



Paul Armitage

From The Chair

A few words from the chairperson about the previous months activities and what we can look forward to in December

Susan Cash

Race Reports

A detailed summary of race reports from November. As always, plenty of people in action all around the UK.

Various

Contributors

We have a bumper edition this month, with contributions from Mark Pigford, Tim Walker, Gavin Mulholland and Leon Severn.

From the Chair

Paul Armitage



December is here and the man in the red suit has visited us, but more of the Queensway Cross country in next month's edition.

So, what happened in November? Well we started with the ever-popular Guy Fawkes 10 in the beautiful village of Ripley. A tough 10-mile race with a couple of what we like to call slopes in it. We had 64 Stainland Lions there on the day taking part in what was a Championship event, but this race would draw a host of Lions even if it were not. In fact, Iain Threlkeld posted a photo of his 9 t-shirts that he has already amassed from the race.

Leon arranged another away run this time to the Tower house, not the smoothest of events I am led to believe with some questions around portion control but not every event can go perfectly, and it helps us appreciate all the good ones. The next one, on December 13th, is our legendary Christmas Tree run from the 1885 which I was introduced to a couple of years ago, we already have over 60 people booked in for the food and last year we had in the region of 100 Lions running from tree to tree singing carols at each one. Well worth a Thursday night out but wrap up warm and bring your vocal cords.

Next in the month came the final Vets race of the season at Spen. Always a popular end to the season that takes place on remembrance Sunday and is precluded by a two-minute silence which was particularly poignant this year as it fell on the 11th of the 11th exactly 100 years after the end of the great war. As usual I will let Sue give you the race report in her section, but we had another great turn out and finished the season in style coming out on top in all six categories testament to not only our strength of talented runners but also our depth of members prepared to represent the club not matter what the race. Some clubs have difficulty in getting their members to these events, yet we take more to Whitby than most clubs get to the local events. #proudtobealion. Thank you to Gavin Mulholland for taking the helm as Vets captain this year.

Following quickly on from the final Vets race was the first Cross Country race where the mantle is passed to Tim Walker to guide us through the muddy pathways across West Yorkshire. The largest ever turnout of 474 finishers turned up at Baildon on a cool but dry day. A congested start soon spread out and it turned out to be a great race. Some of our stronger runners were unable to make this one but we still had a strong performance which left us in the top 3 in all categories. Beware WYWL we will be back in numbers.

Yet another Championship race next as the Clowne half marathon came along. Another undulating race around the Derbyshire countryside and yet another good turnout of Lions with some keen divisional rivalries again

coming to the fore. I think that those are what make the club championship what it is. Good natured Facebook banter followed by hard racing at every event, that being the case there were some tired legs at the last track race only 3 days later, or was that just me? I have got slower at each track race! Let's blame the strong wind, shall we?

What is coming up? As I write this the next cross country race a Queensbury has taken place and I will bring the highlights to you next month. We have the Christmas meal, kids Christmas party, London marathon draw, and the final event of the year is the Boxing Day fun run. Our race director Andrew Falkingbridge has asked for support on the day, as usual we need plenty of people on the day and it is a great way to test out your marshalling skills. You can then warm up in the 1885 while we relieve every one of their spare change in support of "Forget me Not". Raffle prizes to Rebecca O'Neill.

Finally, congratulations to Emma Taylor, our Beginners Captain, on the birth of her daughter Libby on the 29th October. I missed last month's Newsletter. I am sure Emma will have her signed up to the first course that she is available for.

Lions Publicity Officer

Susan Cash

Summary of Race Reports for December Newsletter



2 November 2018: More marathons?! This weekend it was the turn of Damian Pearson and Andrew Falkingbridge, who chose the scenic Snowdonia course for their marathon bids.

Snowdonia Marathon

Damian Pearson and Andrew Falkingbridge took on the demanding and spectacular Snowdonia Marathon on Saturday. Over two thousand runners were in the field, undeterred by the route's reputation for being (a) difficult and (b) cold. The course, which encircles Mount Snowden, takes in several high mountain passes and has over 2,500 feet of climbing. It is invariably freezing cold up there, and the race is notorious for the staggering sharp ascent towards the end, when the runners are already on their last legs.

