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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 June. As always, plenty of people in action all around the UK.

Various

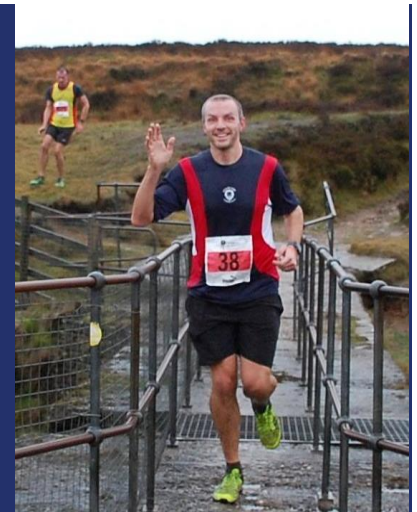
Contributors

Erm, no contributors...

Feel free to contribute next month, any report welcome.

From the Chair

Tony Mott



Hi Lions,

Crikey, where to start? I would love to know if anyone managed to do every club event in June... anyone...?

The crazy month kicked off with a championship race - the Puma's Northowrun – followed a few days later by Hutchie's Downhill 10k. For those who joined the club after Hutchie passed away, he was a super bloke and bloody quick for a man with the quirkiest running style of all time. I'm sure he was sat on a cloud somewhere, watching a crazy mob of Lions running through Greetland in a rainstorm with a big smile on his face.

Next it was onto Marsden 10. What an utterly brilliant race put on by our friends, Stadium Runners. Friendly, low-key and a fantastic hilly route taking in one of my favourite descents (on foot or by bike) - Wessenden Head. Even the weather held up.

Then came a proper endurance test of 3 races in 3 days...Bridestone Fell Race, Joe Percy and West Park Vets Race. I managed the latter two. The atmosphere at Joe Percy was great even though it was cold and soggy, made even better by my last-minute surge to nip past Jim Harris on the final corner. Sorry Jim (sort of). West Park Vets Race was a corker too; a mix of lumpy bumpy fields and some fabulous twisty muddy tracks through the woods. My legs were ruined but it was worth it.

Settle Hills Fell Race followed a few days later, before the Barkisland Cricket Club Away Run, where Jim Harris once again did a fantastic job of sending teams of Lions running in all sorts of directions to pick up as many checkpoints as possible. Catherine McHugh is an awesome Away Run Coordinator and everything ran like clockwork. The landlord did happen to say that she was much better organised than the last guy (*I bet that gets edited out*). Rich Crombie was on hand to record times and add up scores, although I'm sure he got our time wrong by about 8 minutes or so...

Lastly, we had our very own Stainland Vets Race. I only made it out of work in time to appear at the last minute and made a token attempt to help with the finish line tidy up. I heard plenty of runners talking about how much harder our course was this year... I'm sure that's a good thing, right? Tim Walker deserves a huge amount of credit for stepping in to help Gav out by not just organising the race but coming up with a brand-new course. That really is above and beyond! Thanks to everyone else who helped make this another brilliant Stainland Lions night too. Even the post-race buffet was a class above – Bex showed a few other clubs how it should be done.

Last but not least, the usual group of nutcases (Bex, Karen, Sarah, Roy) visited Calke Abbey in Derbyshire to run the Fractured Marathon. I would try to explain how this works but I'll only confuse myself. Just believe me when I say it's bonkers.

Good luck to everyone who's doing more bonkers running events in July.

Happy running

Tony



Usain's PB Corner

June Park Run PB Corner:

1st June:

Brighouse: Jenny McBride with a new PB of 32:40, taking 40 seconds off.

Huddersfield: Michelle Rogerson with a new PB of 21:32, taking 33 seconds off.

Halifax: Peter Benn with a new PB of 27:09, taking 36 seconds off; David Swarbrick with a new PB of 28:13, taking 38 seconds off.

8th June:

Halifax: Gareth Duckworth with a new PB of 22:21, taking 59 seconds off; Anne Cawdron celebrated her 50th Park Run.

