



Tony Mott

### From The Chair

A bit of rambling from our chair with a lowdown of what has happened so far this year.

Susan Cash

### Race Reports

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

Various

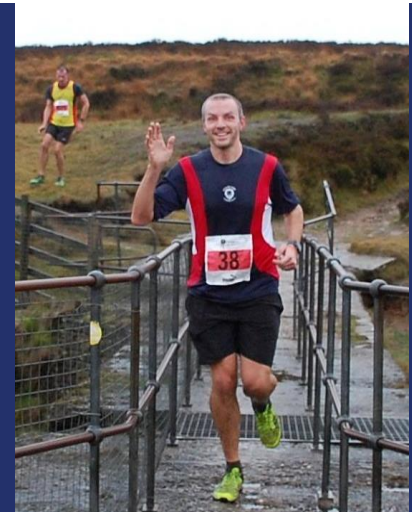
### Contributors

Contributions from a few Lions as usual. Put the kettle on, settle down and read on.

Feel free to contribute next month, any report welcome.

# From the Chair

## Tony Mott



So, that was a quiet March then!

We got the ball rolling with an awesome Stainland XC run. Tim Walker did a fabulous job yet again, supported by an army of helpers and enthusiastic marshals.

Then it all went crazy... in no particular order...

The Fell Running Championship gained momentum with Lads Leap and Heptonstall Fell Race. A mob of Lions trekked down to the big smoke for London Landmarks Half Marathon. A hardcore of our vintage runners made it to Middleton Park for South Leeds Lakers' Vets race, whilst at the same time Gareth Knight was winning the Langsett 10k in the club championship. As if to prove that he is as adept on the flat as he is off-road Gareth also went on to set the fastest track race time of the year so far, setting a marker down for the rest of the speedies...

Talking of the club championship, Steve Hallam has announced the make up of the divisions. Some of the divisions are looking really tasty again this year. Good luck everyone!

The weather decided to show us who is really in charge, resulting in Heath being evacuated as the Calder broke its banks and filled our club house with water. Parkruns around the area were cancelled on the weekend we were due to promote our Beginners Course. A massive thank you to the folks who went down to Heath when the water subsided to help with the clean up.

Everyone had a lovely time at Leon's Cross Keys Away Run, that was until Emma McKay took a tumble and smashed her knee to bits. Fortunately, Emma was running with a doctor and a physiotherapist, so she couldn't have been in better hands. Emma has made huge leaps in her running since joining the club and we all hope that she recovers quickly and is back running with us soon.

Looking forwards, good luck to everyone running spring marathons in April, especially the two biggies - Manchester and London. For anyone running a marathon for the first time, try to relax and enjoy the experience.

Annual subs are due so if you haven't paid please do so to prevent Joanne and Rich from having to chase you. It might not seem like a big deal but it is a lot of work managing our accounts and our membership, without having to chase payments.

On a miserable note, road closures are due to start on smelly mile from 15th April for 10 weeks. Over that period you won't be able to drive down smelly mile towards Heath, so you'll need to head along the bypass and get to Heath from the other side of West Vale via Elland.

Personally, I am just about recovered from a tough 200km Yorkshire Dales road ride at the end of March. Tracy and I are now looking forward to a week's mountain biking in Ibiza later this month. Hopefully I'll find some time to squeeze in a bit of running before then!

I can't finish without mentioning the fantastic start to the Beginners Course, even though that was officially in April. Catherine McHugh and Mel Shaw have put in loads of hard work and done a brilliant job, supported by loads of Lions. We have a more manageable number of Beginners this year which means we can try different things more easily. Please continue to support Catherine and Mel as much as you can over the next 7 or 8 weeks to make this the best Beginners Course ever. And if any of our Beginners are reading this - keep it up - you are amazing!

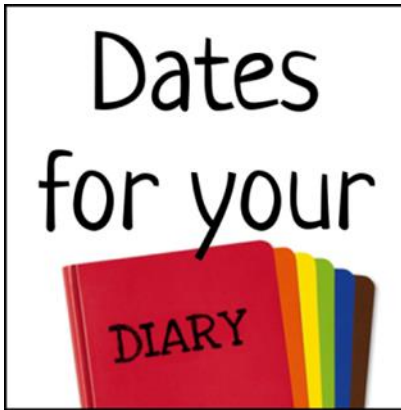
Happy running folks...

Tony



## Sally's PB Corner

Sincere Apologies from the Editor, I, Leon Severn, for losing the PB Update for April in my junk email (deleted if you don't read it quick enough). Normal service shall resume in the next newsletter, which hopefully will be issued on time.



**Bluebell Walk:** Saturday 27<sup>th</sup> 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 5<sup>th</sup> May – officially the biggest and best race in the known universe.

**Hare & Tortoise:** Thursday 16<sup>th</sup> May – get buddied up, get lost, get back to Heath, get beaten by someone who fibbed about how fast they are.

**\*\*\*NEW\*\*\* Kirkstall Vets (Race 3):** Tuesday 28<sup>th</sup> May – are you not entertained? No, well here is your 3<sup>rd</sup> race of the series. More races to follow. Keep your eyes peeled (put your reading glasses on if you need them).

