



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

A quiet month. Everybody appears to have been preoccupied during December! How about some yoga? See the advert.

# From the Chair

## Paul Armitage



**2019** is here and what a busy month December was. It all started with the second cross country of the season hosted by Queensbury Running Club, held at Ogden Reservoir. We were able to field a much stronger Mens field this time, which resulted in both our Mens and Ladies leading the way. There were 67 Lions in the field of 468, which is a great effort on our part. Next one is Pudsey with a new course on 6<sup>th</sup> January 2019.

Next, we moved into Christmas mode with the annual Christmas Dinner at the Tower House. It was great to see so many of our members and their partners joining in the conversation and dancing on the night and although I had to slope away early, I understand that a few hardy souls managed to end up at Roxy's until the early hours #wealliketoparty. Thanks to all involved in the organisation

Continuing the theme, the following Sunday was the date for the Children's Christmas Party held at Heath. Another successful event where the focus is on the Lions of the future, Santa turned up and this time thankfully it was the real one and not one of our well-intentioned imposters who light up the races around this time of the year. Once again thank you to all involved in the organisation.

For some reason the Christmas theme was around at the next Thursday night away run on the 13<sup>th</sup> December where the club descended on the 1885 in Stainland for our annual not to be missed Christmas Tree run. For the uninitiated we have upwards of 100 Lions running to the local outdoor Christmas Tree's where they then break into song at each one with a well-known Carol, words provided. The evening then ends back at the 1885 where this year we were in the restaurant area, which made it much more of a Lions event when historically we have been in amongst the locals, while they tried to have a quiet drink.

A few of us the next night went along to the YVVA awards night where we had a host of trophies to collect. This night is the culmination of a series of events for our veteran runners, over 35, which starts in April and runs through to November. Last year's event was a little cold but this year the heating was arranged, and a nice warm night was had by all. Our individual winners over the season were: -

**Ladies** Mags Beever F35 1<sup>st</sup> place, Sally Caton F40 1<sup>st</sup> place, Michelle Rogerson F40 3<sup>rd</sup> place, Suzanne Patterson F45 2<sup>nd</sup> place, Lorraine Naylor F45 3<sup>rd</sup> place, Helen Armitage F50 2<sup>nd</sup> place, Aileen Baldwin F65 1<sup>st</sup> place, and Judith Greenwood F70 1<sup>st</sup> place

**Men's** Gavin Mulholland M45 1<sup>st</sup> place, Sean Thompson M50 2<sup>nd</sup> place

Mags Beever was also overall 1<sup>st</sup> Lady with Suzanne Patterson in 5<sup>th</sup> place and Gavin Mulholland was 2<sup>nd</sup> man.

We also collected trophies on behalf of the club in the team events in the first four to count and all to count categories.

To our last event of the year which is our Boxing Day Fun Run this year with a new race director Andrew Falkingbridge. For once a not too cold and dry day favoured us and another successful event took place. A field of 269 participants joined us on the day and apart from the odd protesting child at my marshalling point everyone seemed to be smiling during the run. The event also raised over £1200 for the Forget-me-Not Trust. But it is the work that goes on behind the scenes that makes these things run smoothly. A great job by Andrew in organising the event, Rebecca and the social team collecting raffle prizes before the event and our members for donating those prizes. On the day the registration team, marshal's car park and on course, timers, finishing team and of course the impromptu raffle shouter Andrew Earnshaw. Well done all.

As we move into 2019 remember that no matter how far or how fast you run you are always doing more than those on the sofa at home. I am immensely proud of another year with a fantastic running club, made so by a fantastic group of people.



## DATES FOR YOUR DIARY

As you might have seen already, there are a couple of very important dates your diary!

### **Monday 28<sup>th</sup> January 2019 – Heath Rugby Club – 2019 Annual General Meeting**

The meeting will start at 8.30pm, and the agenda will be added to the forum a few days before.

There will be buffet food available on the night at a cost of £5 per head. Please add your name to the forum if you would like food.

On the night Judith Greenwood and Lesley Henderson will be holding a raffle to raise funds for their London Marathon charity Heart Research UK. Any support for the ladies would be much appreciated I am sure.

### **Friday 22<sup>nd</sup> February 2019 – The Venue – Annual Dinner and Presentation Evening**

It is that time of year again where the annual dinner starts to take shape. It will be taking place at The Venue in Barkisland on Friday 22<sup>nd</sup> February 2019.

Eric's Restaurant will be in full charge of catering for our event on the evening. The cost of the evening meal and entertainment is £32 a head.

We will require you to make a menu choice for your main course only. More information is on the forum post. Please put your name down on the forum if you want to go.

## Lions Publicity Officer

### Susan Cash

#### Summary of Race Reports for January Newsletter



*7 December 2018: Lucy Collins was 1<sup>st</sup> Lady at Sunday's Queensbury Cross Country race, where Team Stainland swept the board in the team categories, returning to form with wins for the men's team, ladies' team and in the overall competition.*

#### **Dark Peaks Trail Marathon**

James Penson was in the beautiful Peak District village of Langsett for the Dark Peaks Trail Marathon on Saturday. The race route twisted and turned through some of the most scenic forest trails in the Peak District National Park and included 4,000 feet of climbing and a spectacular technical descent into the Derwent Valley.