Results: Damian Pearson 3:49:48, Andrew Falkingbridge 5:34:32

Bradford City Runs

Jonny and Nicki Cartwright headed to Bradford for the city runs, with Jonny opting for the half marathon distance and Nicki the 10K. Jonny finished in seventh place, winning his age category, and Nicki ran well to finish second in her age category. The route is based upon a 5K loop of Bradford city centre, and takes in City Park, Bradford University, the Broadway and Little Germany. Two laps of the course get you 10K; four laps (plus an extra bit) gets you a half marathon.

Result (half marathon): Jonny Cartwright 1:26:35

Result (10K): Nicki Cartwright 52:58

Bronte Way Fell Race

Three Lions competed in the Bronte Way 7.5-mile point to point fell race on Sunday. Conditions were very cold, but the scenery was glorious. Aileen Baldwin was first Lion home in a good time. Angela Lee managed to out-sprint Steve Boyer on the short climb up Haworth's cobbled High Street to the finish line, despite taking a tumble earlier in the race.

Results: Aileen Baldwin 1:22:29, Angela Lee 1:39:35, Steve Boyer 1:39:46

The Hubble Bubble Races

Rebecca O'Neill can't get enough of ultra running along the canal. This weekend she completed the twenty-mile option in the Hubble Bubble races on the Leeds-Liverpool Canal. Sarah Lunt, who went along to the event purely to support Rebecca, ended up racing the 10K.

Result (20 mile): Rebecca O'Neil 3:11:47

Result (10K): Sarah Lunt 53:38

Grin and Bear It Fell Race

Sixteen miles of tussock bashing.

Result: David Culpan 3:03:36

Worksop Halloween Half Marathon

And, as last week, a bit of Halloween fun to finish. The Worksop Halloween Half Marathon takes place amidst the beautiful scenery of Clumber Park, with many runners taking part in Halloween fancy dress.

Results: Robert Ashcroft 1:49:27, Paul Shaw 2:01:08

9 November 2018: Could this be the Lions' busiest weekend ever? We had Kevin Robinson and Amjid Khan completing ultramarathons, Stephanie Hull in the New York City Marathon, 1st Lady for Mags Beever at the Langley 7, a new club record for Lucy Collins at the Abbey Dash, a huge club turnout for the Guy Fawkes 10 in Ripley with a fantastic 4th place finish for Stephen Hall, plus Lions competing in fell races, duathlons - and even orienteering races.

White Rose 30 Mile/60 Mile Ultramarathon

Amjid Khan cemented his reputation for doing all the craziest events by tackling the White Rose Ultra on Saturday. The 30-mile route took in sections of the Kirklees Way, the Pennine Way and many other local tracks and trails. Amjid finished in what he described as a "steady away" time of just over 6½ hours, a full hour and 20 minutes faster than his previous attempt. Speaking after the race, Amjid said "Not the flattest of runs but the scenery made up for it. Can't imagine how hard it is for those doing 60 miles to do another loop and in the dark!" One person who knows exactly how hard this might be is Kevin Robinson, who completed the 60-mile version - two loops of the course, complete with over 12,000 feet of climbing, and (as Amjid noted) partly run in the dark. Kevin finished in just under 13¾ hours. That's running for *a whole day!* He described the race as "great until the last 10K".

New York City Marathon

Halifax parkrun Event Director Stephanie Hull swapped Shroggs Park for Central Park this weekend to run the New York City Marathon. As well as the section through Central Park, the course took runners through all five of New York City's boroughs: Staten Island, Brooklyn, Queens, the Bronx, and Manhattan.

Result: Stephanie Hull 6:00:43

Langley 7 Mile (but really, it's 8)

Mags Beever was 1st Lady at the Langley 7 near Macclesfield forest in Cheshire in an excellent time of 57:24. The hilly road race is notable for being 8 miles long notwithstanding its title. Mags said "This year the race didn't go through Langley and was 8 miles (with an extra hill!) Great views at the top!"

Abbey Dash 10K

Seventeen Lions ran the Abbey Dash on Sunday. The pb-friendly race began in Leeds city centre, with runners taking in the sights of Leeds on a scenic route up towards Kirkstall Abbey, before looping back around and ending up back in the city centre. Jonny Cartwright was 1st Lion. Lucy Collins, who has been running superbly all year, set a new 10K club record in the F senior category.

