



# The Lion's Tale

The monthly newsletter of Stainland Lions Running Club

August 2018

## From the chair...

Shush don't speak too soon but I think we had a quieter month. Well some of us did.

Firstly, can I offer our congratulations to our Ladies Captain Danielle Hirst on the birth of her daughter Charlotte on the 10<sup>th</sup> July. I wonder how long it will be before Danielle is itching to get out running again. Take your time and enjoy this wonderful time Danielle. (Editor notes – spotted out on the canal, already itching to get back, along with fellow new mum Rebecca Butler and little Coby).

So, to the events of the month. The month started with a championship race in sunny Eccup, very sunny Eccup in fact. A flat 10 miler on a very hot summers morning where the water stations could not come soon enough. There were 24 Lions braving the mid-morning sun with the ever-competitive Division 3 providing 9 of the entrants. Those that were there did well to finish it, those that were not there, you do not know what you missed.

Following quickly on the heels of Eccup was the Helen Windsor. Another championship race and a fantastic turn out with 65 of us competing. All divisions well represented which was nice to see.

Rebecca arranged an away park run at Fountains Abbey in the middle of the month with a good turnout including Sally McGregor, who completed her 100<sup>th</sup> park run at what is a beautiful location.

The event of the month this time was provided by the away run in Barkisland. Leon as usual arranged the location and food, thank you once again Leon you are doing a cracking job. But this time instead of our run leaders taking you off into the hills Jim Harris and his band of merry men, James Pension and John Allen, put together a treasure hunt. It sounded like it was a fantastic idea, and everyone seemed to enjoy the evening. Pete's Princesses came out on top on the night so well done to them.

John Bassinder once again organised our annual Summer Handicap with another watch less undulating route with a cooling river crossing on route. Another well attended race and it was great that one or two of our newer members entered into the fun. I am sure at the top of that first hill everyone thought that it was fun. Will Rushworth was the eventual winner guessing his time would be 42:37 and he was only 12 seconds out.

Finally, this month I would like to thank Jimmy Smith. Jimmy has decided that after several years of producing this Newsletter he is going to step down. Initially this was to be at the end of the year but we have been lucky in that Leon, with the assistance of Andrew Laird-Boldy has stepped up to take over and this will be the change going forward. Each Chair before me will tell you how Jimmy has kept us on the straight and narrow with his deadlines ensuring that the Newsletter is collated and put out to the members on time.



*Paul*

Club Chairman

# Club Publicity Officer

## Susan Cash

### Summary of Race Reports for August Newsletter



6 July 2018: This week saw fantastic performances by Sally Caton and Helen Armitage at Eccup 10 to secure 1<sup>st</sup> F45 and 1<sup>st</sup> F50 respectively in a crowded field, and another successful Vets Race with a win for Mags Beever, as the Lions battled on through the heatwave.

#### Wharfedale Three Peaks Challenge

The Wharfedale Three Peaks Challenge is a 22 mile fell race/challenge walk starting in Kettlewell and taking in the summits of Birks Fell, Buckden Pike and Great Whernside. Kevin Robinson and Aileen Baldwin opted for the fell race, while Sandy Gee (who was racing the next day) completed the route as a challenge walk.

Results: Kevin Robinson 4:08:10, Aileen Baldwin 5:33:47



#### Eccup 10 Mile

Two dozen Lions took on the Eccup 10 Mile race on Sunday, many in search of club championship points. The course takes in rural closed roads and a scenic route around Eccup reservoir and is always a sell-out. There were impressive category wins for Sally Caton (1<sup>st</sup> F45) and Helen Armitage (1<sup>st</sup> F50) in a crowded field. James McNutt just pipped Gareth Knight to be first Lion.

