



Tony Mott

From The Chair

Welcome to Tony, our new chairperson. Here is an insight in to what you can expect to see in 2019.

Susan Cash

Race Reports

A detailed summary of race reports from late December/ January. As always, plenty of people in action all around the UK.

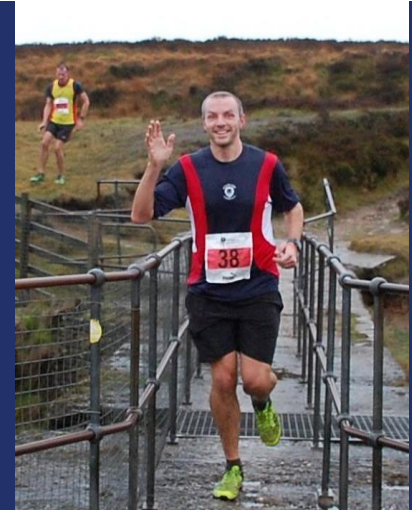
Various

Contributors

Contributions from Paula Pickersgill, Lesley Henderson, and a few new features we might look to include each month going forward.

From the Chair

Tony Mott



Welcome...

Welcome to another action-packed year in the life of a Lion. If you are reading this, then you are already a Lion, were once a Lion or are thinking of becoming a Lion. Either way, thanks for picking up our first newsletter of 2019 and thanks to Leon for putting it together.

A bit about me...

I never intended to join a running club, let alone chair one. I was a grumpy self-sufficient solo runner. Why would anyone join a running club, they were full of super-speedy skinny whippets, right?

Then, six years ago, I heard John Bassinder's chairman's speech at the Annual Dinner. I was moved by his passion and enthusiasm for the club and the people in it. After a couple of trial runs, shyly plodding away at the back with a load of folks I didn't know, I signed up.

Mrs M had joined a year or so earlier, so it was with some reluctance that I had to admit she was right (as usual) and maybe running clubs were not all that bad.

If memory serves, my first race in Stainland colours was our own XC race (the old course). I avoided coming last, just, clambering up the final hill onto Stainland Rec with absolutely no idea why I had just put myself through whatever I had just put myself through. There was a mob of Lions on both sides of the run into the finish, cheering and shouting like I had just won the race.

My running has improved since I became a Lion. I've got faster, lost a bit of weight and made friends from all walks of life, most of whom I would probably never have met if I hadn't joined the club.

I organised the first Stainland Trail race, which mostly involved stopping Colin from adding extra hills or turning it from a 10k into an Ultra Marathon. If you think the Stainland Trail is tough, trust me, it could have been a lot worse!

I had a frustrating year when I could not run because of injury, but I found a love for mountain biking which plugged the gap until I got myself fit again, and now I am faster than ever. The benefits of cross-training I guess, although crashing my bike into a tree a couple of weeks ago resulted in a frustrating week of sofa-surfing.

The year so far...

Winter has only decided to make a proper appearance in the last week, which meant fairly mild weather for the two XC races in January – Pudsey and South Leeds Lakers. Both great courses and perfectly suited to the larger field that the West Yorkshire Winter League is attracting this season. In terms of results, Pudsey was a great day for us, whereas Leeds Lakers was a mixed bag with another strong showing from the ladies and a bit of a shocker for the gentlemen. At least it keeps the league interesting!

A deadly dose of man-flu kept me out of the first championship race of the season, the Winter Handicap, but 91 of you ran the course and picked up some early club championship points. Congratulations to Stuart Clinton for winning the trophy by predicting your finish time more accurately than anyone else. No mean feat given the dodgy distance guesstimate provided on the night.

Thank you to everyone who attended the Annual General Meeting at Heath. All the presenters did a fantastic job. Gav's Vets report was my personal favourite. I have no idea what you were talking about Gav, but it was hilarious and more coherent than most of your Facebook posts.

Apparently, I am the only incoming chair to ever have been booed onto the stage. I'm logging that as my first official success of 2019. Nerves got the better of me on the night and I forgot to say many of the things I intended. I will just add a big thanks to Paul and all of you who put a huge amount of time, energy and commitment into making the club such a wonderful thing to be a part of last year.

2019, exciting stuff...