15th June:

Brighouse: Jenny McBride with a new PB of 31:59, taking 41 seconds off.

Huddersfield: Sarah Parker with a new PB of 34:49, taking 1 minute 28 seconds off, and her 4th PB in a row at Huddersfield.

22nd June:

Halifax: Peter Cawdron with a new PB of 31:59, taking 1 minute 36 seconds off.

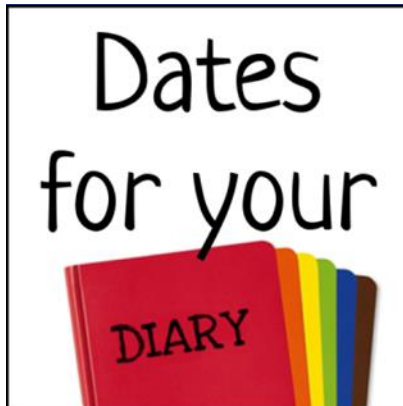
Huddersfield: Tony Pinnington celebrated his 250th Park Run.

Brighouse: Gareth Duckworth with a new PB of 21:11, taking 1 minute 2 seconds off, and his 3rd PB in a row at Brighouse; Roy Lunt with a new PB of 22:44, taking 54 seconds off; Karen Thorne with a new PB of 26:37, taking 27 seconds off.

Other races:

Gavin Foster 10K pb at Joe Percy, 36:26

Michelle Rogerson 10K pb at Joe Percy, 44:58



Summer Handicap: * NEW DATE ***** Thursday 25th July – very similar to the Winter Handicap, but in Summer. John and Colin promise not to add an extra mile to this one... maybe...

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 July Newsletter



Summary of Race Reports for July Newsletter

6 June 2019: This week's highlights (there are so many, I'm going to have to bullet point them!):

- *Ed Hyland worked hard to finish a brilliant second in the That's So Hebden Bridge! Fell Race, just holding off the third placed runner by a couple of seconds*
- *Stephen Hall and Jamie Westwood won the men's pairs race at the Calderdale Way Ultramarathon*
- *Richard Crombie and Genevieve Thompson also completed the Calderdale Way Ultramarathon – it's 50 miles long and super-hilly, imagine that!*
- *The club had some fantastic results at the Northowrun 5, with Michelle Rogerson 1st Lady (a first for her) and six Lions in the top ten overall.*

Yorkshire Vets Grand Prix Series – Race Three, Kirkstall

Over in Kirkstall on Tuesday evening, it was round three of the Yorkshire Veterans Grand Prix series.

Stainland Ladies' Team

Sally Caton led the ladies' team home in 6th place, with Maria Harron, Michelle Rogerson and Victoria Armstrong hot on her heels in 7th, 9th and 13th respectively. Helen Armitage and Lorraine Naylor also made it into the top 20. Aileen Baldwin ran like she was half her age to finish in 32nd. Debbie Hinds ran her debut race for the Vets.

Stainland Men's Team

Vets' captain Gavin Mulholland was first Lion back in 3rd place, and there was a respectable 9th place finish for Paul Senior. Jamie Westwood and Paul Hiley made up our top four with Chris Hall just behind in 28th place.

Series standings after three races

In the series, the ladies' team now sit 3rd overall and lead the "first 4 to count" category by 109 points, while the men's team are 4th overall and up to 2nd in the "first 4 to count" category.

The next race in the series is at West Park Leeds on Thursday 13th June.

Hollingworth Lake 5K

Four Lions were in action at the 5th and final race of the Hollingworth Lake 5K series on a very soggy Wednesday evening. Lucy Collins was 2nd Lady and winner of her age category. Richard Hand improved on his time from last week's race by over half a minute.

Results: Richard Hand 19:20, Lucy Collins 19:41, Paul Corns 22:15, Gail Schofield 26:32

Apperley Bridge Canter

Based at Woodhouse Grove School, the Apperley Bridge Canter (or "ABC") is a challenging race of approximately 10K, largely off-road along woodland tracks in a rural part of the Aire Valley. Two Lions took part.

