



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club

July 2018

From the chair.....

Phew! What a scorcher would describe June in terms of the weather and the month that we have had at the club.

We started off with our now annual trip to Whitby for the Fish and chips race, sorry I mean Whitby Vets race. Another coach full of enthusiastic Lions meeting up at some ridiculous time in the morning to travel over to Whitby, followed by even more Lions under their own steam, to run the lovely undulating course through the Mulgrave estate in Lythe. You know the one with the small slope at the end. My overriding memory of this year's race was Gail Fawcett's face when we got to the start line and we pointed out the finish line and more importantly the accent to the finish line. If looks could kill!



Then of course the main event of the day, back onto the coach and down into the picturesque coastal town of Whitby. The assembled Lions quickly dispersed to the four corners of the town, some taking in the sights of the harbour, and some the inside of the local inns and of course sampling the local fish and chips. Aileen being the health-conscious athlete she is took her own specially prepared healthy fish and chip replacement dish which she sneakily ate in an establishment that sold food.

Meanwhile Jonny Cartwright decided that after a tough six-mile race, where he finished in an impressive sixth place, that this was not enough exercise for one day. Jonny made his way to the 199 steps up to the abbey and ran up the steps then down the cobbled slope at the side of them some 31 times. Please do not try this unless you have a special certificate from the NHS.

And so back onto the coach for the journey home with slightly more noise emitting from the rear of the coach on the return journey, it must have been the excitement of the race perhaps? Speaking of the race another fantastic turn out of Lions with our ladies once again shining with 8 Lions in the top 20 finishers. Not to forget Gail and the hill..... she smashed it along with every other club member, although Sue Cash may have been heard to decry the sanity of "that finish"

Next came the Dave Hutchinson Memorial Downhill 10k, a chance for us to prove that we are faster than our 10k PB tells us. A fantastic 84 runners completed the race with several of our new members from the recent beginner's course joining in the fun. Thank you to Graham Dyson and John Bassender for facilitating this and I am sure Dave was looking down upon it proud of the turn out and atmosphere.

The club championship raised its head again next with the introduction of a new race to the schedule, The School Run, part of a series but on its own for us. The heatwave had just started, and this was a tough uphill start for what seemed like forever. The 37 Lions dominated the field of 153 runners with Stephen Hall defying the heat to come home first followed by a procession of category and team prizes on the day.

Onto the Joe Percy Invitational race where only selected clubs can enter runners and we are one of the selected clubs. Over 80 members entered the race which took place on a hot Wednesday evening. This is quite a prestigious race and has some of the best runners in our area competing. Once again our Ladies led the way with Mags Beever, Tanya Blake, Suzanne Patterson, Stefanie Hopkins, Sally Caton, Lorraine Naylor, Gaby Ferris, Helen Armitage, Aileen Baldwin and Victoria Armstrong bringing home the team prize for us. This was also a club championship race and there were some great battles taking place throughout the field too with the ever-competitive division 3 fielding 18 runners.

South Leeds provided the venue for another vets race towards the end of the month. With reduced numbers due to holidays and other commitments it was still another great effort from the Lions present with our Ladies again producing 6 of the top 10 finishers. Full team results are not out as I write this. Next race is on the 24th July in Saltaire so get that date in your diary.

Finally to our big social events of the month. First to the 30th Year anniversary day, which I was unable to attend, from the pictures and comments on facebook this has been yet another well organised and well attended event with everyone having a wonderful time. Thanks you to all involved in putting this together, it has been many months in the planning and to have all that hard work come together on the day is a great feeling. All I can say is if the shots are coming out as the pictures show then it must have been a good one.... Rebecca and your team take a bow.

Then to "A day at the races" with spaces filling up quickly and any spare ticket that came available being snapped up. It sounds like everyone that went had an enjoyable day, some more so than others and I hear from a reliable source that Paloma Faith was extremely good.