Expect your diary to be jam-packed with the usual mix of races and events in 2019. We have Steve Hallam at the helm of the club championship for the first time. I am waiting nervously to see which division Steve drops me into.

We also have the new Fell Running Championship, which looks excellent and slightly scary if you have not done much fell running. It is open to runners of all abilities and will reward both the fastest and the most improved, so sign up, regardless of whether you are a seasoned bog trotter or a total newbie.

We will have the usual array of crazy club races: Hare & Tortoise, Downhill 10k, Vets Race, XC Race, Summer Handicap, Stadium Runners Challenge. The provisional dates for all of these are later in the newsletter, so pop them in your diary.

I'm looking forward to our big races – the Bluebell 10 and Stainland Trail. Clayton has the Bluebell 10 in hand and I have no doubt that Gail will do an equally amazing job with the Stainland Trail.

The Beginners Course will kick off in April, with Catherine McHugh and Mel Shaw coordinating. This is one of the most rewarding things we do each year and a great way to bring some new faces into the club.

If you would like to get more involved in club stuff, the role of XC Captain will become vacant at the end of the current XC season. If you are interested, please speak to Tim Walker who can tell you all about it.

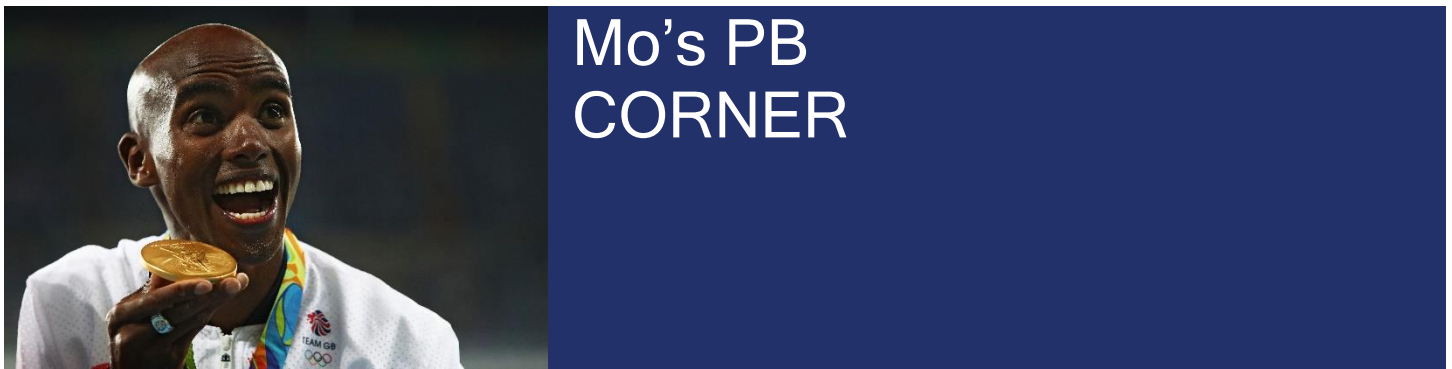
I was going to write something about the social committee, but I'll not do them justice. They do an incredible amount of work behind the scenes to make things happen, like the annual dinner, away trip to Bridlington,

Leon's away runs and much more. They are also responsible for most of the worst hangovers I have ever experienced.

On that note, I'm off for a run... if you have any questions or queries please don't hesitate to speak to me or anyone else on the club's committee.

Cheers

Tony




Sarah Parker continues to knock minutes off the 40min Huddersfield Parkrun time she was targeting last year. Having come through the Beginners Course in 2018, Sarah gradually got her time down and at one point managed 3 PBs in a row. She hit another PB on 12th January of 37.22!

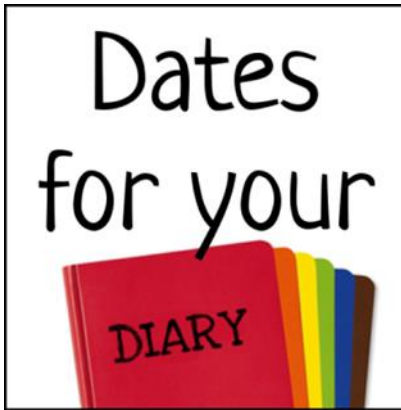
Another accolade for Judith Greenwood, who set a new course record in her age category at Auld Lang Syne fell race on 31st December of 93.12!