Result: James Penson 4:55:40

#### **Percy Pud 10K**

Nearly 3,000 runners completed the 26<sup>th</sup> annual Percy Pud 10K in Sheffield on Sunday. Rio 2016 Olympic 5000m finalist Eilish McColgan won the ladies' race. Gavin Dodd was first Lion, and Ian Hoskins and Michelle Rogerson both recorded 10K personal bests on the fast course. The race is named after the Christmas pudding given to every finisher!

Results: Gavin Dodd 41:07, Ian Hoskins 45:23, Michelle Rogerson 45:35, Diane Waite 51:59, David Waite 53:30



### West Yorkshire Winter League Cross Country

Sunday saw another bumper turnout of 468 runners at the second race of the hugely popular West Yorkshire Winter League Cross Country series. The five mile “Beast of Queensbury” route round Ogden Reservoir featured over 1,000 feet of climbing and was run on extremely muddy terrain.

After taking a pasting from Baildon in Race One, the Lions ensured they had all their big guns out for Race Two. Stephen Hall was 1<sup>st</sup> Lion home in 3<sup>rd</sup> place, and Gavin Mulholland, Ed Hyland and Matt Ray were the next three counters for the men’s team. For the ladies’ team, there was a brilliant win for Lucy Collins, with Mags Beever, Stefanie Hopkins and Danielle Hirst all posting fast times too.

Team stalwart Gavin Mulholland’s 5<sup>th</sup> place finish was particularly hard won. Gavin missed the start of the race following an unfortunate timing mix-up. Starting from the very back of the pack, he was obliged to spend the entire race a) swearing and b) fighting his way through the field to overtake 463 runners (many dressed up for Christmas as Santa’s elves, Christmas puddings or – randomly – hot dogs....or Clint Eastwood) in order to get himself up with the leaders and into contention.

Cross country captain Tim Walker said: “Fantastic turn out from the Lions at this morning’s cross country at Queensbury. Provisional results are: -



Men - 1st

Ladies - 1st

Overall - 1st

Brilliant team effort everyone, for putting us back on top where we belong. Today it was all about the TEAM.”

*14 December 2018: With a short break now before the next West Yorkshire Winter League cross country race on 6 January, the Lions were out and about this weekend on both the fells and the roads.*

### **The Regular Irregular**

The strangely named Regular Irregular attracted six Lions to the beautiful “Last of the Summer Wine” countryside of the Holme Valley on Saturday. Various choices of distance were available, and the event was open both to runners and walkers. Aileen Baldwin and John Ingles tackled the full 23 miles, with John commenting that the event had “lots of climbing, lots of cake and lots of weather”. John Allen (who is more usually to be found at the top of a mountain in the Lake District, midway through a race that is not less than 50 miles long) was first finisher in the 18.8 mile version.

Results (23 miles): John Ingles and Aileen Baldwin 6 hours 31 minutes

Results (18.8 miles): John Allen 3 hours 16 minutes, Sandy Gee 5 hours 37 minutes

Results (11.6 miles): Michelle Eyre and Rikki Hammond 2 hours 49 minutes

### **Mytholmroyd Vocation Fell Race**

On a gloriously crisp and sunny Sunday morning, 166 runners including 15 Lions completed the Mytholmroyd Vocation Fell Race hosted by Calder Valley Fell Runners. The course was 6.3 miles long with 1,625 feet of ascent, run over fields and open moorland, with a steep climb to start and an insane descent to the finish. Heavy rain in the days leading up to the race made the course very muddy and waterlogged, but that only seemed to make everyone enjoy it even more. All finishers received a complimentary can of cold beer courtesy of the sponsors. The unstoppable Aileen Baldwin completed the race despite having done the 23 mile Regular Irregular the previous day. Stainland ladies’ team won third prize, and Ed Hyland finished in eighth place overall, which he said was “not bad for a road runner”.

Results: Ed Hyland 51:52, Richard Hand 1:00:08, Leon Severn 1:01:31, Clare Smith 1:07:49, Andrew Earnshaw 1:08:14, Dave Culpan 1:10:22, Jim Harris 1:11:15, Paul Patrick 1:12:09, Martin O’Brien 1:15:22, Aileen Baldwin 1:18:10, Virginia Young 1:23:17, Paula Statham-Drake 1:27:14, Steve Boyer 1:30:11, Angela Lee 1:32:39, John Hirst 1:34:00







### South Leeds Bah Humbug 10K

Half a dozen Lions tackled the hilly South Leeds Bah Humbug 10K on Sunday. Jan King was first Lion, followed by Claire Smith - not to be confused of course with Clare Smith who was out racing in the Mytholmroyd Fell Race...as if life wasn't confusing enough already with John Bassinder and John Bannister! Phil Richards did well to finish the race at all after hurting his ankle part way round.