Results: Jonny Cartwright 38:03, Lucy Collins 38:35, Phillip Moyles 40:43, Richard Crombie 42:48, Suzanne Patterson 42:45, Stefanie Hopkins 43:52, Paul Corns 45:10, Jan King 47:26, Lesley Hodgson 49:38, Claire Guest 50:56, Nicki Cartwright 52:14, Joanne Cooke 56:48, Dawn Medlock 57:19, Anne-Marie Killeen 61:08, Kelly Richards 64:09, Kate Rooney 67:10, Angela Whiley 77:42

Guy Fawkes 10 Mile

The Lions were out in force for the Guy Fawkes 10 in Ripley near Harrogate on Saturday. The hilly 10-mile course is on scenic country roads and bridleways, and finishes in the stunning grounds of Ripley Castle. The race, which is a counter in the Lions Championship, is hugely popular and this year attracted a field of 800 runners. Stephen Hall continued his fantastic run of form to lead the Lions home, finishing in 4th place. Sean Thompson ran well to win his age category, and Aileen Baldwin shrugged off a broken wrist to win her age category too. Sally Caton and John Bassinder also came away with age category placings.



Results: **Stephen Hall (2nd M Senior) 1:00:39**, Gavin Foster 1:03:32, **Sean Thompson (1st M50) 1:06:11**, Chris Hall 1:08:34, Dan Marsden 1:10:38, Andrew Baird 1:11:01, Clayton Cutter 1:11:12, Gareth Knight 1:13:15, James McNutt 1:14:45, Tony Mott 1:14:59, Leon Severn 1:17:11, John Ingles 1:17:57, **Sally Caton (3rd F45) 1:18:09**, Gavin Dodd 1:18:17, John Bannister 1:18:23, Steve Hallam 1:18:30, **John Bassinder (3rd M60) 1:18:46**, Maria Harron 1:19:40, Helen Armitage 1:21:06, Michelle Rogerson 1:21:24, Amanda Zito 1:22:34, Stuart Clinton 1:22:47, Robert Ashcroft 1:22:50, **Aileen Baldwin (1st F65) 1:24:30**, Gerry Banham 1:25:27, Tim Walker 1:26:49, Ian Hoskins 1:26:44, Cat Daniel 1:26:55, Ian Johnson 1:27:16, Angela Lee 1:27:39, Catherine McHugh 1:27:48, Roy Lunt 1:29:31, Tracy Mott 1:30:43, Paul Shaw 1:30:50, Sandy Gee 1:31:52, Paula Pickersgill 1:32:01, Paul Armitage 1:33:43, Paul Butterfield 1:33:59, Alison Audsley 1:37:07, Michelle Eyre 1:39:46, Iain Threlkeld 1:41:25, Jenny Walker 1:42:55, Graham Robertshaw 1:48:46, Ken Chilcott 1:49:51, Gina Anderson-Keeble 1:48:56, Alex Whyte 1:49:12, Janet Carter 1:49:52, Lesley Henderson 1:50:43, Patricia Hallowell 1:52:12, Cheryl Hill 1:51:32, Simone Zoledziejewski 1:51:53, Anna Stones 1:52:33, Mel Shaw 1:52:48, Helen Shenton 1:53:26, Diane Thornley 1:53:27, Linda Devine 1:53:27, Wendy Paulson 1:53:29, Claire Holdsworth 1:54:32, Donna Nettleton 1:54:44, Anne Cawdron 1:55:19, Jackie Barker 1:55:35, Renee Comerford 1:59:09, Gail Fawcett 2:00:41, Karen Appleyard 2:00:59

Cop Hill Fell Race

Half a dozen Lions competed in the Cop Hill fell race on Sunday. Conditions were excellent for the scenic two lap course round Meltham. David Culpan was first Lion home.

Results: David Culpan 50:31, Jonathan Pybus 53:07, Martin O'Brien 54:44, Rikki Hammond 60:55, Virginia Young 61:08, Raymond Mooney 62:47

Robin Hood Trail Duathlon

Not content with running the Guy Fawkes 10 on Saturday, Tony and Tracy Mott then went on to complete the Robin Hood Sprint Duathlon on Sunday. The event comprised a 5K trail run and a 3K trail run, with a 10-mile bike ride in between. Tracy declared herself "super chuffed with sprint finish to get me under two hours".