Two Half Marathon PBs at the Central Lancashire Half: well done Kelly Richards and Darren Reece!

Paula Pickersgill took 20 minutes off her Hebden 15 time, finishing in 3 hours 37 minutes!

Gav Dodd and Clayton Cutter got PBs at Inskip Half Marathon. Great work gents!

 PB of the month... Kevin Robinson blew everyone else out of the water by taking TEN HOURS off his Spine Challenger PB, finishing in 35:47:05! Unbelievable!!!!



Bridlington Away Run: Friday 15th – Sunday 17th February – a weekend away that involves beer, gin, vodka, baileys, sambuca, more beer, a run and a stinking hangover... or was that just me?!

Annual Dinner: Friday 22nd February – celebrate another year of being a Lion by clapping a lot, drinking a lot, dancing a lot and generally behaving in exactly the way athletes shouldn't.

Stainland XC: Sunday 3rd March – Tim promises mud and hills, regardless of whether you are running or marshalling.

Beginners Course: starts Monday 1st April for 8 weeks – Catherine and Mel are ~~plotting~~ planning this year's torture for those brave enough to sign up to our Beginner's Course. They will be asking for help with run leading, registrations etc in due course...

Bluebell Walk: Saturday 27th April – not sure where your marshal position is or fancy taking the pooch for a stroll? Come along and walk the Bluebell course before race day.

Bluebell 10: Sunday 5th May – officially the biggest and best race in the known universe.

Hare & Tortoise: Thursday 16th May – get buddied up, get lost, get back to Heath, get beaten by someone who fibbed about how fast they are. A brilliant Lions-only race where there is a good chance that you will get to know someone you have never run with before.

Downhill 10k: Thursday 6th June (TBC) – run downhill for 10k, then feel like someone ran over your legs with a steamroller for up to a week later.

Stainland Vets race: Wednesday 26th June – if you are youthful and energetic please marshal. If you are old, decrepit, weary and embracing your mid-life crisis, then run our awesome Vets race.

Summer Handicap: Thursday 18th July – very similar to the Winter Handicap, but in Summer. John and Colin promise not to add an extra mile to this one... maybe...

Stadium Challenge: date TBC – it's our turn to host our good friends from the valley next door. This year we have a cunning plan to blatantly bias the race in our favour.

Lions Publicity Officer

Susan Cash

Summary of Race Reports for February Newsletter



4 January 2019: This week's highlights include Judith Greenwood setting a new V70 course record at the Auld Lang Syne fell race, Mags Beever finishing 2nd Lady at the Coley Canter and Maria Harron finishing 3rd Lady at the Aghyaran Saint Davog's 5K in Ireland. But first, The Drop, back on 27 December.

The Drop Christmas Special

More like a military training exercise than a race, The Drop saw runners placed on a bus, blindfolded, and then driven to a secret location ten miles away. Here, the runners had their blindfolds removed, after which the race organisers threw them all off the bus at 2 minute intervals. The runners then had to make their own way back to the event centre as best they could with no map, route, help or compass.

Clearly no such event would be complete without Amjid Khan, who promptly set off in the wrong direction and ended up covering over 16 miles, arriving back an hour after Phil Richards, who was first Lion on the day.

Results: Phil Richards 2:02, Claire Smith 2:32, Amjid Khan 3:03

The Coley Canter

There was a fantastic turnout from the Lions at the Coley Canter 8 mile trail race hosted on 29 December by our friends and rivals at Northowram Pumas. Dan Marsden, Mags Beever and Leon Severn all finished in the top ten. Mags was second Lady and winner of her age category, and Lorraine Naylor and Aileen Baldwin also won their respective age categories.