Finally from me this month, we had a great reaction to last months Newsletter and that is down to the contributions that you the members make. If you would like to talk about your experience at a social event, you first race your latest race then we have a space here for you. Your fellow Lions would love to hear about your experiences, why you complete the different types of races away from the "norm", whatever that is, or perhaps why you did that event what path did you take to get you there? It may be that it inspires others to join you in your particular new adventure, and one thing is for sure it will lead to a social event at some stage.

Paul

Club Chairman

Club Publicity Officer

Sue Cash



Summary of Race Reports

1 June 2018: Another red hot Bank Holiday weekend with plenty of Lions in action.

Hollingworth Lake 5K

Two Lions completed Race 4 of the popular Hollingworth Lake 5K series this week.

Results: Andrew Mackrill 21:53, Tara Sherwood 29:15

Hare and Tortoise Relay Race

Gerry Banham and Laraine Penson were victorious at this year's Hare & Tortoise, the club's annual relay race. Over 50 Lions took part in the event, which saw pairs of runners heading off in opposite directions to get their batons round the approx. 5.5 mile course. The very enjoyable evening ended with a presentation to the Forget-Me-Not Children's Hospice of the £1,173 raised at the Fun Run held earlier this year organised by Caroline Ford and Mark Pigford, pictured holding the cheque.

Results: (1) Gerry Banham & Laraine Penson 44:31, (2) Tony Mott & Rachel Fay 44:54, (3) Jonny Cartwright & Julie Goddard 45:21, (4) Will Rushworth & Jenny Walker 45:24, (5) Richard Crombie & Alison Hesketh 45:31, (6) Mike Dunning & Tony Pinnington 45:43, (7) Tracy Mott & Jon Pybus 45:47, (8) Chris Hall & Jackie Barker 45:49, (9) Ian Hoskins & Ansar Farouk 46:07, (10) Jim Harris & Caroline Palmer 46:31, (11) Gareth Duckworth & Catherine McHugh 46:37, (12) Gareth Knight & Paul Butterfield 46:43, (13) Dan Marsden & Anne Cawdron 46:48, (14) Martin Wood & Alan Whiteley 46:56, (15) Tim Walker & Claire Guest 47:26, (16) Leon Severn & Richard Lambert 47:34, (17) Amjid Khan & Ali Audsley 47:41, (18) Andrew Mackrill & Paula Pickersgill 47:45, (19) Paul Patrick & Lin Devine 47:46, (20) Helen Armitage & Graham Robertshaw 47:51, (21) Robert Ashcroft & Nicki Cartwright 48:04, (22) Andrew Earnshaw & Justin Scargill 48:21, (23) Dave Culpan & Roger Smith 48:26, (24) Michelle Rogerson & Sue Cash 48:34, (25) Roy Lunt & Paul Armitage 50:07, (26) Rikki Hammond & Sarah Lunt 52:44.



Helvellyn and The Dodds Fell Race

David Culpan was the only Lion at this year's Helvellyn and The Dodds Fell Race, a gruelling 16 miler with 4,500 feet of ascent taking in Clough Head, Raise and The Dodds before climbing up to the summit of Helvellyn and back. Conditions on the day were hot, with very strong winds on the tops.

Result: David Culpan 3:40:52



David Culpan at summit of Helvellyn

Saddleworth Fell Race

This short sharp three mile race climbs 950 lung busting feet up to Alderman's Hill before dropping steeply back into the valley. The running on the top is described as "fast unless you pushed too hard on the climb". Jim Harris was the only Lion to take on the challenge, finishing in 33:58.

Melmerby 10K

Only one week after completing her marathon in Liverpool, Rebecca O'Neill was back in action in North Yorkshire on Sunday at the Melmerby 10K. Conditions were hot, with a midday start in 23 degrees heat and full sun. Rebecca ran well to cross the line in 51:43.

London Vitality 10K

Just one Lioness joined Mo Farah on the start line of this weekend's big London race, the London Vitality 10K. The course took in many of London's famous sights including Admiralty Arch, Nelson's Column, St Paul's Cathedral, Mansion House, the Bank of England, the Old Bailey, Somerset House, Big Ben, the Houses of Parliament and Westminster Abbey. Mo Farah won in 29:44. Lioness Anne-Marie Killeen finished in 62:13.