Results James McNutt 1:15:09, Gareth Knight 1:15:19, **Sally Caton 1:15:43 (1<sup>st</sup> F45)**, Martin O'Brien 1:17:41, David Farrar 1:17:59, **Helen Armitage 1:18:15 (1<sup>st</sup> F50)**, Maria Harron 1:19:10, Stuart Clinton 1:19:36, Michelle Rogerson 1:21:23, Ian Johnson 1:21:51, Jan King 1:26:01, Tim Walker 1:27:12, Catherine McHugh 1:29:01, Lesley Hodgson 1:29:40, Roy Lunt 1:30:37, John Hirst 1:33:16, Paul Armitage 1:39:50, Jenny Walker 1:42:12, Alex Whyte 1:49:50, Ken Chilcott 1:51:01, Trish Hollowell 1:53:58, Wendy Paulson 1:54:09, Jackie Barker 1:58:35, Gail Fawcett 2:04:53

#### Lindley 10K

Also taking place on Sunday was the Lindley 10K which marks the end of Lindley Carnival weekend. Starting in the centre of Lindley, the route takes runners up to the M62, down a huge hill towards Huddersfield before the final leg straight up another huge hill



back to Lindley. Reassuringly, the finish line is almost directly opposite the A & E Department of the hospital. Stephen Hall was 1<sup>st</sup> Lion, finishing in 10<sup>th</sup> place. There were category wins for Derek Parrington (1<sup>st</sup> V50) and John Bassinder (1<sup>st</sup> V60), and Michelle Eyre chose this race to make her debut in a Lions vest. Sandy Gee was unexpectedly named 2<sup>nd</sup> V55 - but don't look too closely at what gender the organisers think he is.

Results: Stephen Hall 39:26, **Derek Parrington 39:47 (1<sup>st</sup> V50)**, Chris Hall 40:54, Mak Dhinsa 45:20, Jim Harris 45:25, **John Bassinder 48:13 (1<sup>st</sup> V60)**, Sandy Gee 57:54, Michelle Eyre 58:59, Susan Cash 59:12, Helen Harris 59:17

### Dambusters 10 Mile

Two Lions made it to the start line of The Dambuster 10. Enjoying good weather, the course was a very simple, undulating loop on road and trail around Ladybower Reservoir in Derbyshire. Angela Lee and Steve Boyer crossed the finish line together in a time of 1:43:14.

### Ripon Triathlon

Gavin Foster completed the Ripon Triathlon in 2:40:03. It was Gavin's first Olympic distance triathlon, and speaking afterwards he said he felt it was "a good target to beat next time, with plenty of room for improvement".



### A Win for Mags at South Leeds Vets Race

Captain Gav and his compact crew of veterans ran at South Leeds last week, race 4 of the series. Thankfully, the route was mostly in the shade. Mags Beever won the ladies' race, while Tanya Blake was 2<sup>nd</sup> Lady and Gavin Mulholland was 3<sup>rd</sup> in the men's race. Stainland currently top all but one of the team classifications.

*13 July 2018: This week saw team and individual prizes for the Lions at the Helen Windsor 10K, a very impressive performance by Gavin Foster in the Leeds 10K and no let-up from the sweltering heat.*

### Helen Windsor 10K – fizzy drinks and crisps!

Sixty-five Lions attended the popular Helen Windsor 10K last week. This race is a real favourite for many Lions, with its beautiful runnable course and friendly atmosphere. This year it had the feel of a child's birthday party to it, with fizzy drinks at the water station and packets of crisps for the runners at the finish line. Despite being gassed up with the fizzy water, the Lions ran well in the 25-degree heat to take the men's team prize and a number of individual prizes. There were age category wins for Derek Parrington, Tanya Blake, Aileen Baldwin and Judith Greenwood. There was fabulous support all round the course from Lions spectating on foot, on bikes and in the beer garden of the pub on the route. Some of the faster Lions even waited near the



end of the course after they'd finished to "run in" with the steadier runners. New Lion John Bannister made his debut for the club on the night. It would be easy to confuse him with long-standing member John Bassinder, but luckily, they run at quite different speeds, one posting 46:55 while the other finished in 46:56.