Results: Dan Marsden 1:00:52, Mags Beever 1:00:55, Leon Severn 1:01:00, Gareth Knight 1:05:40, Jim Harris 1:06:04, Andrew Earnshaw 1:06:19, David Culpan 1:06:40, Lorraine Naylor 1:07:32, James McNutt 1:09:57, John Bassinder 1:10:35, Ian Hoskins 1:10:47, Martin O'Brien 1:11:32, John Ingles 1:12:43, Jonathan Pybus 1:13:10, Michelle Rogerson 1:13:59, Aileen Baldwin 1:14:18, Andrew Laird Boldy 1:17:46, Virginia Young 1:18:42, Steve Boyer 1:23:03, Angela Lee 1:23:06, Ray Mooney 1:24:01, Rikki Hammond 1:24:04, Sandy Gee 1:27:34, Nick Thompson 1:28:32, Paula Pickersgill 1:28:39, Catherine McHugh, 1:28:56, Sharon Marlor-Gage 1:29:44, Michelle Eyre 1:31:17, Genevieve Thompson 1:35:14, Judith Greenwood 1:48:57

Brutal Longmoor Race

James Penson tackled the ominous sounding Brutal Longmoor Race in Hampshire on 30th December. The hilly 5 mile route took runners through sand dunes and a number of obstacles and “water features” which the organisers reassuringly promised were “all depth tested and never deeper than waist height.”

Result: James Penson 1:04:03

Ribble Valley 10K

Lucy Collins was the sole Lion at the Ribble Valley 10K on 30th December. The race, which incorporated the North of England 10K Championships, attracted a huge field of over 1,300 runners. Nine of the top ten finishers recorded sub-30 minute times.

Result: Lucy Collins 38:57

Aghyaran Saint Davog's 5K

Maria Harron finished 3rd Lady at the Aghyaran Saint Davog's 5K in Ireland on 30th December, clocking 21:24 and winning £40. Besides having a 5K named after him, little is known of Saint Davog. The best that the Parish of Aghyaran's website can come up with is that Saint Davog's Well is “the least frequented of the holy wells in the parish”.

Auld Lang Syne Fell Race

Judith Greenwood beat her own V70 course record at the Auld Lang Syne fell race at Haworth on New Year's Eve. Amidst a party atmosphere with many of the runners in fancy dress, Judith took seven minutes off her previous record to complete the six mile route in 93:12. The race organisers gave both Judith and Aileen Baldwin (the current V60 course record holder) personalised race numbers emblazoned with their names ("in case I forget who I am" Aileen said). The race is the traditional opportunity for the fell running community to have a bit of a party, and photos of some of the runners – including Michelle Rogerson capering round the course dressed as Little Red Riding Hood – made both the national press and ITV's coverage of New Year celebrations round the country. There was a traditional piper playing as the runners crossed the start line, and he stayed to pipe the winner home. The piper would have fit in well with the runners, should he have fancied a go at the race, bagpipes and all – nobody would have batted an eyelid. Leon Severn dressed as Spiderman used all his superpowers to finish first Lion.



Results: Spiderman (Leon Severn) 54:00, Richard Crombie 60:40, The Greatest Showman (Jim Harris) 62:05, The Construction Worker from the Village People (Paul Patrick) 63:49, Martin O'Brien 65:05, Little Red Riding Hood (Michelle Rogerson) 66:16, The Wicked Witch (Aileen Baldwin) 67:21, Tim Walker 73:35, Geri Halliwell as Ginger Spice (Steve Boyer) 76:55, Sue Cash 85:37, Alex Whyte 93:09, Judith Greenwood 93:12 (new V70 course record)

Race & Loop 4 a Laugh

A dozen Lions were amongst the runners at Barkisland Cricket Club on New Year's Day for the Race & Loop 4 a Laugh fun run. Times are not recorded for this event, but everyone enjoyed taking part, with some running alongside their young children to introduce them to the sport.

New Year's Day Awakener

Virginia Lewin headed over the border to Whitworth for the New Year's Day Awakener 5K. Virginia has been running well recently, and her time of 33:40 won her the prize for 1st F65.

The Giant's Tooth Fell Race

Also out and about on New Year's Day were the seven hardy Lions who tackled the Giant's Tooth fell race. The 3 mile route around Ogden Water has 400 feet of ascent. Times are not yet available but finish positions were: Ian Hoskins (91), David Culpan (104), Aileen Baldwin (108), Michelle Rogerson (110), Steve Boyer (144), Sarah Lunt (157) and Karen Thorne (164). Hats off to Michelle Rogerson, Aileen Baldwin and Steve Boyer, who all ran the Coley Canter, Auld Lang Syne and the Giant's Tooth – that's three fell races in four days!