Results Tony Mott 1:32:37, Tracy Mott 1:59:39

Coed Y Brenin Trail Duathlon

Dick Dunn went to Wales for the inaugural Coed Y Brenin Sprint Duathlon. Wearing race number 1 (so no pressure at all!), he finished in 1:39:09.

Orienteering

Jim Harris and John Allen completed the Peak Raid orienteering race in the Goyt Valley near Buxton, finishing the 23K route in 2:59:20, just within the three hours allowed. The weather on the day was misty and foggy, and Jim described the conditions underfoot as "perma-clag".

16 November 2018: The Yorkshire Veterans' Athletics Association Grand Prix came to an end on Sunday with the final race of the series at Spensborough. It was a double celebration for the Lions as Gavin Mulholland took the win and Mags Beever was 1st Lady.

Vets Race, Spensborough, the final race of the series

The Yorkshire Veterans' Athletics Association Grand Prix came to an end on Sunday with the final race of the series at Spenborough. 43 Lions turned out for the team in wet conditions. Vets' Captain Gavin Mulholland took the win with a gap of over 1 minute 30 seconds to the second placed runner, whilst Mags Beever was 1st Lady. Richard Hand finished in the top ten, and four of the top ten ladies were Stainland runners – Mags, Suzanne Patterson, Sally Caton and Julie Field. Before the race, all the runners held a minute's silence to mark Remembrance Day.

Vets Race, Series

Across the vets' series, the Lions swept the board, winning all six of the team categories, a fantastic achievement by every single runner who took part. In addition, Mags Beever was the best individual female runner of the series, and Gavin Mulholland the second-best individual male runner. There were series age category wins for Sally Caton, Aileen Baldwin and Judith Greenwood, and top three age category placings for Michelle Rogerson, Suzanne Patterson, Lorraine Naylor, Helen Armitage and Sean Thompson.

Captain Gav said: "Huge thanks to all who joined in over the lengthy season. Don't forget the presentation evening where we hope to flood the dance floor, as well as take home a clutch of trophies and team plaques."

Shepherds Skyline Fell Race

New Lion Clare Smith picked the challenging Shepherds Skyline Fell Race to make her debut appearance for the club this weekend. Clare put in an impressive performance to win her age category and lead the Lions home. It was a family affair for Clare, whose husband was out on the hill photographing the event and whose young son ran well in the junior fell race that was held immediately before the main event. 170 runners tackled the senior race this year. The six-mile route climbed steeply uphill from Todmorden to the ridge, then followed the skyline along to Studley Pike, before plummeting down into the valley bottom. There followed a second-long haul back up to the ridge before retracing steps to the finish. Total climb 1,200 feet.

Results: Clare Smith 62:41, Paul Patrick 66:44, Steve Boyer 76:55, Susan Cash 87:41

23 November 2018: No rest for the Lions - no sooner does the Yorkshire Veterans' Athletics Association Grand Prix come to an end than the West Yorkshire Winter League Cross Country series begins! But first, a smattering of other races...

Tour of Pendle Fell Race

James Penson and Leon Severn tackled the Tour of Pendle of Saturday. This was Leon's first Category A (Long)* fell race, and he made a convincing debut, finishing in 3 hours 58 minutes. James Penson, who rarely goes a day without doing a Category A fell race, was just ahead of him, clocking a finish time of 3 hours 45 minutes. The 17-mile route included just under 5,000 feet of climbing over Pendle Hill and adjoining moorland.

*Category A (Long) = the hardest type

Wendover Woods Challenge

Andrew Falkingbridge was in Buckinghamshire on Saturday for the Wendover Woods Challenge. Andrew, a seasoned ultra-runner, had intended to run five laps of the 10-mile challenge loop, but injury niggles obliged him to call it a day after one lap. Andrew completed his ten-mile loop (which featured no less than 10,000 feet of ascent) in 2 hours 8 minutes.



Preston 10 Mile Road Race

Sarah Lunt was the sole Lion at Sunday's Preston 10 Mile Road Race, hosted by Preston Harriers. The event has been established for 35 years and regularly attracts a field of over 500 runners. Sarah pelted round the flat two lap course in 1:30:25.