Results: **Ed Hyland 36:55 (2<sup>nd</sup> place overall)**, **Stephen Hall 37:45 (3<sup>rd</sup> place overall)**, **Derek Parrington 38:55 (10<sup>th</sup> place overall, 1<sup>st</sup> M50)**, Gavin Foster 39:47, Sean Thompson 40:18, Chris Hall 40:56, Dan Marsden 41:18, Craig Miller 41:24, Andy Baird 42:01, Phillip Moyles 42:21, **Tanya Blake 42:37 (2<sup>nd</sup> Lady, 1<sup>st</sup> F45)**, Leon Severn 43:28, Jim Harris 44:17, Suzanne Patterson 44:38, Richard Crombie 45:12, Gerry Banham 45:31, Gareth Knight 45:52, Tony Mott 46:16, Sally Caton 46:30, Stefanie Hopkins 46:44, John Bannister 46:55, John Bassinder 46:56, David Farrar 47:09, Ian Johnson 47:16, Andrew Mackrill 47:27, Gaby Ferris 47:32, John Ingles 47:40, Martin O'Brien 47:50, Ian Hoskins 48:12, Maria Harron 48:17, Helen Armitage 48:33, **Aileen Baldwin 48:33 (1<sup>st</sup> F65)**, Will Rushworth 48:44, Michelle Rogerson 48:58, Stuart Clinton 49:05, Michael Dunning 50:20, Paul Corns 50:36, Jonathan Pybus 50:51, Jan King 51:12, Catherine McHugh 51:22, Cat Daniel 51:47, Angela Lee 53:44, John Hirst 53:59, Sharon Marlor-Gage 55:25, Roy Lunt 56:07, Sandy Gee 57:09, Paul Armitage 57:34, Susan Cash 58:03, Gail Schofield 58:22, Rikki Hammond 59:21, Richard Brewster 59:54, Paula Pickersgill 60:34, Janet Carter 62:25, Richard Lambert 65:11, Richard Brear 65:16, Alex Whyte 65:26, Anne-Marie Killeen 65:49, Ken Chilcott 66:10, **Judith Greenwood 66:11 (1<sup>st</sup> F70)**, Trish Hallowell 66:25, Wendy Paulson 67:56, Anne Cawdron 69:00, Debbie Hinds 69:06, Gail Fawcett 70:29, Jackie Barker 71:52

### Heptonstall Festival Fell Race

It's hard to find moorland that isn't on fire at the moment. Happily, at Heptonstall, it was just the runners' lungs that were burning as they tackled the Festival Fell Race in sweltering conditions on Saturday. Starting in the village, the 6-mile route plunged deep into a valley before finding its way to the top of a nearby peak. It then returned in similar fashion, meaning runners finished with an almighty uphill struggle. Total ascent 1,600 feet. The terrain was a mixture of cobbles, grassy fields, muddy slopes, rocky bridleways and open moorland, some of it pathless. The race was part of a family-friendly music festival with live bands in the ruined church and Weaver's Square, along with beer tents, street food, and children's entertainment.



Results: Martin O'Brien 1:09:48, Leon Severn 1:13:01, Aileen Baldwin 1:13:15, David Culpan 1:13:41, John Bassinder 1:14:19, Andrew Mackrill 1:21:38

### Warslow Beer Festival Fell Race

Jonny Cartwright completed the Warslow Beer Festival Fell Race in the Peak District on Saturday in a time of 77:59. Wife Nicki can normally be persuaded onto the fells with Jonny but on this occasion was having none of it.

### Leeds 10K

It's flat, it's fast, it's where people go for a pb. Gavin Foster was first Lion and a very impressive 39<sup>th</sup> overall (out of a huge field of 5555 runners).