**Downhill 10k:** Thursday 6<sup>th</sup> 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 26<sup>th</sup> 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.

**\*\*\*NEW\*\*\* Stainland Lions Challenge – The Yorkshire Three Peaks:** Saturday 13<sup>th</sup> July – This is a big one, literally. A few hills and a few miles, but with awesome company... that being YOU! Check the Facebook event page and the forum. We are fundraising for the Forget Me Not Hospice and hoping to reach the £10K golden block target.

**Summer Handicap:** Thursday 18<sup>th</sup> 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.

**THIS WILL REMAIN IN THE NEWSLETTER. NEW DATES WILL BE ADDED BY REQUEST. EVENTS WILL REMAIN IN THE LIST UNTIL THEY PASS. PLEASE SEND DETAILS OF ANY DATES THAT YOU WOULD LIKE TO ADD TO THE LIST.**

# Lions Publicity Officer

## Susan Cash

### Summary of Race Reports for April Newsletter



*1 March 2019: After the excitement of the club's annual dinner and prize giving on Friday night, it was back to business at the weekend for a busy two days of racing. Highlights this week were 1<sup>st</sup> Lady for Mags Beever at Carsington Water Half Marathon, 3<sup>rd</sup> place for Ed Hyland at Midgley Moor fell race and VIP treatment for the whole club at the fabulously welcoming Lostock 6 road race.*

#### **Carsington Water Half Marathon**

The unstoppable Mags Beever was 1<sup>st</sup> Lady - and 10<sup>th</sup> overall - at Saturday's Carsington Water Half Marathon. Held in Ashbourne, Derbyshire, the race took place around the undulating, traffic-free trails surrounding Carsington Water reservoir. The route afforded stunning views of the lake and the surrounding Peak District countryside - not that Mags would have been looking at the scenery as she smashed round the course at 6½ minute mile pace.

Result: Mags Beever 1:26:33

#### **"The Knights of 7 Lakes" Torch 10K**

Not a character from Monty Python & The Holy Grail but a brand new off-road race in Lincolnshire. The inaugural race was held on Saturday night, and Rebecca O'Neill was the sole torchbearer for the Lions from a field of 300 runners. By the light of their headtorches, the runners picked their way through 10K of woods and trails. The terrain was soft underfoot and slippery in parts. Rebecca said afterwards, "Pace wasn't important – the aim of the game was just to get round safely!"

Result: Rebecca O'Neill 56:08

## Lostock 6

There was a huge turnout of Lions in Bolton on Sunday for the Lostock 6 road race, a counter in the club's championship competition. Billed as "six miles of smiles", the race saw over 400 runners speeding round the fast route which was all on tarmac. Host club Lostock AC delivered a fantastic friendly race and rolled out the red carpet for the Lions, awarding special prizes for 1<sup>st</sup> Male Lion (Clayton Cutter) and 1<sup>st</sup> Female Lion (Helen Armitage). The VIP treatment didn't end there, with the club winning the prize for the largest group turn out too, with Lions comprising one tenth of the total field.

Results: Clayton Cutter 38:54, Gareth Knight 39:41, John Bannister 42:48, David Farrar 43:23, Paul McCormick 43:51, John Ingles 44:01, Steve Hallam 44:11, Helen Armitage 44:49, Jonathan Pybus 45:24, Martin O'Brien 45:32, Angela Lee 48:12, Catherine O'Shaughnessy 50:09, Sharon Marlor-Gage 50:19, Sandy Gee 51:05, Paul Butterfield 51:25, Richard Brewster 52:21, Rachel Fay 52:43, Sarah Lunt 53:29, Paula Pickersgill 53:30, Sue Cash 53:31, Ranjit Uppal 53:41, Laura Goodwin 53:55, Bill Lee 55:04, Claire Guest 55:41, John Rushworth 57:09, Sally MacGregor 57:11, Mark Preston 57:16, Dawn Medlock 57:18, Caroline Ford 58:30, Diane Thornley 58:42, Helen Shenton 58:47, Debbie Hinds 59:50, Ken Chilcott 59:58, Alex Whyte 61:22, Paul Armitage 62:14, Richard Brear 63:03, Justin Scargill 63:53, Linda Williamson 64:07, Trish Hallowell 65:19, Gail Fawcett 67:51, Jackie Barker 68:22, Hilary Scargill 72:54

## Midgley Moor Fell Race

Sunday saw perfect conditions for the annual Midgley Moor fell race. The challenging 5 mile race over paths and heather moorland raises funds for Springhill Hospice in Rochdale. Five Lions raced the course, with Ed Hyland finishing in third place.

Results: Ed Hyland 44:16, Philip Moyles 54:05, Aileen Baldwin 65:55, Raymond Mooney 71:47

## High Cup Nick Fell Race

James Penson and David Culpan headed to the village of Dufton in the North Pennines for Sunday's inov8 sponsored High Cup Nick fell race. The race is the brainchild of previous British Fell Running champion Morgan Donnelly, who devised the route and organises the race. Dufton is a very small village, and its population quadruples on the day of the race, with most of the locals helping out in some form or another. This gives a unique atmosphere on the day. The race starts and finishes on Dufton village green, and the 9 mile route

comprises a figure of 8 circuit taking runners to an amazing view point of High Cup before taking them steeply up to the ridge to return along the Pennine Way. Total climbing 1,800 feet.