Ilkley Trail Race

Organised by Ilkley Harriers for the past ten years, this 7 mile trail takes in tracks through woodland, fields and moors, interspersed with some short road sections. Virtually all of the climb is on the way out, rewarding runners with views over the Wharfe Valley and Ilkley Moor before the very fast second half of the race. Lioness Tanya Blake holds the women's course record at this event (44:21).

Results: Ian Hoskins 60:18, Paul Patrick 60:58, Michelle Rogerson 62:51



Michelle Rogerson flying round Ilkley Trail Race (photo Philip Bland)

8 June 2018: Another really big week of racing for the Lions. Highlights include wins for Tanya Blake at Coniston Trail Half Marathon and Gavin Mulholland at Kirkstall Abbey, strong performances by Ashley Cavalier and Derek Parrington at the Calderdale Way Ultramarathon, a valiant attempt at the epic Bob Graham Round by James Penson and his loyal support crew, and not one but two Vets' races in the same week.

Calderdale Way Ultramarathon

First, a quick recap: last month saw huge numbers of runners take on the Calderdale Way Relay Race –a six leg relay event run in pairs, which covers 50 miles of the Calderdale Way. But on Saturday, this same route was raced all in one go as an ultramarathon. Running one leg of the relay is gruelling enough, so hats off to Ashley Cavalier who ran all six legs by himself in a single day. Ashley's excellent run secured him 6th place. Derek Parrington took the shorter (but still ultra distance) route option, also finishing in 6th place.

Result (50 mile route): Ashley Cavalier 10:05:17

Result (28 mile route): Derek Parrington 5:28:38

Wharfedale Trail Half Marathon

The Wharfedale Trail Half Marathon starts and finishes at Threshfield near Skipton. With over 2,000 feet of ascent, the route follows well established footpaths, including the Dalesway, and the views from Scott Gate, Mastiles and Boss Moor are quite breathtaking. Aileen Baldwin and John Ingles endured wet and muggy conditions on the day, with Aileen picking up the 1st F65 prize (and going on to race again in Whitby the very next day, where she also won the 1st F65 prize, because she's awesome).

Results: Aileen Baldwin 2:07:03 (1st F65), John Ingles 2:12:24

Coniston Trail Half Marathon

Tanya Blake put in a superb run to finish 1st Lady (and 8th overall) at Coniston Trail Half Marathon. Billed as "the most picturesque half marathon in the UK", the beautiful route sets off from Coniston along a 13.1 mile journey through National Trust woodland. The course then returns to Coniston down ancient bridleway trails to the shores of Coniston Water, before returning to the finish at Coniston Hall. Speaking after her win, Tanya said, "It was unexpected. Very tough in the heat but stunning scenery!" Craig Miller was hot on her heels, finishing in 24th place overall and 3rd M40.

Results: Tanya Blake 1:38:20, Craig Miller 1:42:46

Huddersfield Marathon

Nearer to home, new Lion Kevin Robinson was taking on the hilly Huddersfield Marathon. Notorious as the toughest road marathon in the UK, the two lap route has a hilly opening few miles before a kinder run in to the finish. Kevin's time was enough to give him a top twenty finish.

Result: Kevin Robinson 4:25:15

Yorkshire Mountain Bike Marathon and Fast and Flat 100 Miles

The club's cyclists were also out in force this weekend. On Saturday, Sally McGregor, Karen Thorne, Claire Guest, Sarah Lunt and Richard Crombie took part in the Flat and Fast 100 mile sportive around Doncaster and parts of South and West Yorkshire and Lincolnshire, while Simon Gadd opted for the 65 mile route. Tony Mott completed the Yorkshire Mountain Bike Marathon, cycling the 40 km route in 3 hours 10 minutes. The route, which passes David Hockney's famous Thixendale Trees, starts and finishes in the grounds of Birdsall House in the Yorkshire Wolds.