Results: Jan King 52:45, Michelle Rushby 56:46

That's So Hebden Bridge! Fell Race

The annual That's So Hebden Bridge! Fell Race was held on Thursday evening. Fourteen Lions were in attendance, attracted as much by the opportunity to earn points in the club's Fell Racing Championship as by the prospect of an evening's stumbling about in the dark up Stoodley Pike. Hosts Todmorden Harriers had thoughtfully tweaked the route this year, to include a fiendish vertical bank which required hand-over-hand climbing. There was plenty of flailing round in bogs to be done at the top, with the opportunity to fall down a steep gully afterwards. The final run-in was along densely wooded paths and tracks, and with the smell of incense wafting up from the local residents' houses in the gathering dark, it was indeed So Hebden Bridge.



There were some fabulous results on the night: Ed Hyland came 2nd overall, Clare Smith was 1st F40 and Aileen "another race another win" Baldwin was 1st F60/65. Offered a free choice of any prize from a selection on the

table, Aileen selflessly picked out the Warhammer merchandise that Jim Harris had been eyeing up all evening. What with that and the “to-die-for” coconut and raspberry cake on offer in the clubhouse, everyone went home happy.

Results: Ed Hyland 46:55, Kevin Robinson 56:38, Jim Harris 1:02:02, Clare Smith 1:02:07, Victoria Armstrong 1:03:01, Paul Patrick 1:04:34, Robert Ashcroft 1:07:30, David Culpan 1:07:36, Steve Hallam 1:09:05, Aileen Baldwin 1:10:51, Paul Shaw 1:15:22, Steve Boyer 1:18:40, Sue Cash 1:28:19, Alex Whyte 1:32:54

Calderdale Way Marathon and Ultramarathon

First, a quick recap: last month saw huge numbers of runners take on the Calderdale Way Relay Race –a six leg relay event run in pairs, which covers 50 miles of the Calderdale Way. But on Saturday, this same route was raced all in one go as an ultramarathon. Running one leg of the relay is gruelling enough, so hats off to Stephen Hall, Jamie Westwood, Richard Crombie and Genevieve Thompson who ran all six legs consecutively in a single day. Stephen and Jamie’s excellent run secured them 1st place in the men’s pairs race. John Ingles took the shorter (but still ultra distance) route option, finishing 3rd in his age category. Richard Crombie was very touched to find that Rebecca O’Neill had organised a team of support runners to run alongside him on the day, with various members of the club turning up along the route and joining him for a few miles. This couldn’t have been done without the brilliance of Jim Harris’s spreadsheet analysis - with various guesstimates of where Richard might be if his legs were still working!



Result (50 mile route): Stephen Hall and Jamie Westwood running as a pair 9:44:17, Richard Crombie 13:31:30, Genevieve Thompson 15:15:35

Result (28 mile route): John Ingles 6:16:14

Northowrun 5

Fifty four Lions joined our friends and rivals Northowram Pumas for the inaugural Northowrun 5, a delightful five mile road race round the hills of Northowram. The race, which was a counter in the club championship, yielded some impressive results. Six of the top ten were Lions, with Gavin Foster in 2nd place and Darren Reece in 3rd. Michelle Rogerson was 1st Lady, and there was a 1, 2, 3 for the Lionesses with Maria Harron and Lorraine Naylor finishing 2nd and 3rd Lady respectively. There were age category wins for Darren Reece, Michelle Rogerson and Maria Harron. Gavin Dodd ran a five mile pb to finish 9th.