11 January 2019: The keenly anticipated results of the club's championship were announced this week, whilst over at Pudsey the West Yorkshire Winter League cross country season got underway.

Club Championship Results

With twenty races over the course of the year and hundreds of Lions taking part across seven divisions, the Club Championship competition is hugely popular. The results, which were published this week, include wins for Stephen Hall, whose race victories have appeared in the Courier throughout the year, Gareth Knight who has got faster and faster as the year has progressed, and David Farrar, who managed to seal his 1st place slot early in the year before injury woes put paid to the rest of his season. The runners who took part in the most qualifying races this year were Ian Johnson in Division Four and Catherine McHugh in Division Six, who each ran seventeen of the twenty races.

Full Results:

Division One: 1st Stephen Hall, 2nd Gavin Foster, 3rd Chris Hall

Division Two: 1st Dan Marsden, 2nd Andy Baird, 3rd Leon Severn

Division Three: 1st Gareth Knight, 2nd James McNutt, 3rd Gerry Banham

Division Four 1st David Farrar, 2nd Ian Johnson, 3rd Steve Hallam

Division Five: 1st Jonathan Pybus, 2nd Roy Lunt, 3rd Paul Armitage

Division Six: 1st Catherine McHugh, 2nd Paula Pickersgill, 3rd Sue Cash

Division Seven: 1st Alex Whyte, 2nd Richard Lambert, 3rd Ken Chilcott

In the separate Handicap Division (broadly, runners whose performance has improved the most over the course of the year), Jonathan Pybus took 1st place, with Paula Pickersgill and Gareth Knight in 2nd and 3rd.

Trophies will be awarded at the forthcoming annual dinner.

The club is very grateful to Mark Preston, the championship manager, who is stepping down from the role after more than a decade in the job. Steve Hallam takes over the reins, and the first event of the 2019 championship takes place later this month.

Central Lancashire New Year Half Marathon

Three Lions raced the Central Lancashire New Year Half Marathon. The event, which was ten years old this year, attracted a large field. The flat fast course took the runners along quiet rural roads and through picturesque villages. Darren Reece and Kelly Richards both scored new half marathon pbs, with Darren finishing in the top twenty overall and 2nd M40.

Results: Darren Reece 1:23:00, Melissa Vincent 2:31:34, Kelly Richards 2:31:41

Team OA Urban Night Series

Another orienteering race, but this time at night. The challenge was to find checkpoints (in the dark) and collect as many points as possible whilst running five hilly mile route near the Huddersfield/Halifax border, with a cut off time of one hour.

Results: Kevin Harrison 58:00 (60 points), Jim Harris and Andrew Laird Boldy running as a pair 58:00 (50 points)

West Yorkshire Winter League Cross Country Race Three, Pudsey

After Sunday's race at "Mudsey" Pudsey, Lions cross country captain Tim Walker said "What a cracking race that was, brilliant course and well organised and marshalled by our friends at Pudsey.

Provisional results are that the men finished second to Baildon - bit of a surprise this as we had 4 men in the top 8 so I was quietly confident, but Baildon are not that easily beaten. The Ladies were on fine form and smashed it today, so much so that they were able to bring our overall team score above Baildon's. So it was another great performance from Team Stainland.

The Ladies bossed it with Lucy Collins 2nd, Margaret Beever 3rd, Lorraine Naylor 7th and Stefanie Hopkins 8th - 4 in the top 10 is brilliant.

The Men also had 4 top 10 places, Ed Hyland 2nd, Gavin Mulholland 4th, Stephen Hall 6th and Matthew Pierson 8th.

Overall a fantastic team effort, well done everyone."