Results Gavin Foster 38:16, Jan King 50:25, Richard Brewster 58:50, Michael Porter 59:09, Michelle Eyre 60:58, Allison Hesketh 64:31, Phil Richards 65:35, Clare Jolly 67:00

## Vicursa Marinera 7K

And finally, just one Lion ran the Vicursa Marinera 7K road race in Port de Pollença, Mallorca. A last-minute entry after a less-than-ideal race preparation of a late tapas lunch, two large glasses of Sangria and a Crema Catalan, Steve Boyer still managed to complete the course in 38 minutes. The flat course along the seafront and back streets was attended by 500 runners, with plenty of cheering onlookers, despite the 30-degree heat. Good job the race started at 9pm! Steve enjoyed trying out the podium for size and was more than pleased with his finisher's goodies, particularly the €15 sun-lounger voucher.



*20 July 2018: This week's highlight is a fantastic achievement by Joanne Cahill and Laraine Penson, who both completed the Race to the Stones ultramarathon.*

## Race to the Stones

This epic 100K ultramarathon follows the Ridgeway (the oldest footpath in Britain) from the Chilterns to the North Wessex Downs. Runners pass iron age forts, ancient monuments and the Uffington White Horse before finishing at Avebury Stone Circle, the largest stone circle in Europe. Billed by the organisers as “a 5,000-year trek back in time”, it takes almost that long to run it. Two Lions took on the challenge. Joanne Cahill finished in 16:07:36. “I felt great all the way”, she said afterwards, “but it was exceptionally hot!” Laraine Penson, running in memory of her late father, reached the Stones in 17:22:47. Laraine's achievement is all the more impressive as she ran the 53.5-mile Race to the King ultramarathon just three weeks ago, clocking 13:18:25 on that occasion. Well done to both Joanne and Laraine!

## The Kate Burge Sea to Summit English Championship Fell Race

Four Lions took the ferry to the Isle of Man for the 14K Kate Burge Sea to Summit Race, named after a local runner who was killed in a cycling accident four years ago. Runners start on the beach, touching their hands into the water, then run to the highest point on the island where they touch the summit cairn of Snaefell. Then it's downhill all the way to the finish, before heading Laxey Sailing Club for tea and cake. It was great to see Ray Mooney back enjoying his running after a long lay-off with injury. The 4<sup>th</sup> Lion travelling with the group was “Tarmac” Tim Neville; this being a fell run, he was there on support duty only.

Results: David Culpan 2:06:50, Derek Doyle 2:20:53, Ray Mooney 2:56:05

## Skirfare Half Marathon

Half a dozen Lions headed up to Kettlewell on Saturday for the Skirfare half marathon, an incredibly challenging race with over 3000 feet of ascent. The route takes runners over three tough, steep climbs and promises spectacular views of Wharfedale. The downhills are almost as hard as the climbs, with steep grassy sections and some technical, rocky descents.

Results: Martin O'Brien 2:36:25, Aileen Baldwin 2:44:15, Rikki Hammond 3:01:39, Moira Alderson 3:12:03, Andrew Mackrill 3:19:41, Steve Boyer 3:30:03



### **Toss O'Coin**

The Toss O' Coin is a road race on the outskirts of Huddersfield. The route is just short of 6 miles on the hills above Birdsedge, Shepley and Jackson Bridge. The race is named after the Toss O' Coin pub, from where it starts. Judith Greenwood and Jackie Barker were 2<sup>nd</sup> and 3<sup>rd</sup> F60 respectively.

Results: Steve Hallam 50:21, Sandy Gee 59:02, Paula Pickersgill 61:20, Judith Greenwood 68:51, Jackie Barker 71:08, Alex Whyte 72:42

### **Burnley 10K**

Over 1,000 runners took part in Sunday's Burnley 10K. The race started in Towneley Park, outside the majestic Towneley Hall. Michael Dunning was the only Lion present, clocking 49:24.

### **The Bramham Run**

Three Lions took on the "Bramham Beast" 10K on Sunday, all finishing within a minute of each other.

Results: Ian Hoskins 50:33, Paul McCormick 50:54, Michelle Rogerson 51:23

### **Windmill Half Marathon**

Four Lions tackled the fast and flat Windmill Half Marathon around Lytham St Annes on Sunday. The traffic-free route takes runners round Fairhaven Lake and along the seafront.