Results: Gavin Foster 30:17, Darren Reece 30:45, Derek Parrington 33:24, Chris Hall 33:50, Gavin Dodd 34:08, Clayton Cutter 35:05, David Farrar 37:22, Michelle Rogerson 37:29, Steve Hallam 37:57, Paul McCormick 37:59, Maria Harron 38:04, Lorraine Naylor 38:14, Jonathan Pybus 38:51, Ian Hoskins 38:53, John Bassinder 39:04, David Collins 39:05, Helen Armitage 39:19, Lance Parker 39:23, Gareth Duckworth 39:47, Roy Lunt 40:20, Jan King 41:03, Aileen Baldwin 41:14, Catherine O'Shaughnessy 42:18, Anne-Marie Ulyott 42:26, Amjid Khan 42:33, Angela Lee 43:03, Sarah Lunt 43:20, Sharon Marlor-Gage 44:24, Michelle Eyre 44:50, Paul Butterfield 45:09, Sandy Gee 45:23, Paula Pickersgill 45:51, Joanne Cooke 46:13, Richard Brewster 46:18, Karen Thorne 46:37, Rachel Fay 47:08, Claire Smith 47:22, Sue Cash 49:06, Ken Chilcott 49:34, Paul Armitage 50:08, Virginia Lewin 50:28, Debbie Hinds 50:38, Phil Richards 51:05, Dawn Medlock 52:20, Melissa Vincent 53:21, Justin Scargill 54:48, Samantha Varley 55:22, Mel Shaw 57:04, Claire Holdsworth 57:05, Carol Heptonstall 57:22, Kelly Richards 57:59, Jackie Barker 58:45, Anne Cawdron 58:48, Gail Fawcett 61:24



Wimbledon Common Half Marathon

Becki Watson wombled round the Wimbledon Common Half Marathon on Sunday, running two big laps of the Common. It was an extremely hot day in London, and Becki, who is only just returning from injury, did well to cope with the humidity as well as with the off road terrain.

Result: Rebecca Watson 2:32:36

Cycling News

The club's cyclists were also out in force this weekend. On Saturday, Tony Mott took part in the Flat and Fast 100 mile sportive around Doncaster and parts of South and West Yorkshire and Lincolnshire. Tony and Tracy Mott then completed the Manorlands Three Dales Mountain Bike Challenge on Sunday, cycling the 40 mile route suitable for "hardcore experienced riders" in 5 and a half hours (Tony) and just over six hours (Tracy). An intrepid posse of Lions rode even further over the weekend, tackling the coast-to-coast Way of the Roses from Morecambe to Bridlington.

13 June 2019: Matthew Pierson had a successful week, winning both the Marsden 10 and the club's Downhill 10K race, while Sally Caton was 2nd Lady at the Marsden 10, Mags Beever 1st Lady at the Downhill 10K and Lucy Collins 3rd Lady at the Full Bronte. Joanne Cahill completed the epic Jurassic Coast Challenge, a 100K ultramarathon.

The David Hutchings Downhill 10K

82 Lions raced down Saddleworth Road on Thursday evening in the ever popular Downhill 10K. This was the eleventh edition of the race, and conditions on the day were sunny and warm.....right up until the moment the runners set off, at which point torrential rain descended and everyone got soaked to the skin. A bus was on hand to take the runners to the start line on the moors high above Scammonden Bridge. Much-loved club member David Hutchings (after whom the race is named) was in the thoughts of many of the runners who knew him and who miss his enthusiastic presence and his generously shared training tips. David, who died in 2017, was a great supporter of this race. Despite the route being mostly downhill, it is a real challenge, and notoriously hard on the legs. There was a collection on the night which raised £60 for Andy's Man Club.

Matthew Pierson won the race comfortably in 30:58, the third fastest time ever recorded at the event. Mags Beever was 1st Lady in 34.44, the second fastest time ever recorded by a female runner at the event. Everyone else finished in approximately the same order as they usually would, albeit several minutes quicker than normal!