18 January 2019: Hats off to Kevin Robinson for a stunning run at The Spine Challenger Race!

The Spine Challenger

Kevin Robinson completed the 114 mile Spine Challenger Race this weekend. It is one of Britain's hardest races, and Kevin didn't just complete it, he absolutely smashed it, finishing in fifth place and knocking an unlikely-sounding *ten hours* off his pb. Kevin is a volunteer with the Holme Valley Mountain Rescue Team, and his fundraising page to support the team's work www.mydonate.bt.com/fundraisers/kevrob77 has raised over £1000 to date. The Spine Challenger is not for the faint hearted. It takes place every year between Edale and Hardraw over challenging and technical sections of the Pennine Way. The physically and psychologically demanding route demands full concentration and a high level of physical fitness as well as mental resolve. The rugged and very technical nature of the race is highly taxing, as runners have to be constantly aware of foot placement in icy conditions, weather systems, navigation, available daylight and self-management. The runners have to carry all their own kit including sleeping bag, stove, warm clothes and survival bag. Kevin's previous best time in the race was just under 46 hours (this in itself is a respectable result, and it took him fully three months to recover from the effort involved), but this year - fitter, stronger and more experienced - he ran exceptionally well to finish in a stunning 35:47:05.

The Trigger Race

Whilst The Spine runners were heading north up the Pennine Way from Edale, the 25 mile Trigger Race was sending runners in the opposite direction. Entrants had to navigate their way from Marsden to Edale via Black

Hill, Bleaklow and Kinder, zigzagging from side to side to visit checkpoints at various aircraft crash sites along the route. The difficult and trackless terrain included over 4,500 feet of climbing, and large sections of the route were unrunnable, with runners at one point having to scramble up a cliff face. The race is a fundraiser for the Woodhead Mountain Rescue Team, who provided marshalling support on the day, whilst simultaneously supporting the Spine runners. James Penson battled the “lively” conditions to finish in 5 hours 43 minutes, whilst Leon Severn and his navigator Jim Harris were not far behind. Jim said afterwards that the wind “was enough to knock you off your feet on Kinder”.

Sir Titus Trot 20 Mile Race

Chris Hall was first finisher at the Sir Titus Trot 20 mile race earlier this month. Chris, who was using the race as marathon preparation, finished in 2:28:10, a good four minutes clear of the second placed runner. Speaking after the race, he described his win as “a bonus and a boost of confidence for the next few weeks”.

Brass Monkey Half Marathon

Three Lions were among the 1,500 runners at this year’s Brass Monkey Half Marathon. The runners headed out of York on fast flat roads before looping back to finish at the racecourse. Darren Young was first to finish in 1:22:58. James McNutt ran strongly to clock 1:37:47 (just twelve seconds off his pb despite the windy conditions), while Jan King recorded a time of 1:43:10.

Temple Newsam Ten

David Culpan and Zoe Russell took on the Temple Newsam Ten on Sunday. The off-road multi-terrain course started and finished in the beautiful grounds of Temple Newsam House, taking runners through woodlands, along country paths and around a lake. David finished in 1:21:35, sneaking a two second course pb, while Zoe ran well to post a time of 1:37:52.

Winter Handicap Race

Ninety one Lions set off from Heath on Sunday morning for the club’s Winter Handicap race. The race was a counter in the club championship, and many of the runners were keen to get some points on the board. John Bassinder and his team of race organisers had kindly devised a relatively gentle route around Siddal and Exley, and there were some fast times recorded on the day. All the participants predicted their finish times before the race, and the Handicap trophy was awarded to Stuart Clinton, the runner whose finish time most closely matched his pre-race prediction. The fastest man on the day was Matthew Pierson, who completed the 5.1 mile route in 28:43, whilst Michelle “Rocket” Rogerson was 1st Lady in 37:39.

25 January 2019: A huge number of Lions completed the Hebden Race this week, with Mags Beever finishing 1st Lady (and second overall) in the 15 mile version of the race.

The Hebden 22/Hebden 15

The Lions were out in droves for this popular and hilly event, which caters for both walkers and runners. The demanding 22 mile route has over 4,000 feet of climbing, while the 15 mile route is optimistically described as “less demanding, with a leisurely return along the canal to Mytholmroyd”, giving no hint as to the actual difficulty of navigating across 15 miles of unmarked trackless moorland in the freezing cold in January. Epic

winter conditions are guaranteed every year, and Friday night's snowfall arrived right on cue, covering much of the route. Mags Beever finished 1st Lady (and second overall) in the 15 mile, a handful of Lions stepped up this year from the 15 mile to the 22 for the first time, and a delighted Paula Pickersgill took twenty minutes off her previous time at the 15. All the reviews of this race talk about the home baking that greets the finishers - with the dripping sandwiches, Tiffin and apple crumble all getting the thumbs up from reviewers.