Results John Bannister 1:49:20, Joanne Cooke 2:07:13, Claire Guest 2:12:36, Jeanette Campbell 3:09:48

*27 July 2018: Lots of races to catch up on this week, including the epic Thunder Run relays.*

### **Summer Handicap Race**

The Lions' annual Summer Handicap race took place this week. 57 enthusiastic Lions took part, including some new members who had no idea what they were letting themselves in for, having only just finished the beginners' course. There were many more Lions out marshalling the course and helping with the organisation on the day too. The runners inspected a map of the route and then predicted their finish time (no watches allowed during the race!), before heading off into the woods. The 5 mile route was entirely off-road, with 800 feet of ascent, a river crossing (because who doesn't love a river crossing) and some tricky, technical descents. The winner was Will Rushworth, whose time of 42:25 differed from his pre-race estimate of 42:37 by just 12 seconds.

### **Round Res Challenge**

Two Lions took on the Round Res Challenge on Saturday, doing multiple laps of Scammonden Reservoir. Various distance options were available on the day, and new Lion Dick Dunn chose the half marathon distance for his Lions debut, whilst Julie Field opted for the 10K distance, finishing in 2<sup>nd</sup> place.

Results: Richard Dunn 2:21:20 (half marathon), Julie Field 46:40 (10K)

### **The Thunder Run Relays**

Two teams of Lions took on the epic Conti Thunder Run Relays this weekend. 24 hours of continuous 10K laps resulted in some great performances and some ridiculously tired people. Nobody got more than two hours sleep at any point.

The Lions' A Team (Richard Crombie, Dan McGregor, Roy Lunt, Joanne Hirst, John Hirst, Tim Walker, Tony Mott) completed 24 laps between them with an average time of 1:00:44 per lap, and Team Crazy Lions (Karen Thorne, Sally McGregor, Catherine O'Shaughnessy, Jenny Walker, Simon Gadd, Tracy Mott) completed 21 laps between them with an average time of 1:11:21 per lap.

Whilst this is a running event, it doesn't happen without great support in the shape of resident chef Byron Thorne who selflessly gave up his time and sleep to furnish the teams with bacon butties and cups of tea on demand.



### **The Arthur James Shaker Race**

Formerly known as the "Saltaire Shaker", this 8-mile loop follows sections of the Leeds to Liverpool canal towpath, with an undulating woodland section. Martin O'Brien was the only Lion present, clocking 63:29.

### **Holme Moss Fell Race**

Kevin Robinson took on the Holme Moss Fell Race. This seriously tough race is 29K long with 4000 feet of ascent. There was thick cloud on the tops for much of the race although it had burned off by about 2pm making a very hot last hour or so. Speaking after the race, Kevin said, "It's a tough race but I was at least 40 minutes faster than last year. Gotta be happy with that!" Kevin recorded an (unofficial) time of 3:51:12.

### **Brighouse 10K**

There were some fast times recorded at Sunday's Brighouse 10K, which is known for its pb potential. Chris Hall, Gavin Foster and Derek Parrington won the men's team prize, and there were category wins for Stefanie Hopkins (1<sup>st</sup> F40) and Derek Parrington (1<sup>st</sup> M50).

Results Chris Hall 38:49, Gavin Foster 39:00, **Derek Parrington 39:02 (1<sup>st</sup> M50)**, **Stefanie Hopkins 44:42 (1<sup>st</sup> F40)**, Stuart Clinton 48:11



# ***A tale of two ultras – Laraine Penson***

I remember a time when I didn't run. I remember my first 5k, my first 10k. Both of which I didn't think I could do before I attempted them. I remember my husband James running his first 50-mile race and thinking there was no way I could possibly do that. Fast forward about 8 years and the first ultra, the Lakeland 50, was in the bag.