The Bob Graham Round

James Penson made his third attempt at the famous Bob Graham Round this weekend. The BGR is a fell running challenge in the Lake District, where runners are tasked with reaching the summits of 42 peaks in 24 hours. James is a seasoned ultra-runner, having completed the Marathon des Sables and numerous other extreme distance events, and he had great support from Lion friends running sections of the route with him, but after 13 hours and 60km, he became unwell and had to retire. James is an inspiration to other club members, and no doubt he will be back for another attempt.

Kirkstall Vets and Whitby Vets

Not one but two Vets' races this week, with Kirkstall Abbey on Tuesday evening and Whitby on Sunday. The Whitby race is a keenly anticipated annual fixture, affording the club a day out at the seaside and a chance to run on private land in the beautiful grounds of Mulgrave Castle. The castle is an ancient ruin (not unlike the runners!), and, unlikely though it sounds, was owned until very recently by supermodel Elle MacPherson, who apparently leased the shooting rights to the estate and might have enjoyed having a go at the Yorkshire Veterans' race in her back garden had she been at home. Whitby is one of the few places in the UK to have even steeper gradients than Halifax, and the Mulgrave Castle course features a memorable uphill finish. This unrelenting wall of a hill reduces the majority of the runners to an undignified Death Shuffle in front of all the finish line officials, spectators and photographers.

Vets' Captain Gavin Mulholland took the win at Kirkstall Abbey, and there were category wins and placings for a number of Lions at both events. The Lions are currently sitting pretty in the Yorkshire Vets' League, leading five of the six team categories.



Category winners at Whitby Vets Race.

Aileen obviously disappointed that she didn't get a bottle of wine like the others!

(photo Sue Cash)



Helen Armitage on her way to 1st F50 at Whitby just ahead of Aileen Baldwin (1st F65) and fellow Lion Ian Hoskins

(photo Philip Bland)

15 June 2018: This week's highlights include Stefanie Hopkins finishing 1st Lady at the Northowram Burner, Stephen Hall winning every race he entered, and the remarkable Bernadette Rowland running the annual David Hutchings Downhill 10K at the age of 80.

The David Hutchings Downhill 10K

84 Lions raced down Saddleworth Road on Thursday evening in the ever popular Downhill 10K. This was the tenth edition of the race, and conditions on the day were sunny and warm. A bus was on hand to take the runners to the start line on the moors high above Scammonden Bridge. Before setting off, there was a moment's reflection at the club house to remember much-loved club member David Hutchings who died last year and who was a great supporter of the race that's now named after him. Despite the route being mostly downhill, the race is a real challenge, and is notoriously hard on the legs. Amongst the runners taking part this year was the remarkable Bernadette Rowland. A club member for the past ten years, Bernadette shows no sign of slowing down despite recently turning 80. She is the current VW80 course record holder at Huddersfield parkrun and earlier this year travelled to Paris to support friends running Paris Marathon, and while there set a new VW80 course record at Paris parkrun too. Bernadette ran the 10K on Thursday in just over 80 minutes, surrounded by friends, and crossed the finish line to the loudest cheers of the night. Stephen Hall won the race in 34:10, and Mags Beever was 1st Lady (and 3rd overall) in 36.17.



Stephen Hall, winner Downhill 10K (photo Jim Harris)



The Downhill 10K

Bernadette and friends waving from the top deck of the bus at startline on the moors above Scammonden

(photo Jim Harris)



The Downhill 10K

Bernadette Rowland running with David Rushworth.

(photo Jackie Barker)



The Downhill 10K

Bernadette Rowland and David Rushworth again.

The Full Bronte

While most of the Lions were busy careering down Saddleworth Road, Richard Crombie and Virginia Lewin were over in Haworth for the Full Bronte, an undulating 5 mile road race round Penistone Hill Country Park.

Results: Richard Crombie 36:07, Virginia Lewin 47:38

Hebden Bridge Fell Race

Hebden Bridge Fell Race was also held on Thursday evening. Hosted by Todmorden Harriers, this tough but beautiful 10K race starts just off Calder Holmes Park in Hebden Bridge. The route goes up to Stoodley Pike and back via Erringden Moor, with a mix of different types of terrain adding a different twist to the climb up to the Pike. The final run-in is along densely wooded paths and tracks, and the finish is back in Calder Holmes Park.