James finished in around 1 hour 28 minutes and David in 1 hour 39 minutes. David would have crossed the line sooner but stopped part way through the race to help a fellow runner who had taken a bad tumble on the stony track from the top of High Cup Nick and damaged his shoulder. Once the mountain rescue team arrived, David was able to get back on his way. David said afterwards: "Apparently a girl face-planted on the same track. She was in a mess also, but nothing broken. Dangerous sport is fell running!"

### Huddersfield 10K

Finally, over in Huddersfield, sixteen Lions raced the hilly Huddersfield 10K. Starting from Huddersfield Rugby Club at Lockwood, the route climbed steadily up to the village of Netherton, then crossed the beautiful Magdale valley before a long steady descent back to the rugby club. Darren Reece was first Lion home and 1<sup>st</sup> M40 in fourth place overall. Michelle Eyre, who only joined Stainland Lions a few months ago and has been going from strength to strength ever since, knocked an impressive 16 minutes off her 2018 time! That is what happens when you become a Lion. There were age category wins for Derek Parrington and Judith Greenwood, while Jan King and Virginia Lewin came third in their respective age categories. Speaking afterwards, a delighted Judith said "I got 1st F70 and a voucher for Rundirect which I've spent already!" Judith's win at Huddersfield capped off a memorable weekend for her, after she was voted Runners' Runner of the Year at Friday's annual dinner, in recognition of her contribution to the club and the inspiration she gives to other runners.



Results: Darren Reece 37:00, Derek Parrington 41:02, Jonny Cartwright 41:29, Gaby Ferris 49:15, Jan King 52:35, Diane Waite 55:43, David Waite 57:52, Nicki Cartwright 58:43, Michelle Eyre 59:25, Claire Smith 59:33, Linda Spencer 59:40, Virginia Lewin 62:07, Phil Richards 66:13, Lesley Henderson 67:34, Melissa Vincent 67:07 Judith Greenwood 68:45

*8 March 2019: The Lions' shiny new Fell Running championship got off to a flying start this weekend with the Lads Leap, while the West Yorkshire Winter League cross country season reached its conclusion with a barnstormer of a race round Stainland's home course.*

### **Lads Leap Fell Race**

Five Lions tackled the Category A Lads Leap fell race on Saturday. The 6 mile course, which includes 1,700 feet of ascent, sees runners setting off from Crowden campsite in Derbyshire. The race heads down past the youth hostel, then up-up-up before descending steeply back to the finish. Damian Pearson was first Lion back, which puts him at the top of leaderboard in the brand new Stainland Lions fell running championship. The next counter in the competition (which the organisers say is guaranteed to "make you more sexy, give you interesting marks in places you never knew you had and give you increased kudos at the hairdressers") will be the Category B Heptonstall fell race on 24 March.

Results: Damien Pearson 1:09:38, David Culpan 1:11:42, Martin O'Brien 1:12:11, Paul Patrick 1:17:36, Aileen Baldwin 1:21:07

### **Oulton Park Running Grand Prix**

Gavin Dodd raced round the Oulton Park motor racing circuit on Sunday, completing five laps of the hilly circuit in wet and windy conditions. There was a chequered flag finish for Gavin, with a win in the V40 category.

Result (half marathon distance): Gavin Dodd 1:30:09

### **Ron Hill Accrington 10K**

Two Lions joined the 500+ runners at this year's Ron Hill Accrington 10K, both posting sub-50 minute times. The race is named in honour of Accrington born Ron Hill, who won the Commonwealth Games and European



Championship marathons. He is also well known for his “run streak”, when he ran every single day for over 50 years.

Results: Mike Dunning 49:22, Paula Statham-Drake 49:33

### **River Deep Mountain High - West Yorkshire Winter League Cross Country Series, Race 6**

Stainland hosted the final race of the 2018/9 West Yorkshire Winter League cross country series on Sunday, and it was an absolute cracker. 58 Lions were among the 400 strong field. In a fitting ending to the season, the course had something for everyone including:

- lung busting climbs
- terrifying descents
- mud, lots of it
- the log flume and, memorably
- a fantastic river crossing complete with marshals hauling runners out of the river and sling-shotting them in the general direction of the finish line

The series results will be published shortly, but the on-the-day results are out:

Stainland Ladies Team stole the show again with Margaret Beever in 3rd closely followed by Danielle Hirst, Lorraine Naylor and Stefanie Hopkins in 6th, 7th and 8th places.

The Lions Men were led home by Seriously Fast Ed Hyland in 3rd and Gavin Madlegs Mulholland in 4th. Dan Marsden had a great race to finish 26th closely followed by Richard Hand and Leon Severn.

The Vets Team also had a great day with Dan Marsden boosting the team into second place alongside the ever present Mags and Gav.