Results (22 miles): Dan Marsden 3h 38m, John Thompson 4h 2m, Leon Severn 4h 9m, Jim Harris 4h 22m, John Ingles 5h 55m, Steve Boyer 5h 55m

Results (15 miles): **Mags Beever 2:30:16 (1st Lady)**, Richard Crombie 2:56:30, Andrew Earnshaw 2:58:42, Rachel Lumb 3:05:35, Martin O'Brien 3h 15m, John Bassinder 3h 20m, Paula Pickersgill 3h 37m, Angela Lee 3h 39m, Steve Hallam 3h 41m, Tim Walker 3h 42m, Rikki Hammond 3h 50m, Catherine McHugh 3h 50m, Aileen Baldwin 3h 53, Andy Baird 4h, Andrew Falkingbridge 4h 4m, Michelle Rogerson 4h 4m, Amjid Khan 4h 4m, Ian Hoskins 4h 4m, Ray Mooney 4h 20m, Sharon Marlor-Gage 4h 20m

Inskip Half Marathon

Richard Brown, Gavin Dodd and Clayton Cutter ran the flat and fast Inskip Half Marathon near Preston on Saturday. All three Lions took full advantage of the fast course to finish in under 90 minutes. Like buses, they all arrived at once, crossing the line within 30 seconds of each other. Gavin took 3½ minutes off his previous best half marathon time and looks in good shape for his full marathon in Manchester later this year. Both Richard and Clayton also posted personal bests, with Clayton saying afterwards: "Over three years now of being a Stainland Lion, aiming for under 1 hour 30, coming close on a few and today it got done, 1.29.38 and into the sub 1.30 club."

Results (provisional): Richard Brown 1:29:12, Gavin Dodd 1:29:19, Clayton Cuttter 1:29:38

West Yorkshire Winter League Cross Country Race Four, South Leeds Lakers

Sunday's race at South Leeds Lakers featured a very runnable course that was less technical than the previous races in the League. The Lions' men's team struggled after losing the bookies' favourite Matthew Pierson to a pulled hamstring early on, but the ladies' team were out in force and once again smashed it to come in first place ahead of Baildon, nicely extending their lead at the top of the table.

The Kit Queen of Stainland Lions

Paula Pickersgill

I have been a Stainland Lion since joining the beginners running course in 2011.

I joined so I could get a bit fitter, I exercised muscles I didn't know existed and the hardest bit was running round that rugby pitch. My comfort blanket was carrying a bottle of water. At first I was a fair weather runner and the slightest spot of rain on my way from work meant I'd drive straight home. From the beginners group I joined the West Vale 6.30 Tuesday group. I met lots of new and encouraging runners including Bernadette and Avril and before I knew it I was booked on the Abbey dash, my first 10k. I was so nervous on the day. I was in the last section and I remember getting to mile one and seeing the return of the front runners at mile 9! I thought I would be last to finish, I got a pleasant surprise at Mile 5 when I turned round at Kirkstall Abby there were hundreds of people behind me that gave me a real spring in my step and because I was still carrying my water bottle I could skip past the water station.

Because of an improvement in my running the West Vale group encouraged me to join the 1885 running group; here I met Judith Greenwood, my inspiration. She took me under her wing and before I knew it I was doing my first half marathon, Inskip, completing longer runs on Sunday and also running Thursday.

I got rid of the fair weather running and water bottle and was introduced to the championship 'points mean prizes'. The club championship allows you to run allsorts of terrains and distances. I borrowed Moira Anderson's off road shoes for my first cross country at Temple Newsome and then I ended up buying my own off road shoes and wore them at Honley Vets after which they were never the same colour again. To think I never liked cross country running at school and I was now running ankle deep in mud, losing my trainer in the mud at Keighley.

I ran two Rock and Roll half marathons celebrating Lesley Henderson's milestone birthday along with Judith, Wendy Woo, Angie and Julia we became known as the 'rock chicks'. I went on a running holiday to Portugal and my work colleagues thought I'd lost the plot! Hasten to say I had a ball. Whilst I don't run with these girls as much now I will never forget where I started from.