125 runners completed the course including a good selection from the local running clubs. The Lions were led home by Martin O'Brien, whilst Aileen Baldwin claimed her customary F65 prize.

Results: Martin O'Brien 1.00.33, Victoria Armstrong 1.01.01, Aileen Baldwin 1.03.31, John Ingles 1.07.05, Steve Boyer 1.12.51



Steve Boyer at Hebden Bridge Fell Race

Another win for Stephen Hall at The School Run

Just two days after his win at the Downhill 10K, Stephen Hall was first across the line at the School Run trail race in Holmfirth. Stephen led from the start and looked strong throughout. The Lions were out in numbers for this club championship event, and in addition to the win, also picked up prizes for 2nd Lady (Julie Field), 1st Team (Stephen Hall, Clayton Cutter & Jim Harris) and 1st Mixed Team (Andy Baird, Julie Field & Aileen Baldwin). There were a number of category wins on the day too, marked in bold below.

Results: Stephen Hall 39:14, Clayton Cutter 45:49, Jim Harris 46:58, Andy Baird 47:05, James McNutt 47:49, Richard Crombie 48:02, Gerry Banham 48:11, Andrew Earnshaw 48:35, Martin O'Brien 49:52, **Julie Field 50:23 (2nd Lady)**, **John Bassinder 50:31 (1st M60)**, **Aileen Baldwin 50:48 (1st F60)**, Leon Severn 50:58, David Farrar 51:12, John Ingles 51:29, Steve Hallam 51:38, Ian Johnson 52:44, Sally Caton 53:36, Jonathan Pybus 53:56, Ian Hoskins 54:08, Michelle Rogerson 54:45, Jan King 55:36, **Helen Armitage 56:02 (1st F50)**, Roy Lunt 58:04, Catherine McHugh 59:51, Steve Boyer 60:27, Karen Thorne 64:30, Paula Pickersgill 65:07, Paul Armitage 65:34, Sandy Gee 65:40, Nicki Cartwright 65:57, Susan Cash 71:23, Ken Chilcott 71:48, Alex Whyte 74:05, Jackie Barker 74:44, Dawn Medlock 85:16, Gail Fawcett 85:17



Stephen Hall,
winner School
Run

(photo Will
Valovin)

Swaledale Marathon

The annual Swaledale Marathon passes through some of Swaledale's finest scenery. The 23 mile course is a fell run/challenge walk event - competitors must navigate for themselves and complete the course within 10 hours. The event has been organised by Swaledale Outdoor Club since 1979. Lion Derek Parrington finished in 20th place in an unofficial time of 3:44:01.

Knowl Hill Fell Race

The most popular race of Rochdale Harriers' annual three day event (nothing to do with horses, it's three tough races in three days), Knowl Hill is a cracking 6 mile race with 1,300 feet of ascent. The route takes in three climbs, the middle one of which is an un-runnable scramble. Participants are rewarded with beautiful views along the way and chip butties in the Brown Cow afterwards. It was a very hot day for running, but Lion David Culpan coped well with the conditions to finish in 1:06:55.

David Culpan at Knowl Hill Fell Race



Edgworth 10k Reservoir Challenge

Lesley Hodgson headed over to Bolton for the Edgworth 10k Reservoir Challenge, a challenging and picturesque race around two reservoirs. Lesley overcame blisters to post a time of 59:09.

Northowram Burner

Stefanie Hopkins finished 1st Lady at this year's Northowram Burner, a tough multi-terrain 10k round the hills of Northowram. The race is a fundraiser for local schools. Chris Hall was 1st Lion home. For some hardy Lions, the Burner was their third race in four days!