Orienteering

Jim Harris (on this occasion without his trusty lieutenant John Allen) completed Sunday's Peak Raid orienteering race in Glossop, finishing the 10-mile route in 2:45:00, comfortably within the three hours allowed. Total ascent 2,000 feet. The participants were hampered by foggy conditions on the day – so much so that the organisers had to call out the local mountain rescue team to find one competitor who had gone Missing in Action.

West Yorkshire Winter League Cross Country

Sunday saw the first race of the hugely popular West Yorkshire Winter League Cross Country series. This year, competitors had to pay their entry fees for the whole series in advance, which possibly contributed to the record turnout of almost 500 runners at Race One, all keen to get their money's worth! 50 Lions were among the starters, including, somewhat heroically, Leon Severn, who had completed the Tour of Pendle just the previous day. The five-mile race, which was run entirely on tracks over Baildon Moor, turned out to be just a warm up for the main event of the day, the mighty raffle back in the club house. More a marathon than a sprint, this was a raffle that had an interval - and is likely still being drawn.

In the race, the Lions took a bit of a mauling from host club Baildon Runners, but despite this, there were some excellent individual performances. Matthew Pierson was 1st Lion home in 4th place, and Matt Ray, Gavin Foster and Richard Hand all finished in the top 20. For the Ladies' team, Lucy Collins, Lorraine Naylor, Danielle Hirst and Clare Smith all posted excellent results. For the Super Veterans team, Sean Thompson performed well, as did Simon Rawnsley and the unstoppable Aileen Baldwin.



Cross country captain Tim Walker said: "Not the best start to the season but with plenty of big hitters missing we can be sure that things will improve as the season goes on. Good to see Matthew Pierson back out racing

again. We've got some work to do at the next race but I'm sure if we put out a full-strength team, we'll be able to pull back the lead from Baildon."

30 November 2018: This weekend's big event was the Clowne Half Marathon, the penultimate race in the club's championship competition. Whilst some of the divisions are already sown up, the final positions in others will go down to the wire and are due to be decided at next week's Queensbury Cross Country race.

Clowne Half Marathon

40 Lions headed to Derbyshire for Sunday's Clowne Half Marathon. Gavin Foster put in an impressive performance to finish 1st Lion in ninth place. Speaking afterwards, Gavin said "I'm pleased with my first top ten half marathon finish on a tricky course". Despite the hilly route, several Lions ran personal bests, including Andy Baird, Clayton Cutter, who ran 10 minutes quicker than last year and (with a huge 29-minute improvement!) Michelle Eyre. Prizewinners were Simon Rawnsley (3rd M50) and Lesley Henderson and Judith Greenwood who were 2nd and 3rd respectively in their age category.



Results: Gavin Foster 1:20:57, Simon Rawnsley 1:27:34, Richard Brown 1:31:13, Andrew Baird 1:31:20, Clayton Cutter 1:31:44, Gareth Knight 1:35:16, James McNutt 1:38:23, Maria Harron 1:38:49, Steve Hallam 1:40:04, Helen Armitage 1:43:47, Jan King 1:43:31, Michelle Rogerson 1:45:20, Gerry Banham 1:47:36, Tim Walker 1:52:25, Rebecca O'Neill 1:53:34, Catherine McHugh 1:54:14, Lesley Hodgson 1:55:00, Paula Pickersgill 1:57:28, Sandy Gee 1:57:13, Paul Armitage 2:00:18, Alison Audsley 2:00:59, Kerri Walton 2:03:32, Wendy Goodwin 2:04:17, Claire Guest 2:04:59, Andrew Falkingbridge 2:04:42, Roy Lunt 2:07:47, Jayne Rhodes 2:08:29, Michelle Eyre 2:08:57, Jenny Walker 2:12:07, Angela Goulden 2:12:47, Gina Anderson Keeble 2:13:12, Alex Whyte 2:14:37, Lesley Henderson 2:20:54, Mel Shaw 2:23:21, Ken Chilcott 2:24:20, Patricia Hallowell 2:25:27, Judith Greenwood 2:28:16, Anne Cawdron 2:35:27, Gail Fawcett 2:36:27, Wendy Paulson 2:38:16, Richard Lambert 2:52:11

Barnsley 10K

Jonny and Nicki Cartwright were out and about in Royston on Sunday for the Barnsley 10K. The undulating two lap course attracted 500 runners this year despite very wet conditions on the day.