At Christmas I ran my 100th park run. I ran my first park run in 34 minutes and have improved by 8-9 min dependent on which park run. I have just run the Hebden 15, absolutely exhilarating running over the tops in snow. Another favourite of mine is the Yorkshireman.

Two things happened in 2014, I started to sell the kit which gives me the opportunity to meet all the members of the club and gets me to the club to not only hand kit out but to run. I do have a day job and it's nothing to do with clothes, so with the kit job I have learnt that you need to be a one to two seasons ahead.



And at the Lord Nelson (away run) I met Sandy Gee we started walking out together. Sandy introduced me to LDWA, (Long Distance Walking) I completed the Red Rose 50 in Sept 2017.

I entered the London Marathon to celebrate my 50th Birthday; this is someone who could not run a mile 5 years before! I was not successful with the London ballot but I was with the Stainland Ballot. Coach Pigford wrote my training plan. I wanted to do my club proud because I had been so lucky to get this opportunity; I stuck to my plan running every day except Friday (Gin and Tonic day) for 16 weeks. On the day I ran every step and soaked up the fantastic atmosphere of London wearing my club vest with pride. My time was 4hrs 32 min.

Me and Sandy both sold our houses in 2018 and bought our cottage on Beestonley Lane, Stainland. We have fantastic road, off road runs, walks and hill reps on our door step.

And we have a new addition to the family... our Ginger Tom Cat.

Pensioners Take On The Big One

(Their words, not mine!)

Lesley Henderson

Judith Greenwood and I, longstanding running members of Stainland Lions Running Club, are taking on the challenge of the London Marathon on Sunday 28 April this year. Our combined ages will be 141 years and 8 months when we stand on the starting line of this iconic 26.2miles running event.

Despite or perhaps because of our rapidly advancing years, Judith and I run with the running club three times a week, clocking up on average 1,000 miles a year. We also undertake a range of races with distances from 10k to half marathon and Judith takes part in the cross-country league. In between our running training, we attend the gym to work on strength and flexibility. In order to make this challenge even more worthwhile, we are raising money for their charity, Heart Research UK.



Heart Research UK is a national charity, based in Leeds, which spends its funding on activity across the country, which means what is raised locally is used to help hearts near you.

Since the charity was founded in 1967, they've played a part in many of the major developments that we now take for granted eg. The funding of six of the first eight successful UK heart transplants.

If you would like to support Judith and I in this worthy cause you can donate through our just giving page - <https://www.justgiving.com/fundraising/lesandjud>

We will of course be happy to accept cash or cheque (yeah, they still exist) at any time. Watch out for us in the coming months as we pound the canal bank and streets of Calderdale!

parkrun

tourism of the month

Storthes Hall Parkrun

Words by Andrew Falkinbridge



It's not even a month old and Storthes Hall Parkrun is already a firm favourite with all the Lions who have ventured beyond Huddersfield to give it a try. Regular readers will recognise the Storthes Hall name. It is the base for the Joe Percy 10k road race and has also hosted the Woodland Challenge cross country races.

Now if you don't fancy 5k of road but do really want 5k of XC this is the Parkrun for you. From the far end of the field below the football pitch the mass start is slightly up hill which strings the field out nicely as the course enters the woods.

Through the woods and take a right up an incline featuring roots and rocks. Watch your footing and push on hard to the top where you take a right and meander through the woods. Taking the well worn line to avoid the mud, or using the mud patches to sprint past and gain a place.

The route gently heads down a gradient before a sharp right turn into the best part of the course: a single track run between the trees. Glorious. Not many overtaking opportunities but that's not important here, it is more the joy of running in the woods.

Marshalls are waiting at the end of the track to direct you to the right for two more laps of the incline and the gradual descent.

After three loops the marshals direct you left and it's a short run out of the woods and back to the field. The finish is in sight with only a short grass bank to run up - catching the unwary if the ground underfoot is slippery and muddy. You have to time that finish line sprint precisely.

If you like XC and enjoy a Parkrun 5k then I can't think of a better place to be on a Saturday morning at 9am.

Oh, and a word of advice - the parking is at Storthes Hall and it's a 5-10 min walk (or warm up run) to the start. Don't be late and don't forget your barcode!