The Supervets benefited from the returning Mark Pigford joining Sean Thompson and the wonder that is Aileen Baldwin to also claim a second spot.

Club cross country captain Tim Walker said: “I’m still buzzing from the race and to get a set of results like this is the icing on the cake - I’m one proud proud skipper.”



*15 March 2019: Normal rules did not apply this weekend. Instead of hunting in a pack like they usually do, the Lions headed out in ones and twos to races all over the country and abroad.*

### **The Haworth Hobble**

David Culpan ran The Haworth Hobble on Saturday as a pair with Mike Dean from Calder Valley Fell Runners. The gruelling 32 mile route follows gritstone tracks from Haworth Main Street over the moors to Calderdale, up Stoodley Pike and back to Haworth via Hardcastle Crag, Heptonstall and Crimsworth Dean. The total climb is a mammoth 6,500 feet. Conditions were quite bad in the morning - heavy rain, sleet and hailstones, but the sun came out for the latter stages of the race.

Result: David Culpan 7 hours 20 minutes

### **The Dentdale 14**

Jan King was the sole Lion at The Dentdale 14 on Saturday, finishing 2<sup>nd</sup> M65 in 1:59:49. The race is staged on the roads and lanes around Dentdale, and follows a figure-of-eight course, starting and finishing at Dent Primary School.

### **Trafford 10K**

Helen Armitage finished 3<sup>rd</sup> F50 at the fast and flat Trafford 10K on Sunday. The one lap course with closed roads is billed as one of the UK's fastest 10K courses. Helen's achievement is particularly noteworthy because the event attracts such a high quality field.

Result: Helen Armitage 46:09

### **Vitality Big Half**

Mo Farah (not a Lion, although he'd be very welcome to join) won the Vitality Big Half in London on Sunday for the second year running. Just behind him was Lion Paul Shaw, who crossed the line in 2:10:46.

### **The Spen 20**

Starting and finishing on the Princess Mary Stadium track in Cleckheaton, the Spen 20 mile race route goes through Scholes, Clifton, Hartshead and Roberttown. There were just under 200 runners in the field this year. Jamie Westwood put in a solid performance to finish 3<sup>rd</sup> M45.

Results: Jamie Westwood 2:15:22, Gail Schofield 3:28:28

### **Ian Roberts Memorial Fell Race**

Five Lions started and eventually finished the Ian Roberts Memorial Fell Race in Marsden. The race was billed as 6.4 miles but a blizzard soon destroyed anyone's chances of navigating the already snow-covered, open moorland course successfully. Some of the finishers managed to clock over 9 miles, and even the official race sweeper who had flagged the course on the previous day got lost! Thankfully all of the 98 participants got back

safely in the end and were greeted with a lovely warm clubhouse and a huge table full of home-made cakes. Paul Patrick was first Lion back, followed by Martin O'Brien, Steve Boyer, Ray Mooney and Aileen Baldwin.

### Barcelona Marathon

Chris Hall stayed well clear of the blizzards by flying to Spain for the Barcelona Marathon. Chris was one of 17,500 runners to race through the streets of Barcelona with its famous sights. There was a fantastic atmosphere along the route, with crowds lining the streets. Conditions on the day were good (not too hot), and both the men's and the women's course records were broken.

Result: Chris Hall 3:22:33



## Red Hot Toddy

Four Lions ran the annual Red Hot Toddy round Todmorden. The hilly 10K race provided rich pickings, with three of the four Lions winning prizes. Michelle Rogerson was first Lion home and 1<sup>st</sup> F40, and there were other category prizes for John Bassinder (1<sup>st</sup> M65) and Gaby Ferris (2<sup>nd</sup> F45).

Results: Michelle Rogerson 49:17, John Bassinder 49:32, Ian Hoskins 50:34, Gaby Ferris, 50:48

## West Yorkshire Winter League Cross Country Series

Drumroll please! The series results are now in, and the winners are.....

Ed Hyland – 2<sup>nd</sup> male overall

Lucy Collins – 2<sup>nd</sup> female overall

Danielle Hirst – 2<sup>nd</sup> female open age category

Margaret Beever – 1<sup>st</sup> F35

Stefanie Hopkins – 1<sup>st</sup> F40

Lorraine Naylor – 2<sup>nd</sup> F45

Sean Thompson – 2<sup>nd</sup> M50

Virginia Young – 1<sup>st</sup> F60

Aileen Baldwin – 1<sup>st</sup> F65

Virginia Lewin – 2<sup>nd</sup> F65

Judith Greenwood – 1<sup>st</sup> F70

Stainland Lions Ladies Team won the Ladies team prize, and the club were runners up in the overall competition.

*22 March 2019: A relatively quiet weekend, with a fantastic run from Mags Beever at the Lisbon Half.*

## Lisbon Half Marathon

Mags Beever and Karen Marsella travelled to Portugal for the Lisbon Half Marathon. The race is the most popular race in Portugal, attracting over 35,000 runners from all over the world every year. The half marathon world record of 58:23 was set on the course, so all top runners want to race it to try and beat the world record. The route passes the docks and many of the city's historical sights, including the Belém Tower and Jerónimos Monastery. Mags Beever was the 26<sup>th</sup> woman, and finished 4<sup>th</sup> in her age category.