Results: Chris Hall 44:01, **Stefanie Hopkins 49:57 (1st Lady)**, Michael Dunning 53:33, Ian Hoskins 56:20, Michelle Rogerson 58:30, John Hirst 60:45, Kate Ryley 68:51, Stephanie Hull 82:12

Stefanie Hopkins, 1st Lady Northowram Burner



AJ Bell World Triathlon Series, Leeds and Chorlton Off Road Triathlon

Lastly, a couple of Lions on bikes. Roundhay Park provided the setting for the AJ Bell World Triathlon Series, Leeds. Steven Crowther was the only Lion to take on the 1,500m swim, 36.2km bike ride and 10km run into the city centre. Meanwhile, in Chorlton Tracy Mott completed the Chorlton Off Road Triathlon, a 750m open water swim, 15K off road bike ride and 5K trail run (times not yet published).

Result (Leeds): Steven Crowther 2:29:17

22 June 2018: In a week where the UK's crisis of inactivity was in the news, the Lions were bucking the trend, getting out there in numbers to race up and down the fells and round our local roads. This week's highlights were a fantastic win for the Lions' ladies team at the Joe Percy 10K and another ultramarathon in the bag for Rebecca O'Neill.

Dark Peak Trail Race

Seven Lions competed in the Dark Peak Trail Race, a 25K trail run with over 2,000 feet of ascent. The event is run on the footpaths, tracks and trails within the 'grittier/higher level' surroundings of the Northern/Dark Peak District starting and finishing from Hayfield and including The Sett Valley Trail, The Pennine Bridleway, Lantern Pike and Chinley Churn. This is a hilly, moorland trail run amongst stunning Northern Peak District scenery.

Results: Rachel Lumb 2:46:47, Moira Alderson 2:46:55, Laraine Penson 3:02:15, Steve Boyer 3:10:08, Angela Lee 3:14:10, Sharon Marlor-Gage 3:14:10, Rikki Hammond 3:14:13

Settle Hills Race 2018

Settle Harriers organise the Settle Hills race which promises a bit of everything – grassy paths, tarmac at the beginning and end, rocky paths, tussocky moorland and some very steep climbs and descents – altogether an enjoyable route. Jim Harris was the sole Lion taking part (as a Father's Day treat), finishing in 1:11:44.

Joe Percy Invitational 10K

The Joe Percy 10K is a very popular, inter-club road race around Thurstonland and Farnley Tyas in South Huddersfield. The Lions fielded a large team of around 70 runners. The Lions' ladies team pipped Halifax Harriers to the win, with strong performances from winning team members Mags Beever, Tanya Blake, Suzanne Patterson, Stefanie Hopkins, Sally Caton, Lorraine Naylor, Gaby Ferris, Helen Armitage, Aileen Baldwin and Victoria Armstrong.

As well as the team win, there were individual prizewinners on the night:

1st F35 Mags Beever

1st F50 Helen Armitage

1st F65 Aileen Baldwin

2nd F45 Suzanne Patterson

2nd F50 Rachel Lumb

2nd M65 Jan King

3rd F60 Janet Carter



Members of the winning ladies team at Joe Percy Invitational 10K

Settle Saunter 23 miles

Also in Settle, the Saunter is an annual race along footpaths and bridleways in the Yorkshire Dales through picturesque rural villages and hamlets and open countryside. The event is organised by the Rotary Club of Settle. There are various distance options, and Aileen Baldwin opted for the 23 mile version, finishing in equal 9th place in 5 hours 7 minutes.

London to Brighton bike ride

Andrew Mackrill completed the annual London to Brighton bike ride. The 54 mile route meanders through the Surrey and Sussex countryside, starting at Clapham Common and ending in Brighton.

The Canal Canter Summer Extravaganza

This is an out and back canter on the Leeds and Liverpool Canal, starting and finishing at Kirkstall just outside the centre of Leeds. Various distance options are available. Rebecca O'Neill opted for the ultramarathon distance, her third marathon or longer in 10 weeks.