Results: Jonny Cartwright 39:01, Nicki Cartwright 53:44

Vets in Vests

Gav Mulholland



AS captain of the vets with vests (not always a pretty site 😊) it's my responsibility to recap on our wunderbar season that is-was 2018, in case you have the memory loss ting.

So, I was chosen as captain (like Emma FT, for my looks) and because of my experience in this league (8 years), and because like the rest of us, I am over 35 (shock to me too).

It's not ground-hog day as I previously thought, its Honley, that always kick starts the vets' season, slotting in neatly post Winter league, although often clashing with our marathon class runners.

As with previous seasons we still managed to turn out in numbers, as was the case in most races (we made up 1/6th of the field at South Leeds!!!) and the lions immediately pounced on their fellow competitors to dominate (the ladies more so than the men) for the rest of the season. Julie Field was first home that day for us (8th overall) with the Now-famous 5 girlies (Jackie, Judith, Diane, Helen and Alex) completing the 'field'. For the men, the midget (me) took the win after a uniquely successful sprint finish at the end, and, as a reward, I was forced to buy all the vet prizes for the rest of the year (if you remember Mutley, play that sound in your head at this point)! That's about 500 prizes crikey o reilly.

Race 2 was a new one, at Roundhay Park, where I got to spectate and watch everyone participate/suffer. Sally Caton and Sean Thompson brought home the lions on this occasion.

At the end of May we were back on familiar turf, at the flattish Kirkstall race, where Dave Hutchins would always warn folk of the Abbeys famous...biting midges. I managed to get lost despite having run this a few times, but still recovered the lead and took the win.

Magz introduced herself to her female competitors by winning the race, with 4 of our top ladies (including Lorraine Naylor) in the top 10 with the team tables showing which club was boss. The boys only struggled in the top 4 to count, if being 2nd overall to the PudsPacers is a struggle. Magz also went on to win the series overall!

Next was the annual pilgrimage to Whitby, thanks to bus conductor Crombie for his haggling abilities, with Johnny Cartwright desperate to satisfy his steps fetish, before wolfing down le fish n chips n tartare recovery drink. Continuing the team pressure, the ladylions only went and stuck 5 in the top 10 this time, including the ever-ready Michelle Buck-Rogers-son.

In the men's, it was the Jamie (4th) way out Westy (in this case East), and Johnny show (6th).

At Bingley in July, Victoria Armstrong also joined the party with 12th, as did Suzanne Paterson, throwing down the F45 gauntlet in-house. Potty and Collins were a welcome site as they helped us keep pressure on for the men.

Next it was the harriers and their super flat superfast route with the usual hospitality post-race (a biscuit). There were as many lion-folks supporting as there were running which always helps you to keep going. I broke some of my segments but still came 2nd by 16 s to Will Kerr.

Then it was the home race, with just a touch more hospitality with Le Mul continental cuisine (Morrisons style) and the usual lion mob marshalling to make this another successful event with fine dining by twilight 😊. Extra gratuities to Tim Walker, John groundskeeper willy Bassinder, John Allan, and Bex anti-social O'Neill.

In the final furlong from Spenborough after a 2-month recovery period for the elderly, Magz and me took 1st class honours in the final race of the season, with again some noticeable performances such as the Patterson (4th overall), Helen Armitage 14th and ultra-vet Baldwin 19th. For the men, the Hand was on hand, as was 'when I'm 65' Bassinder who made in to the lion top 4 to count, amazing, but I would much prefer the soon to come of age Ed Hyland in next year's squad.

In the honours list at the end of season were the likes of...

Sean Thompson 2nd v50 overall

Sally Cat 1st f40

Michelle Rogerson 3rd

Suzanne and Lorraine 2nd and 3rd f45 after a tremendous battle.

Helen Armitage 2nd f50

Aileen f60 Queen

And only last due to her age, Judith Greeners, 1st f70

Apologies if I have overlooked anyone, it was such a successful season.

We can now look forward to collecting all team shields* in all categories, as well as individual awards, at the annual presentation evening, £13 from the 6 acres Bradford where we are hoping to put on a minibus if we have the numbers. Details on the site.