Mags said afterwards: “Even though it was a flat route, it felt tough as the long straight roads felt relentless.”

Results: Mags Beever: 1:25:50, Karen Marsella 2:15:49

### **Brentwood Half Marathon**

Paul and Helen Armitage were in Essex for the well organised Brentwood Half. The race was Paul’s first since his recent hamstring injury, and he was understandably nervous on the start line – and relieved to get round without incident.

Results: Helen Armitage 1:43:11, Paul Armitage 2:11:39.

### **The Shamrock Shuffle**

Becki Watson completed the St Patrick's Day-themed Shamrock Shuffle in just over an hour. The 10K route round St Ives' Estate near Bingley was muddy and slippery and all off road.

### **Bradford 10K**

Half a dozen Lions raced the Bradford 10K in aid of Epilepsy Action. The city centre road race through the middle of Bradford starts and finishes in Centenary Square. Conditions on the day were poor, with runners battling a constant headwind. Jamie Westwood was first Lion, Jan King won his age category and a delighted Beverley Day, running her first 10K for over 3 years, beat her 70 minute target time by over 7 minutes.

Results: Jamie Westwood 39:34, Paul McCormick 46:31, Jan King 47:27, Carol Gregson 56:59, Julie Goddard 62:02, Beverley Day 62:22

*29 March 2019: From Langsett to Leeds, from London to Holmfirth, and from the hills of Heptonstall to the Rochdale canal, it was the busiest weekend in the history of busy weekends! Highlights included Gareth Knight winning the Langsett 10K Trail Race, and Gerry Banham and Andy Baird setting new club records at 20 miles and 50K distances respectively.*

### **Langsett 10K Trail Race**

A counter in this year's Lions Championship, the Langsett 10K is a relative newcomer on the calendar, having only been held on three previous occasions. 166 runners, including thirty Lions, took part this year, running from the beautiful village of Langsett on the edge of the Peak District National Park. The course was highly technical, twisting through beautiful forest trails and taking in some nice climbs, with a fantastic downhill finish. Gareth Knight was the overall race winner, adding another trophy to the hatful of silverware that he won at the club's recent annual dinner.

Results: Gareth Knight 47:47, Derek Parrington 48:07, Clayton Cutter 52:30, David Farrar 53:44, Paul McCormick 53:59, Ian Hoskins 54:27, Michelle Rogerson 55:12, Jonathan Pybus 55:25, Steve Hallam 56:55, Martin Wood 59:55, Jan King 60:01, Ian Drinkwater 60:46, Catherine O'Shaughnessy 61:40, Sharon Marlor-Gage 64:15, Paul Butterfield 64:18, Laura Goodwin 65:38, Michelle Eyre 66:01, Steve Boyer 66:44, Liz Norman 67:15, Karen Thorne 67:25, Kim Ison 68:13, Sarah Lunt 71:17, Alex Whyte 75:16, Ken Chilcott 75:20, Debbie Hyde 79:06, Zoe Mallinson 79:08, Trish Hallowell 81:27, Jackie Barker 82:14, Debbie Hinds 82:24, Justin Scargill 83:47, Gail Fawcett 89:41

### **Yorkshire Vets Grand Prix Series – Race One, South Leeds**

While the championship racers were busy chasing Gareth round Langsett, over in Leeds the Yorkshire Veterans Grand Prix series was getting underway. Sixteen Lions took part in the first race of the series, which this year comprises ten cross country races held in various locations across Yorkshire. Points are awarded for individual and team performances, and tallied up over the course of the series. Chris Hall, making his debut as a vet, finished 17<sup>th</sup>, with Richard Hand right behind. Despite injury niggles, Lorraine Naylor was an F45 prize winner along with Emma Forester Thompson who was 3<sup>rd</sup> F40 matched by Sally Caton in the F45 and Helen Armitage who went one better at 2<sup>nd</sup> F50. Virginia Lewin was 2<sup>nd</sup> F65. Commenting on the team results after the race, Vets Captain Gavin Mulholland said: “Our ladies are 2<sup>nd</sup> in two categories with the lads 3<sup>rd</sup> - great start.”



### Elan Valley Mountain Bike Challenge

Tony and Tracy Mott completed the Elan Valley Mountain Bike Challenge in Wales on Saturday. Set amongst spectacular backdrops of Victorian dams and reservoirs, open hills, old railways and woodlands, the route includes technical climbs, steep descents, flooded paths, plenty of mud and a river crossing. Tracy said afterwards “The puddles were over my knees! It was absolutely brilliant – so hard but so worth it!” Tony simply described the whole thing as “brutal”.



Results: Tony Mott (60K distance) 5 hours 2 minutes, Tracy Mott (40K distance) 3 hours 39 minutes

### Wakefield Hospice 10K

Three Lions tackled the Wakefield 10K, an event held annually to raise funds for patient care at Wakefield Hospice. There was a top twenty finish for Darren Reece who was 2<sup>nd</sup> M40 and first Lion back. Kelly Richards (sporting her snazzy dinosaur leggings) was delighted to run a course PB.

