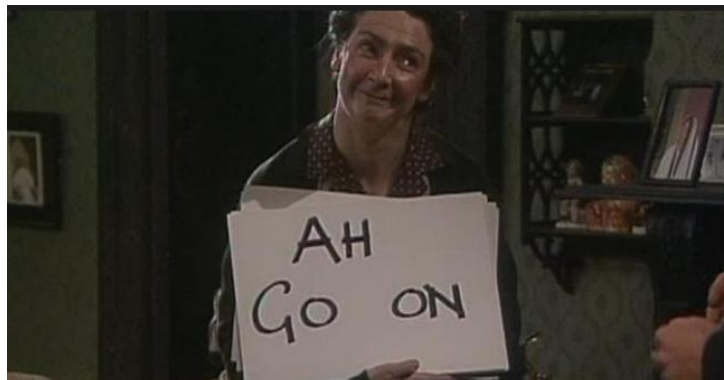
- James Penson 13<sup>th</sup> 18:37:18
- Kevin Robinson 14<sup>th</sup> 18:38:03
- Jim Harris 17<sup>th</sup> 19:02:18



**Postscript:** The main reason I agreed to write this was I think there are loads of Lions who would love this and I reckon we should be turning up mob-handed next year. The café course in particular could be done as a big walk, but plenty of people ran it and is well within the capability of lots of us. Like off-road? Love the lakes? (How could you not?) Know one end of a map from the other? This may very well be for you. Check out the flyby links where I've included for each day us three Lions and then one person doing the Expert Class and one person doing the Café course for comparison. You know you want to...

- Day One - <https://bit.ly/2J86Pio>
- Day Two - <https://bit.ly/2J83JXE>
- Day Three - <https://bit.ly/2LdjgNV>

*Jim Harris*



# Calderdale Way Relay 2018

By Andrew Laird Boldy

This year's edition of the relay had its usual mixture of fun, tumbles and heartache (and that was just the build-up, in which I certainly got more than my fair share of grey hairs).

Early morning, Sunday May 20<sup>th</sup>, saw a formidable line-up of runners registering at Heath, with seven Stainland teams swelling these ranks. Across the road to the Clay House start line, and they were off!



Terry and Amjid prepare – as Richard wonders where the start is



Ed setting a cracking pace at Clay

Ed Hyland and Matthew Pierson led the way for the lions in the A team with a storming leg to Cragg Vale, via Norland and Ripponden. They put the first team in 11<sup>th</sup> position. The Vets were hot on their heels, with Darren Young and Paul Senior, putting the Vets in 28<sup>th</sup>. Special mention to new member Amjid Khan who at the last minute volunteered for the team and brilliantly partnered Terry Marlor-Gage.

## Other Stainland teams

Sally Caton and Amanda Zito (ladies) 1.47:55, Tim Walker and Roy Lunt (E) 2.00:15, Angela Lee and Moira Alderson (F) 2.00:41, Graham Teal and Richard Crombie (D) 2.02:52, Terry Marlor-Gage and Amjit Khan (G) 2.27:49.



Leg one runners at the finish in Cragg Vale

Leg two takes the runners up to Stoodley Pike, through Makinholes and down to Todmorden, before taking them on a lovely steep loop out of the town only for them to descend down to the handover.

Team A set a blistering pace, with Mark Pottinger and Gavin Foster doing the ninth fastest time of that leg on the day. Tanya Blake and Craig Miller kept the Vets in a good position with a great run.

Other Stainland times from leg two - Gerry Banham and David Culpan (D) 1.18:50, Maria Harron and Sue Gledhill (ladies) 1.23:53, Rikki Hammond and Sharon Marlor-Gage (E) 1.44:47, Sandy Gee and Paula Pickersgill (F) 1.45:50, Tony Pinnington and Janet Carter (G) 1.52:01

Leg three is the shortest yet most brutal leg on the relay. It starts from Todmorden leisure centre and goes up one of the steepest hills in the area to Blackshaw Head.