<http://www.yvaa.org/grand-prix/>

*The top 4 men had a few high scores at Bingley, Halifax and at home to overtake the Pacers, even with a low score at Spen (+46 points)

Breathe in that fresh air!! Leon Severn



As Editor, I thought I would take the liberty of submitting my own race report for the newsletter and decided to have a little fun. Before you start reading, you might want to put on this track - <https://www.youtube.com/watch?v=1nCqRmx3Dnw>

Ready? Read on...

Now this is a story all about how my life got flipped – turned upside down and I'd like to a minute just sit right there I'll tell you how I completed my first AL Fell Race, hell yeeeeaaaahh!!!

In Barley, a little village in the borough of Pendle
Where I spent Saturday 17th November on top a hill.
Far from chillin' out, relaxin' all cool
I had thrown myself straight in to the deep-end of the pool!

It all started with a couple of guys up to no good
"Come and do this race" said John and James, "you know you should".
I took one little look at the race profile and had a bit of a scare
But said what the hell, I'm doing the Tour of Pendle, way over there!!!

The realisation of what I was letting myself in for kicked in before the big day
But I woke up Saturday morning and packed my FRA kit and went on my way
I arrived in Barley and picked up my race number
I said to the others that I should be fine as long as there is no rain, clag, or thunder!!

First hill coming up, this is bad!!
Gasping for air, get me an oxygen mask?
Maybe I've let myself in for too big a task?
Finally, the top... hmm this might be alright.

Wait, downhill for the next four and a half miles
Surely it should be harder than this and I shouldn't be cracking a smile?
It didn't last
What's that other there?
Another bloody hill where I'll be gasping for air!

Well, I made it to the top, but will I make it to the end. I was still in plenty of doubt
But downhill I went to CP4, where I was made aware, I wouldn't be timed out!!
I ain't quitting this race yet!
I'm just getting going
I sprang with the quickness like lighting, sub 4 hour is the time to get!

I whistled along until the next hill came clear
The marshal said, "this is the first of three, give us a cheer!"
If anything I could say at this point it wouldn't have been fare
But I thought "I've got this", so I gave him a "hell yeeeahh!!"

I crawled up hill 5, quickly followed by hill 6
and I yelled to the next marshal, "Yo, this must heaven."
I looked at my kingdom
I was finally there
The top of Pendle Hill, breathe in that fresh air!!

The last couple of miles were a gentle jog in to the finish, where I knew I would finish the race, and in a respectable time of sub 4 hours. I can't do a rhyme about it though, as it doesn't fit in with the song! It was so bloody tough; 16.7 miles and 4,500ft of climbing. The majority of which came in the last couple of miles. I had finally vanquished my DNF (my first ever) at the recent Castle Carr fell race though, so I was made up. I had doubts but as James said before "How do you know what you can do if you don't give it a go?" I did exactly that, I gave it a go. I even gave XC a go the next day. Fair to say I was aching for a week after!! PS. I've tried to rap this back but it's tough. A bit wordy! Have you tried it? Go on...

A little bit about me Mark Pigford



A little bit about my time running with Stainland Lions.

I first took up running around the year 2006 AD (some of the younger Lions might not remember that far back). When I first laced up my old tennis shoes and put on my football shorts to go for a run it wasn't Stainland Lions RC I joined. It was another well-known running club. Not mentioning any names but they wear yellow vests and come from Holmfirth where men are men and sheep get nervous.

After a while I moved over the other side of Huddersfield and one of my old neighbours told me about Stainland. Although I had seen them at races (noisy bunch)

So, in the end I joined Stainland. Think it was the year 2009. I remember giving my registration form to someone in what was The Red lion pub (1885 now) Great way to start my Stainland adventure.

So, I started turning up on a Thursday night sometimes Tuesday making new friends and listening to tales of the Lions. It wasn't long before more people started joining Stainland and the Thursday started to get faster and faster. With the likes of Mark Potty, Rich Hand, Phil Tucker, John Collins Tristan Sherard and of course the Hutch, not forgetting the fast girls Jess, Mags, Amanda, Julie, Sally and later on Lucy it was more like a race every week than a club run but it got everyone faster and some great times and new PB's came out of it. I think that when I look back on my running career those runs stand out and probably made me and plenty of others the Athlete's we all became.

I had started my coaching badges at my last running club and with my volunteering for Kirklees council managed to get further up the coaching ladder, so I was asked to join the coaching rota down at the track.

At first there were 3 coaches but one by one they all left (was it something I said???)