Results: Darren Reece 36:12, Claire Smith 54:44, Kelly Richards 59:40

### London Landmarks Half Marathon

This race feels like a fixture in the race calendar but in fact only started last year. Eight Lions were on the start line amongst the 13,000 runners (or, as the Daily Mail put it, "13,000 runners *including Amanda Holden! In skin tight leggings!!*") The runners enjoyed fabulous views of London's major landmarks including Amanda Holden's leggings, Big Ben, St Paul's Cathedral, Nelson's Column, the Gherkin, the Shard, the Tower of London and the London Eye.

Rebecca O'Neill was first Lion back despite covering an extra half a mile weaving around slower runners at the start. Renee Comerford improved on her 2018 time by around ten minutes, and several of the Lions were celebrating their debut at half marathon distance.

Results: Rebecca O'Neill 1:50:46, Zoe Russell 2:02:17, Gemma Berriman 2:02:39, Claire Alletson 2:02:40, Julia Willox 2:34:22, Donna Pogson 2:34:22, Renee Comerford 2:35:06, Wendy Paulson 2:36:27

### The Windmill 6

The Windmill 6, an undulating road race around the windmills on the top of Spicer Hill, is race one in the South Huddersfield Trail and Road Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. The route is an anti-clockwise loop with breathtaking views across Penistone and surrounding areas. Amjid Khan was first Lion to finish, and a delighted Carol Heptonstall improved on her 2018 time by over three minutes. All four Lions were pleased to find a Lion Bar in their goody bags as well as the rather fabulous finishers' medal.

Results: Amjid Khan 48:07, Sue Cash 56:30, Claire Guest 59:30, Carol Heptonstall 68:01

### **Wilmslow Half Marathon**

Darren Young was 2<sup>nd</sup> M50 at Sunday's Wilmslow Half Marathon, going sub 1 hour 20 minutes for the first time and taking 21 seconds off his half marathon personal best. The race attracted 2,800 runners this year. The race was started by David Brown CBE, who has fired the starting gun at numerous Olympic events. This being Wilmslow, the race lead vehicle was a Porsche.

Results: Darren Young 1:19:58, Paul Corns 1:45:43, Gail Schofield 1:58:19, Bob Arnold 2:33:03

### **Canalathon 50K**

Andy Baird finished in sixth place overall at the Canalathon 50K, a flat Ultra Marathon along the Rochdale Canal. Richard Crombie also ran well to complete his first ultra – having made his debut as Run Director at Huddersfield parkrun the previous day. Both Andy and Richard suffered cramp towards the latter stage of the race. Despite this, Andy improved on his 2018 time by two minutes and set a new 50K club record.

Results: Andy Baird 4:06:18, Richard Crombie 5:25:44

### **East Hull 20**

Gerry Banham was the sole Lion at Sunday's East Hull 20, which is billed as the ideal preparation run for the London Marathon. Gerry had unfinished business with the race, after having had to pull out mid-race in 2018 with a torn calf muscle. Although a seemingly perfect running day, there were very strong headwinds from 10 to 18 miles, testing the grit of all the runners. Thankfully, Gerry came through unscathed to post a time of 2:45:11, which also gave him the club M60 record for 20 miles.

### **Heptonstall Fell Race**

Race number two in the Lions' shiny new fell racing championship, Heptonstall Fell Race is a fifteen mile race with 3,200 feet of ascent. Ed Hyland finished in 6<sup>th</sup> place overall in a strong line-up with a record 290 entries, and it was good to see Tanya Blake back racing again.

Results: Ed Hyland 1:55:56, Dan Marsden 2:15:53, Kevin Robinson 2:29:15, Tanya Blake 2:30:59, Craig Miller 2:36:39, Leon Severn 2:44:03, Martin O'Brien 2:47:23, John Bassinder 2:51:59, James Penson 2:52:08, John Ingles 2:53:16, Aileen Baldwin 3:28:31