I tend to have a mum adventure once a year – a big run in a place I really want to explore. My 'mumventures' have included the Lakeland 50 twice and The Wall (69 miles in Hadrian's Wall country). This year it was Race to the Stones – 100km along the Ridgeway. I love how ancient this path is. I used to live in Swindon so relished the idea of exploring places I used to visit – white horse country. So, I signed up in 2017 feeling like I had loads of time to get some training in and planned some races in the meantime to build me up to an ultra – normally with a marathon a couple of months or so beforehand.

But then everything in my world changed. My Dad died on Valentine's Day. At times like this it can make you want to 'do' something positive so I decided to raise some money for Cancer Research UK – the charity chosen by my family for donations in lieu of flowers at his funeral. Dad was a keen runner in his youth and I would have loved for him to have seen me race. I understood too late that that wouldn't be possible. My friends know I can run ultras so I thought I had to do something a bit extra. So, I signed up to Race to the King as well, a race which runs very close to where my Dad lived – sibling to Race to the Stones which took place the day after my Dad's birthday. Two ultras, three weeks apart – now that would be a challenge.

It was a hot day that saw more than a thousand runners/walkers at the start line of Race to the King, a 53.5 mile ultra along the South Downs Way from Arundel to Winchester, which took place on 23<sup>rd</sup> June. And an even hotter day at the start line of Race to the Stones, a 100km (62 mile) ultra along the Ridgeway from Wantage to Avebury on 13 July. Lions legend Joanne Cahill was amongst the competitors and she put in a brilliant performance.

Both races can be tackled non-stop or over 2 days with a break at base camp – approximately half way along the route - or you can choose to run/walk half the course.

Starting times are staggered and on reflection I would have chosen to start in the first wave each day – get more miles done before the midday heat and a little less night running. I spent the first 10km of each race dodging round walkers.

The routes were mostly trail - these aren't fell races – with a little tarmac thrown in for light relief. Perfect actually. Both pass through the most gorgeous villages.

For quite a lot of the King you have the Solent to your left, glinting in the sunlight, and the prettiest English countryside all around. King is really quite hilly with some tasty climbs along the way including the well-known local landmark of Butser Hill. For the Stones, once you're on the Ridgeway you're pretty much up. This route is just lush –





it's dripping in gorgeousness and it is really runnable. Well it would have been if it wasn't so chuffing hot! I ran the first 20km mostly in covered woodland and was pleased with my time, although I could feel the King in my legs and I felt more emotional during this race. Once exposed in the open, I walked most of the next 30km for reasons of self-preservation – keep hydrated, don't overheat and you'll get through. Frustrating but pragmatic.

Hydration was a big problem. I was so hot I couldn't quench my thirst. I started guzzling water and that in turn made me feel sick which meant I didn't want to eat anything. But of course, you need fuel. The elixir that gets me through an ultra is hot sweet tea or coffee, every time, I swear by it.

About every 10km or so there is a pit stop with a range of drinks and food available. Well supported by the friendly marshals and with a great atmosphere, they provided a welcome relief and a mini fist-pump each time I saw one coming. Participants were super friendly too, lots of people to chat to and everyone offering words of support and encouragement.



About half way through the race is the base camp where competitors covering the race in two days stop and camp. I could see how tempting it would be to stop – have a cold one, enjoy the music and entertainment. However, the thought of getting up with stiff limbs after poor sleep and running in to the heat for another day doesn't appeal.

King was quite a novelty as I'm used to running ultras into the night. This one I finished by 10pm and didn't have to put my head torch on. You can see the city of Winchester a good few miles out and in the setting sun it was almost a mirage. But as trail ran out and tarmac came in the end was in site. The final couple of miles are through Winchester and you finish in the old town, running up to the finish at the Cathedral. Loads of support through the city and I can't imagine a more majestic finish than the steps of Winchester Cathedral.