Results: James McNutt (half marathon 1:53:15), Andrew Falkingbridge (20 miles 3:50:54), Rebecca O'Neill (32.3 mile ultramarathon, 5:58:34)

Jonny Cartwright wins Ginathlon

Jonny Cartwright won this year's Ginathlon, a 6km mixed terrain (roads, tracks and trails) fun race with feed stations every 1.5km stocked with optional ice cold gin & tonic! Wife Nicki was 2nd Lady. Cheers Mr and Mrs C!

Results: Jonny Cartwright 28:37, Nicki Cartwright 36:47, Jude Faulkner 63:30

Jonny and Nicki Cartwright at Ginathlon



29 June 2018: Slightly less racing than usual this week. Firstly, everyone's been down at Heath celebrating the club's 30th anniversary instead, and secondly, it's just WAY TOO HOT.

Hat Trick of Fell Races for David Culpan

David Culpan was undeterred by the soaring temperatures and took on not one but three fell races this week. He was the sole Lion at the Beamsley Beacon race (5.5 miles with 1100 feet of ascent) and at the Kinder Trog (15 miles with 3000 feet of ascent). Supervet Aileen Baldwin joined him at Bridestones (4½ miles with 1100 feet of ascent). Conditions at all three races were sweltering hot, particularly Sunday's Kinder Trog, and David did well to manage a course pb there this year despite the heat.

Bridestones unofficial results Aileen Baldwin 52 minutes, David Culpan 52:12

Beamsley Beacon result: David Culpan 52:00

Kinder Trog result: David Culpan 2:55:00

Humber Bridge Half Marathon

The Humber Bridge Half Marathon is East Yorkshire's largest half marathon. The event is set against the magnificent Humber Bridge, formerly the longest single span bridge in the world (but now languishing down in ninth place and about to drop out of the top ten altogether, although the race marketing material doesn't mention this). Starting in Hessle, the route takes runners over the bridge, around scenic Barton and surrounding countryside, before the final leg back over the iconic bridge to finish.

Results: Stuart Clinton 1:51:27, Amjid Khan 1:57:46

Swansea Half Marathon

Thousands of runners took on this half marathon which follows the sweep of Swansea Bay. The route is described as “flat and fast” but not when it’s 30 degrees it isn’t. Ian Hoskins and Michelle Rogerson coped well with the heat and crossed the line together.

Results: Ian Hoskins 1:47:50, Michelle Rogerson 1:47:52

Total Warrior

Something a bit different.....James McNutt took on this 12K obstacle race around Bramham Park in Leeds, tackling 25 punishing obstacles including walls, cargo nets, mud-filled trenches and a giant ice bath.

Result: James McNutt 2:16:47

Penistone 10K

Virginia Lewin chose the Penistone 10K as her debut race for the Lions, running well in the heat to pick up the 3rd F65 prize in a time of 62:40.

Virginia Lewin at Penistone 10K

(photo Philip Bland)



Thoughts On More Than 10 Years of Being a Lion

By Karen Thorne

So in 2006 my life as a Stainland Lion started after seeing a flyer at Fitness First gym, My sister a former Halifax Harrier, suggested we try out the beginners course, she was confident as she had a 42 10k speed in her racing days, me not so sure. I had managed to avoid running even though my mom and my 3 sisters were all Harriers and raced most weekends.

So the time arrived, a friendly and enthusiastic group of people greeted us and shepherded us into little groups. The beginners was much more informal in those days. Off I went led by a lovely lady called Avril. "We will run to the end of this road" she said, my thoughts "really! Run all that way" by the time I reached the bridge I was quickly rethinking the idea of running.

But I continued on the course and was enthusiastically encouraged by a friendly bunch of people. I had many "moments" in those first few months. I was "Colined" on a route up to Norland, "just small steps" "weave from side to side" said the jovial chap as I was practically crawling up Fall Lane, I admit my mind was repeating several words mostly beginning with "f". Who was he and why was he trying to talk to me up this mountain! Some things never change, he still tries to chat to me up hills knowing full well I haven't the breath to disagree. Anyway onwards I went declaring after every run I was never doing it again. A certain Geoff Matthews gave me an enthusiastic talk about racing, the next thing I was deposited at the Jo Percy race and told to run round twice until someone told me to stop, another moment I won't forget but the cheering of the Lions on the finish line had me thinking, "maybe I like this" " maybe I will learn to tolerate the "I think I'm going to vomit" feeling.