Gerry, David, Craig, Tanya, Rikki and Sharon



Runners at Todmorden await leg three start



Will and Damien practice synchronised running as they start

Will Rushworth and Damien Pearson did a cracking ascent of the Col de Blackshaw keeping the A team in the top ten. Andrew Laird Boldy and John Ingles also got the baton round for the Vets.

Other Stainland – James McNutt and Paul

Patrick (D) 52:24, Paula and Rochelle Statham-Drake (Ladies) 57:11, Steve Crowther and Victoria Armstrong (E) 57:48, Gina Anderson Keeble and Ally Audsley (G) 1.06:34, Jenny Walker and Michelle Rushby (F) 1.09:09

In my opinion leg four is the hardest but most stunning of all the Calderdale Relay legs. It isn't the longest, but has two brutal climbs in it, one being right at the end going out of Jerusalem Farm up to Wainstalls. Prior to that the runners go through the middle of Heptonstall, descend down to Hardcastle Crags and then up to Midgley Moor via Pecket Well.

The A team had Mr leg four himself leading the way – Jonny Cartwright, with newcomer to the relay Mak Dhinsa trying to keep up with him. They had a cracking run, passing the baton on



Leg four runners await the baton

to leg 5.

Stainland teams on leg 4 –

Mark Pigford and Mags Beevers (Vets) 1.27:25, Lorraine Naylor and Aileen Baldwin (Ladies) 1.38:24, Cameron 'last minute sub' Rushworth and Jim Harris (D) 1.51:18, Steve Boyer and Joanne Cahill (F) 2.02:39, John Hirst and Ranjit Uppal (E) 2.04:50, Judith Greenwood and Lesley Henderson (G) 2.43:08

From Wainstalls, leg five takes the runners across the moor to Bradshaw, Illingworth and up to the outskirts of Queensbury. From there the route goes across the Shibden valley skirts Northowram, to Shelf.



Lorraine and Aileen



The start of leg 5 – Leon what is there to be nervous about?



The mass start at leg five

Chris Hall and Leon Severn successfully got the baton round for the A team, with one of them enjoying the run more than the other! Philip Moyles and Derek Parrington had a cracking run for the Vets team, doing the 12<sup>th</sup> fastest leg five on the day – Well done!

Other Stainland teams on leg 5 – Helen Armitage and Gaby Ferris (ladies) 1.18:32, Martin Wood and Tim Neville (D) 1.22:32, Martin O'Brien and Ian Drinkwater (E) 1.26:28, Paul Armitage and



Derek and Phil

John Rushworth (F) 1.38:17, Dawn Medlock and Jo Cooke (G) 1.42:03



Andy leads the way at the leg 6 mass start

The glory leg is leg six. From Shelf, the runners head down through Norwood Green, to Brighouse via Bailiff Bridge, then up to Southowram, before careering down to SalterHebble then the finish at Heath.

Unfortunately the curse of navigating error hit Team A. Paul Hiley had been a last minute substitute, so did not know the route, and Clayton Cutter maybe fancied running an extra mile and a half. This led to a fair bit of time being lost and losing a few places, with them finishing 27<sup>th</sup> overall.