In the Stones I couldn't wait for night time and it didn't disappoint. The sky was clear and the stars were magical and in the cool of the night I could run again. Pulling in to the last but one pit stop at 80km I overheard 2 guys pulling out. I wanted to say to them don't stop now, leave the checkpoint, and put one foot in front of the other – you can do it! The thing that keeps me going is knowing how I will feel the next morning if I stop, it's just not an option unless I'm

pulled out. At the darkest of times, and there will be some, I thought of my friends and family and I read the messages of good luck – there was nothing more motivating! And I thought of all those people, like my Dad, battling with illness all day every day, and it really puts things into perspective. “Stop whinging and crack on” is my personal pep-talk.



The finish for the Stones finds you running past the actual finish (a farm on the outskirts of Avebury) and into the village itself to run around a couple of the large stone monoliths before doubling back and through a field to the end. The stones were still warm from the heat of the day, they were really quite awesome.

And then I'd finished with a huge sense of elation, pride, relief and exhaustion.

I would recommend both these races, they are fabulous days out. If I had to choose one then I'd recommend Race to the King for the location, variety and the finish.

The trouble with ultras in my house is that my husband is a renowned ultra-runner (T184, Marathon des Sables, Lakeland 50 & 100 etc; etc;) so they are kind of 'normal'. But it's very important to me that my two sons know and see that women are strong – that mum can run ultras too.

I don't think I have the right to offer any top tips but what I have learnt is ...

- Don't think about the whole race – take it one checkpoint at a time.
- Don't listen to the devil on your shoulder that tells you to stop, that you can't. You can and you will.
- Run when you can, walk when you need to, crawl if you have to.
- Find your groove and make it stick.
- Look up – often. It's beautiful out there!
- If you feel like stopping don't stop at a checkpoint – leave the checkpoint and then keep placing one foot in front of the other until the end.
- You've got this!

## Meet the Trustees



**Brian Conroy**

Brian Conroy has been a member of Stainland Lions for over 12 years. He has owned and managed a successful Engineering Company in Huddersfield for 34 years and also has a portfolio of domestic properties that he owns, and self manages. In addition to his role as managing director he is also the Quality manager at Hebble Hydraulic Services and is responsible for the smooth running of the quality management system ISO 9001:2015. The skills required to operate these businesses will transfer very well to his role as trustee.



## Geoff Matthews

Geoff joined Stainland Lions in 2003 and was an active member during the following few years. During that time, he held the positions of Social Secretary, Vice Chair, Chair and was also the club's first appointed Welfare Officer. Geoff runs his own Financial Advice business based in Hebden Bridge and is also currently the Chair of Hebden Bridge Business Forum. He lists photography as a hobby and was responsible for our Annual Dinner photos for a number of years. Geoff has past experience of the trustee role, having previously held such a position within a large company pension scheme.

Geoff confesses he doesn't run any more but tries to keep active in other ways. He made many friends at Stainland Lions and is delighted to be on board as one of the new trustees of the club.



## Iain Threlkeld

Iain Threlkeld has been a member of Stainland Lions for over 10 years. He is Head of Clinical Engineering at Bradford Teaching Hospitals and is registered as a Chartered Engineer. He also volunteers with several professional bodies and is currently the registrar for the Register of Clinical Technologists. This register oversees those working in engineering and physics within healthcare and sets professional standards to ensure public protection. He has also worked with BSI and was on the committee which developed the British Standard for Medical Physics and Clinical Engineering within Healthcare. It is his experience on governance standards that he brings to his role as a Trustee.



## Margret Beever

Mags Beever has been an active member of Stainland Lions for over 12 years. She is qualified as a Chartered Accountant, currently working as a Senior Financial Operations Manager at Provident Financial. Previous roles include working in practice, as an auditor. She is able to bring to the role of Trustee, the knowledge, skills and experiences she has gained during her career to date.



## Ranjit Uppal

Ranjit Uppal is a director and solicitor/advocate at Switalskis Solicitors which is a firm based across Yorkshire with 13 offices. Ranjit specialises in Family law with emphasis on children cases. He is a Deputy District Judge in the County Court. Ranjit enjoys lecturing internationally on child protection issues for the charity SFAC (strengthening Families For Abandoned Children). Ranjit is married with 2 children and hopes one day soon they will all join Stainland Lions.