Results: Jan King 55:21, Claire Smith 68:44, Phil Richards 77:30, Darren Reece 82:53, Kelly Richards 83:30, Melissa Vincent 83:30

*21 December 2018: Another busy weekend for the Lions – none more so than Steve Boyer who did a tough trail half marathon on Saturday followed by a cheeky fell race on Sunday.*

### Forest of Bowland Trail Half Marathon

Steve Boyer was in Lancashire on Saturday for the Forest of Bowland Trail Half Marathon. Steve completed the hilly race, which included 2,000 feet of climbing in absolutely brutal conditions, in 3:29:07. Although the half marathon passed without incident, the organisers were forced to call a halt to the full marathon that was taking place at the same time on account of the severity of the storm that closed in over the moors. Bowland Pennine Mountain Rescue Team helped evacuate the runners safely off the course.

### The Stoop Fell Race

Suitably thawed out after his Forest of Bowland adventures, Steve lined up with 200 other runners including eight Lions on Sunday for the Stoop Fell Race. Hosted by Wharfedale Harriers, the course was 4.9 miles long with 700 feet of ascent.....and bogs deep enough to submerge the shorter runners. Leon Severn was first Lion, and Aileen Baldwin won the 1<sup>st</sup> F60 prize.

Results: Leon Severn 39:20, Jim Harris 44:04, Paul Patrick 45:38, Clare Smith 46:12, Martin O'Brien 47:38, Ian Hoskins 49:17, Aileen Baldwin 50:49, Michelle Rogerson 51:27, Steve Boyer 56:15

### The Travellers Six

258 runners took part in the Travellers Six hilly road race at Denby Dale on Sunday. Denby Dale is the proud home of the world's largest pie, and the race started and finished at the famous Pie Hall. Conditions on the day were excellent. Gavin Dodd was first Lion home, and Helen Armitage and Virginia Lewin won their respective age categories.

Results: Gavin Dodd 41.57, Clayton Cutter 48.09, Helen Armitage 49.11 (1st F50), Jan King - 50.21, Rebecca O'Neill 54.08, Dianne Waite 55.05, Paul Armitage 55.12, David Waite 55.28, Claire Guest 55.36, Susan Cash 60.10, Virginia Lewin 60.24 (1st F60)



*28 December 2018: Very brief report this week as we're in the middle of the Christmas holidays...Happy Christmas!*

### Sheffield Santa Dash

Paul Shaw and Robert Ashcroft took part in the Sheffield Santa Dash on the day before Christmas Eve, both kitted out in the Santa suits provided by the organisers. Rob completed the 10k in 51:13, with Paul hot on his heels in 51:21.



### **Calder Valley Fell Runners Christmas Score**

Jim Harris (who is partial to orienteering events) did well in the Calder Valley Fell Runners Christmas Score. His time of just under 2 hours 20 minutes for the 20k route was enough to secure him a top ten place.

### **St Stephen's Day 5K**

Santa brought Maria Harron a 5k pb on Boxing Day at the St Stephen's Day race in Stranorlar, Ireland. Maria flew round in 21:01. She won her age category and took 28 seconds off her previous pb.

### **Boxing Day Fun Run**

There was a bumper field of 269 entrants for the Lions' annual Boxing Day fun run from the 1885 pub in Stainland. Runners tackled a three-mile route, and the event raised £1,300 for the Forget Me Not children's hospice.

Organiser Andrew Falkingbridge said conditions had been good for the time of year, with no wind, snow, frost or rain.

The Lions received tremendous backing from other local running clubs, including Halifax Harriers, Queensbury RC, Northowram Pumas and Calder Valley Fell Runners.

While the event is not advertised as a race, there was success for local runners. Stainland's Matthew Pierson was the first man home, and Halifax Harriers' Sarah Cumber was the first woman. Harry Johnson and Lucy Fairburn were the first boy and girl respectively.

## 10 WEEK ADULT YOGA COURSE FOR ABSOLUTE BEGINNERS



**Starts Thursday 17th January 2019, 7.00pm - 8.30pm**

St Phillip's Community Centre  
Briarlyn Road, Birchencliffe, Huddersfield, HD3 3NP

**£6 per class or £55 for advance course payment.**

**Would make a wonderful Christmas present for a loved one.**

Yoga is a great way to stretch, tone and strengthen your body and provide you with an opportunity to clear your head from clutter promoting a more relaxed and calm state of mind

OVER THE 10 WEEKS YOU WILL BE GENTLY GUIDED THROUGH:

1. STRETCHES AND POSES FOR STRENGTH, FLEXIBILITY AND BALANCE.
2. BREATH AWARENESS TO NOURISH AND INVIGORATE.
3. RELAXATION TECHNIQUES TO MANAGE STRESS AND PROMOTE MINDFULNESS.



INCREASE FLEXIBILITY

IMPROVE POSTURE AND BALANCE

REDUCE ANXIETY AND STRESS

BOOST ENERGY LEVELS AND HELP THE IMMUNE SYSTEM

IMPROVE DIGESTION AND LOWER BLOOD PRESSURE

Places are limited to book please contact Diane Waite

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Please bring a yoga mat and blanket