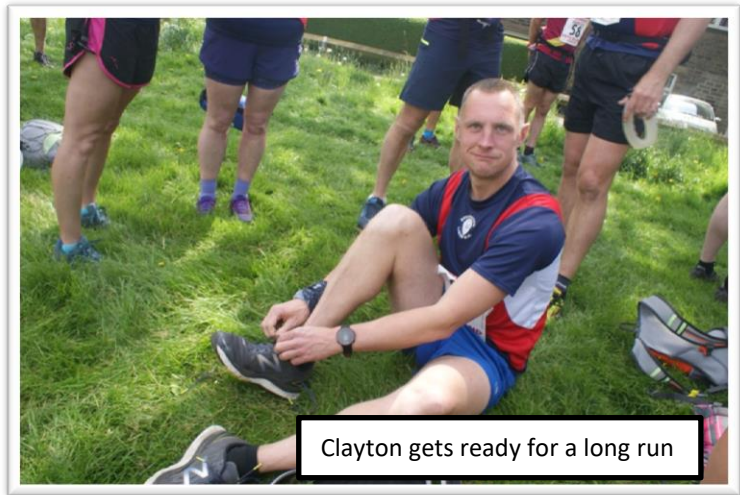


Andy certainly enjoyed his run with Jamie

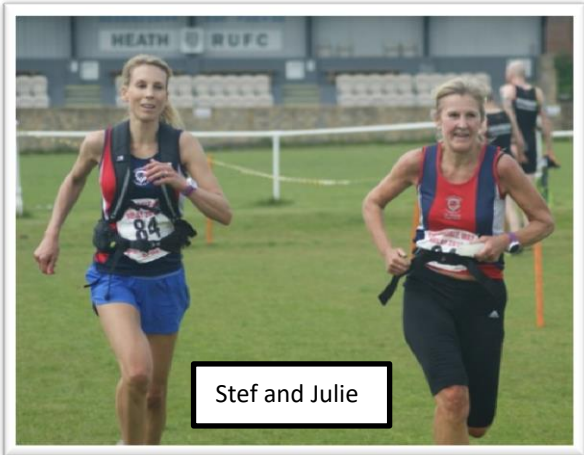
Jamie Westwood led another late substitute Andrew Earnshaw round a storming leg – to finish the Vets in 23<sup>rd</sup> position, second Vets team overall.



Other Stainland teams on leg six – Stef Hopkins and Julie Field (ladies) 1.32:18, Ian Johnson and Andrew Mackrill (D) 1.43:23, Steve Hallam and Nick Thompson (E) 1.50:00, Ray Mooney and Jon Pybus (F) 1.57:45, Trish Hallowell and Gail Fawcett (G) 2.39:47



Clayton gets ready for a long run

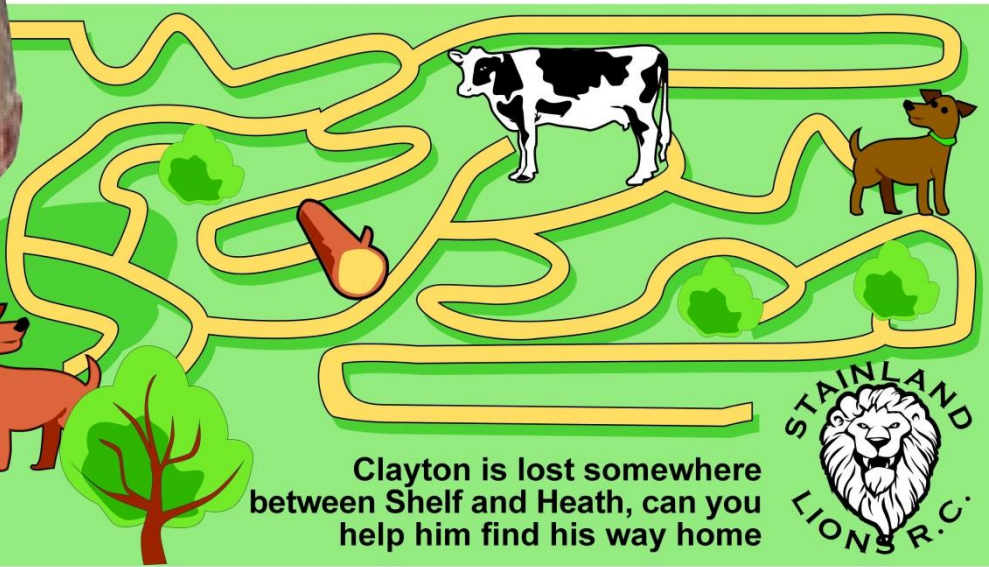


Stef and Julie



Trish and Gail

# HELP CLAYTON



Clayton is lost somewhere between Shelf and Heath, can you help him find his way home