And so I was hooked, the sheer enthusiasm and buzz of the Lions had me turning up to different training nights and trying different things always with support and encouragement.

One snowy night from the moor sticks in my mind, it was that chap again! "Come on" he said " we will go this way" off we trotted and I quickly realised this was going to be painful. Up to Morrison's at Illingworth, me and Helen Kettle were gamely hanging on at the back, as soon as we caught the group up, "ok off we go" said Colin, the snow started to fall and my spirits were low but 8 miles was an amazing achievement for me at that time, I had been "Colined" again. I now realise it's a rite of passage and a character building exercise to be led on many a merry mile by the wonderful Colin.

Over the years the club has grown immensely, I became a committee member quite quickly, absolutely no idea what I was entering into but within the committee I realised the hard work that people put in to make our wonderful Club and firm and long lasting friendships were born, I was "promoted" to vice welfare, not sure how but the aforementioned enthusiastic Geoff Matthews was definitely something to do with it. From there I went on to Vice Chair and then Chairperson, I now "specialise" in dealing with the Welfare of the club and its members.

As for racing most will know that I have a very short "season" but do train regularly especially with my lovely friends at the Tuesday group from the 1885, where we have many a laugh, shed a few internal tears and omit muttering swear words as we go up yet another big climb.

But I have done some great events over the years, the Para10 was a particular highlight, in army boots carrying two and a half stone in a rucksack that was nearly as big as me, 10 miles around Catterick Garrison tank course, I absolutely loved it but can only remember people's feet as I couldn't actually straighten up.

The Lakeland 50 with my sister was another, the realisation that you are going to complete it after the scramble up the final climb, looking down over Coniston as the sun was rising, an emotional and humbling moment.

TR24 with the crazy gang is now an annual must, the delightful Tracy Mott is the ringmaster, beer/gin, cake, mud/blazing sun, bacon sandwiches and the tap on the shoulder at 2:00 in the morning “your turn for a lap” off into the dark through the woods with hundreds of other crazies, a fabulous event with amazing people. Marathons, 10ks 5ks anything and everything but never alone, always with amazing support from friendly Lions.

From running came the start of our cycling group, the last bike I had was a Raleigh Chopper! I think once again Tony and Tracy Mott had something to do with this. We started off unsteady and unsure on heavy hybrids and were thoroughly chuffed at completing a few miles, a bit of a hill and not falling off. Catherine O’Shaughnessy then joined in and found her amazing road biking skills, Tracy and Tony are phenomenal Mountain Bike Riders and not so shabby at road riding either, Slowly others joined in and now I am regularly riding with my lovely friends Sarah, Sally, Claire, Simon and Richard and I love it, we have so many laughs and inappropriate banter, possibly a few cakes and are now very good road bike riders. Myself, Sarah, Sally, Claire and Richard recently completing a 100 miles sportive, something we are very proud of, other Lions I know are amazing bike riders and it seems to complement our running nicely, sometimes being the saving grace when we are injured for running.

I cannot imagine not been a Stainland Lion, I am so proud of what our club is and what it represents but the main thing I have gained is friendships, I have met some very special people who will be life-long friends, we have shared lows, highs, gin a plenty, a wicked sense of humour, dug deep together, succeeded together and helped each other with life in general when times are tough. None of this would have come into my life without first putting myself so far out of my comfort zone that I thought I would self-combust.

It isn’t possible to recount all the daft, amazing and sometimes downright tough moments I have had and shared with my fellow Lions but it’s making me smile as I remember some of them and so my message to anyone who is new to our Club is jump in with both feet you will be looked after and encouraged to achieve things that you never thought would be possible, as our very dear friend Hutchie reminded us “someday this may not be possible today is not that day”.

Signing off

Karen (Blindfolded Jelly Eating with a knife and fork Champion 2018)