So here I stood the only coach left what was I supposed to do? Firstly, take over the Wednesday evening track session and try build the numbers up. I remember one week I turned up and 2 people were there My sister one and Mhairi-Clare I think was the other one. I know what you're all thinking? Mhairi Clare at the Track!!! But yes, it's true.

In time the numbers did start to pick up and the runners that would have rather swam naked in the river Calder in the middle of winter started turning up and to their surprise enjoyed it, we'll sort of in a weird satanic way.

Next was the hill sessions again at first 2 or 3 turned up but word started getting around about how beneficial they were for your strength and progress in your running so again the numbers start to grow.


After about 5/6 years of coaching on my own the committee finally agreed to fund new coaches. The first person to pass their coaching qualifications was Tanya which started to ease some of the pressure on myself and

brought her own qualities and experience to the coaching duties which is only a big bonus to everyone at Stainland

Next one to come though was Graham or now known as coach G. again bringing his knowledge time and kind words to the group.


So now with 3 coaches all bringing their own experience in running to the coaching Rota there is now a good support structure in place to help every runner at Stainland if they need or want it

So, what do I think of my time at Stainland?

I have made some great friends, meet some fascinating people. Had plenty of good bad and truly amazing races. Met my one true love .

Had some crazy drunken nights out. And was lucky enough to meet train and call myself a friend of the late great Dave Hutch. A person I'll never forget as long as I live.

Times change, and people move on, but the future looks great for Stainland. They are an amazing group of runners new and old, taking the club up to the next level and making sure Stainland is and remains the best and most importantly the fun loving and friendly club it's always been.

Happy running everyone. 

What is the West Yorkshire Winter League?

Tim Walker



The WYWL are a series of 6 cross country races held each winter and unlike most races it's the teams results that are the priority, with prizes for Men's Team, Ladies Team, Vets Team and Super Vets Team (the "Old Gits"!). The league is organised by a select group of local running clubs for the benefit of their members, it is a real community effort and the atmosphere and banter between clubs at the races is brilliant.



My first experience of the WYWL was back in November 2012 when, fresh from the beginner's course, I was up to trying anything that the club had to offer. So, I bought myself a pair of Innov8's and set off to a crossroads somewhere in the back of beyond. I reported to the XC Captain at the time, Richard Hand, who took me through the entry process (he wrote my name down on a scrap of damp paper!). The rain then started to fall so everyone took off their jackets, stuffed them into an Ikea bag, and set off walking to the start. I fell in line and followed everyone down the valley and up the other side to a farm where everyone huddled together in the rain, which was now coming down in buckets.

Eventually we all lined up and without any fuss or fanfare we were off down the track we had walked up. It was a nice steady pace to start with, then suddenly the guy in front of me, Steve Crowther, tripped and face planted into a mahoosive puddle. I had to take evasive action as I didn't know Steve that well at the time (now I'd just step on his back and keep my feet dry!!) and with some fancy sidesteps got around his prone carcass but my brand-new pumps were now soaked through. So, with nothing to lose I set off through all the puddles like a big kid, a big grin now appearing on my face.

When we got to the bottom of the valley the mud started – it was brilliant ankle-deep mud and seemed to go on for miles. On the climb up through the woods I managed to pass Tracy Mott (me a fresh-faced beginner!!) but my elation was short lived as on the downhill Tracy came flying past me and splashed through the river to

put me back in my place. On the second lap round the woods I once again managed to pass Tracy on the climb and you guessed it, she flew down the next descent to take the lead again. It was then a long run through the woods back to the farm track but this time we turned left up the incredibly steep hill to the finish. Half way up the hill I could see Tracy and she was walking!! I was completely spent by this time but the opportunity to catch Tracy a third time was too good to miss and near the top of the cruelest finish to any race I spat out another chunk of lung and just managed to pass her and finished in front of Tracy in my first ever cross-country race – I was hooked.

This season we have already had two of the races so far, a lovely runnable loop round Baildon Moor and an absolute belter at Ogden Reservoir organised by Queensbury RC. To come next year, we have 3 new courses being organised by Pudsey, South Leeds Lakers, and Crossgates Harriers followed by the season finale, which we are hosting at West Vale, so it looks like it's going to be another brilliant season of muddy fun with hopefully some silverware for Team Stainland at the end!