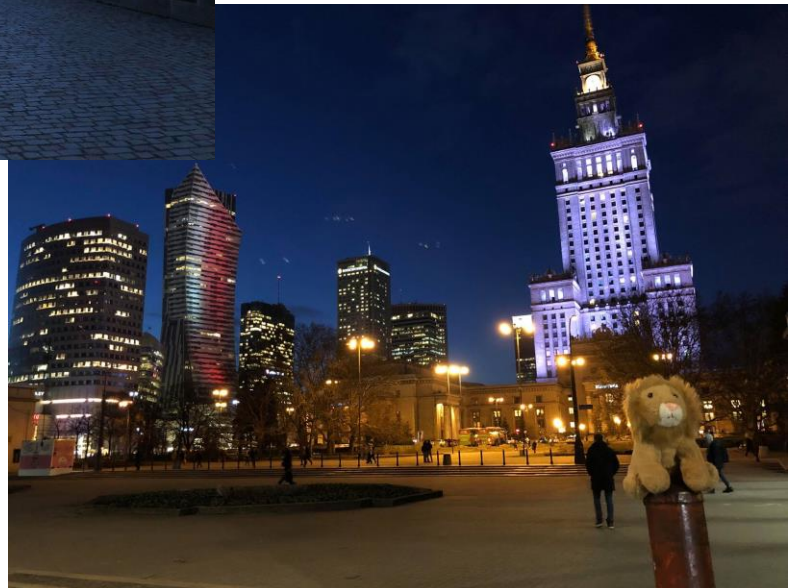
### Elland Urban Orienteering

And finally.....Jim Harris took a jaunt around the East Pennine Orienteering Club's event in Elland. Jim navigated his way through the various checkpoints on the approx. 10K route to finish in 17<sup>th</sup> place in 59:39.



# Leo's Adventures

Spotted most recently in Europe taking a run through Warsaw (Poland) at night, and then photo bombing a couple's special moment in the city of Prague (Czech Republic). Thank you to Andrew Falkingbridge for your submission.



Where next Leo? Stay tuned... #leosadventures #lionsontour #stainlandlions

# Beat The Wall!

## Gavin Foster

Most people have probably experienced this at some point in their debut marathon. Cruising along wondering when you are going to 'hit the wall'.

On Sunday 7<sup>th</sup> of April it was my turn. As I was flying towards the final part of the ASICS Greater Manchester Marathon, I was beginning to think it was a myth that 'marathoners' told to add extra glory to their achievements.

Then just before I hit mile 22.... BANG!

Seconds earlier Jamie Westwood had shouted some words of encouragement towards me. I could feel my left hamstring beginning to tighten, but I kept on going and managed to shake it off. Or so I thought. Then in perfect synchronisation, both of my hamstrings cramped up. It was at this point that my race plan turned into a survival guide. I had only experienced this briefly in the final 100 metres during the London Triathlon last year.

The dream of a sub 2:50 marathon was gone as I pulled up to stretch. I could see the next water station a little over 100m away. That was my first check point. I had to get there. Upon reaching the water station I immediately downed a bottle of water and took another quite literally for the road. After some more stretching I was ready to go again.

I'd like to say something clever here like, I kept repeating to myself 'Step by step and the miles will come', but that would be a lie. In reality, I was trying to do the maths in my head for the pace of my next four miles in order to finish in less than 3 hours.

I set off again at a reduced pace, but each stride was torture. Trying to remember every tip or piece of advice I have heard during my short time running. Something had to work;

- Keep running and count to 100
- It's all in your head
- Tap it out
- Shut up legs!

I reached the next water station at just over 23 miles. I'd looked at the route map a few days earlier and knew that the next water station was almost 2 miles off. It was time for another stretch and bottle of water. The clock was ticking at around 2:33:00 with three miles to go.

My brain was definitely working in survival mode now as I remembered Chris Hall once saying he used to pour water on his calves when they cramped up back in our football days. I was willing to try anything at this point, so I gave it a go. It seemed to help for a while.

I grabbed another bottle for the road and set off again. The water soon disappeared. Medics were offering massages, whilst they stood there with what I hope was Vaseline on their index finger. I refused to stop as I knew that would be game over.

I completely disregarded the golden rule of not trying anything new on race day. I had some jelly babies, a different brand of gel, some oranges, literally everything I have never done in a race before. The 24 and 25-mile markers seemed to take forever to pass and the clock was at 2:48:00. It was a risk I was willing to take to get to the finish line under that all important 3 hour mark.

If I reached the final straight I knew the roar of the crowd, family and friends would get me across that finish line. As I reached the home run section I had to stop for another stretch. One of the marshals began shouting 'What are you doing! There's only two minutes left'. He was right. The pain would be over in a matter of moments. It was time to grit the teeth and go for it.

I remember seeing my family cheering me on about half way down and I could hear the Stainland rabble making their noise. It was time to practice the gurn for the cameras and cross the finish line.

Whilst training for this marathon I read a couple of marathon books, and took on loads of advice from fellow Lions who were probably passing on knowledge from other Lions that have helped them. I'd like to thank each and every one of you for this. You know who you are. A special thanks to Coach P too for the training plan. What would we do without him?!

I have now had a few days to reflect on what I managed to achieve in my debut marathon. 2:56:34...Wow! I didn't give up at a point when it would have been so easy to quit and throw in the towel. Those last few miles taught me more about marathons than any book could. More importantly, they taught me a lot about my own mental strength and determination to finish.

# West Yorkshire Winter League Season Review

## Tim Walker

Well another fantastic season of the West Yorkshire Winter league has drawn to a close and its time to put “our” trophies back in the cabinet at Heath!!

From an organisational point of view the league went high tech this year with a new online entry system, which as you’d expect had a few teething issues initially. But after a few heated discussions between the Club Reps and the organising committee the glitches were resolved and we could get on with splashing around in the mud.

### **Race 1 – The one where the Race Organisers panicked!**

Baildon, last seasons winners, hosted the first race and treated us to a two lapper round Baildon Moor. The course was nicely undulating and disappointingly fairly dry, and for those of us who started near the back congestion was a major issue as over 500 runners took part. Stainland had a bit of a slow start with many of our big hitters missing – but it was early days so plenty of time to catch up.

### **Race 2 – The one where Gav missed the start.**

This was hosted by Queensbury who chose Ogden as their new venue and some wit nicknamed their race “The Beast”. It certainly lived up to the billing with a rapid climb up to Giants Tooth, followed by a long long climb up to Withins, before heading over the moor to finish with a long fast descent. For most of us it wasn’t the course that we remember but the fact that Gav gave everyone a 100 yard start and then treated us all to a volley of Mullholland, that fortunately none of us understood, as he tried to fight past the 500 or so runners in front of him! Full credit to Gav though as despite such an embarrassing start to the race he did manage to finish in 5<sup>th</sup> two places behind Stephen Hall. Lucy had a storming run claimed first place in the Ladies race.

### **Race 3 – The one where we somehow came second.**

We finished 2018 with Pudsey’s new course around a 4x4 driving complex, which proved to be a tough challenge as it was a fast demanding two lapper. The men once again did brilliantly finishing in 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup> and 8<sup>th</sup> place but had me running off to scrutinise the results when it was announced we’d come second!! (With the first 7 men counting we were really lacking in mid-field). With the ladies once again coming in first place we were leading overall in both the mens and ladies teams at the half way point of the season.

**Race 4 – The one where the wheels fell off.**

2019 started with a return to the John Charles Stadium for South Leeds Lakers race which is a relatively flat, fast, two lapper – “At last one that’s not a bloody fell race” was one cry I heard! The Ladies were led home by Lucy with Mags not far behind once again and came first overall. The men lost bookies favorite Matthew Pierson early to to a pulled hamstring and despite Ed’s great individual effort our hopes of winning the mens title was dashed.

**Race 5 – The one where Maccers got lost and we found a new Gurner.**

Next up was Crossgates who’s hosting was hampered a bit by major construction work which confused a few peoples Sat Navs, some before the race and some during it eh Andrew Mackrill?? The race was a relatively tame affair round a few fields but I bet if the weather had been a bit wetter it would be a whole different ball game.

When I finished this race I spoke to Danielle to find out how we’d got on and she told me that Lucy was 3<sup>rd</sup>, she was 6<sup>th</sup> and Loraine was 8<sup>th</sup> so we should have done OK. “What about Mags?” I asked.

“I’m not sure, I’ve not seen her” was Danielle’s reply.

So off I go in search of what happened to Mags, thinking the worst and eventually I find her retrieving her bag.

“Are you OK? What happened?” I ask.

“I finished second” was Mag’s usual modest reply!

This race was also where a new contender for champion Gurner showed his talent. This award has been won by Steve Crowther for so long now that I didn’t think anyone else had a chance of competing, but step forward Gareth Knight with this brilliant effort!





### Race 6 – The where we turned on the style.

We had the honour of hosting the final race of the season again and with the standard of the races in the league increasing year on year the pressure on host clubs to find ways to raise the bar gets tougher and tougher. I'd had the idea of including a river crossing into our race to add a bit of "fun" but everytime I'd go down to look at the river it was clear that it was just not a sensible thing to do in March. However a dry spell in February saw the water levels fall and the day before the race we inspected the river and I can't tell you how chuffed I was that, baring heavy overnight rain, the river was low enough for us to do the crossing. Byron, Roy and the Chuckle (Rushworth) Brothers set to work to rig up a rope and we were on!



I have to say that we certainly pulled out all the stops that day and put on a first class race – we even had a guy from Skipton attempt to swim over the river.



Steve's comment afterwards that anyone wanting to put on a cross country race should "come down to Stainland and watch how we do it" was a very fitting compliment to everyone in the Club that helped out that day. The Ladies once again stole the show with 4 finishers in the Top 10 and the men came in 3<sup>rd</sup> place led home by Ed in 3<sup>rd</sup> and Gav 4<sup>th</sup>.

### The presentation night

At the presentation evening in Leeds we had a brilliant haul of Trophies, we retained our Overall Trophy for the Ladies for 8<sup>th</sup> the year in a row and were once again the second team overall.

Individual trophies went to Ed Hyland (2<sup>nd</sup> Male overall) and Sean Thompson (2<sup>nd</sup> M50). The Ladies picked up 8 trophies in all, Lucy Collins (2<sup>nd</sup> Overall), Danielle Hirst (2<sup>nd</sup> F0pen), Mags Beever (1<sup>st</sup> F35), Stef Hopkins (1<sup>st</sup> F40), Lorraine Naylor (2<sup>nd</sup> F45), Virginia Yound (1<sup>st</sup> F60), Aileen Baldwin (1<sup>st</sup> F65), Virginia Lewn (2<sup>nd</sup> F65), Judith Greenwood (1<sup>st</sup> F70).

But I think the award we were most pleased with was the unofficial title of "Best Looking Birds in the League" which was awarded to them by some sleazeball from Pudsey – I'm sure that there is no danger of him catching any of our superstars!