The Full Bronte

While most of the Lions were busy careering down Saddleworth Road, a select group who prefer not to smash their legs to bits by thrashing downhill for miles on end went instead to Haworth for the Full Bronte, an undulating five mile road race round Penistone Hill Country Park. They were lucky enough to dodge the downpours in Haworth. Lucy Collins was 3rd Lady and first Lion. Virginia Lewin was 1st Lady in the Yorkshire Vets League F65.

Results: Lucy Collins 33:22, Gavin Dodd 34:16, Jonathan Pybus 37:19, Steve Hallam 37:54, David Collins 39:23, Aileen Baldwin 40:33, Michelle Rushby 45:31, Steve Boyer 46:40, Virginia Lewin 48:08, Debbie Hinds 53:40

The Marsden 10

The Marsden 10 has been absent from the race calendar for the last couple of years, but made a very welcome return on Sunday. 50 Lions were in the field for the race, which was a counter in the club championship. Matthew Pierson, who won the race when it was last held in 2016, successfully held off all challengers to win again this year. His victory this year was all the more impressive for coming just three days after winning the Downhill 10K. Matthew was nervous that his tired legs would not cope with another hard race and said on Saturday "the thought of running ten miles tomorrow makes me feel sick." Sally Caton was second in the ladies' race, and there were age category wins for Paul Senior, Helen Armitage and Aileen Baldwin. The route was extremely tough, and the Holme Valley Mountain Rescue team had to be scrambled at one point to help a stricken runner out on the course.



Results: Matthew Pierson 1:05:08, Paul Senior 1:09:34, Leon Severn 1:18:41, Gareth Knight 1:18:58, Anthony Mott 1:19:59, Richard Crombie 1:23:00, Sally Caton 1:23:04, Andy Baird 1:23:37, Jim Harris 1:25:17, Michelle Rogerson 1:25:22, Jonathan Pybus 1:26:28, Steve Hallam 1:26:46, Lance Parker 1:27:16, David Culpan 1:27:38, Paul McCormick 1:28:17, Helen Armitage 1:29:09, Ian Hoskins 1:29:38, Zoe Greenhow 1:30:22, John Bassinder 1:30:36, Jan King 1:30:56, David Collins 1:31:36, Aileen Baldwin 1:31:51, Catherine O'Shaughnessy 1:33:21, Robert Ashcroft 1:34:11, Angela Lee 1:36:56, Roy Lunt 1:36:56, Rikki Hammond 1:40:25, Sharon Marlor-Gage 1:41:08, Paula Pickersgill 1:41:41, Paul Butterfield 1:42:35, Laura Goodwin 1:42:40, Amjid Khan 1:42:57, Ray Mooney 1:43:10, Steve Boyer 1:44:14, Sandy Gee 1:44:24, Michelle Eyre 1:44:53, Karen Thorne 1:46:12, Richard Brewster 1:48:23, Catherine McHugh 1:49:49, Laraine Penson 1:53:22, Kate Ryley 1:53:52, Tracy Mott 1:58:10,

Sarah Lunt 1:58:12, Ken Chilcott 1:58:35, Joanne Cooke 1:59:24, Dawn Medlock 1:59:24, Debbie Hinds 2:01:36, Samantha Varley 2:01:52, Paul Armitage 2:04:58, Zoe Mallinson 2:09:42



Doncaster Half Marathon

Chris Bowen was the sole Lion at the Doncaster Half Marathon on Sunday. Run entirely on closed roads or "runners-only lanes", the race featured a finish on the pitch at the Keepmoat Stadium.

Result: Christopher Bowen 2:04:17

Jurassic Coast Challenge

And finally.....Joanne Cahill took on the 100K Jurassic Coast Challenge, an epic ultra run along the spectacular World Heritage Site Jurassic Coast. Starting from Poole Harbour, the route took in Corfe Castle, Lulworth Cove and Weymouth. There were over 550 participants, and Joanne was fifteenth woman, finishing in 17:10:03.

20 June 2019: This week, the Lions Ladies Team triumphed at the hotly contested Joe Percy Invitational 10K, and Mags Beever was 1st Lady at Freckleton Half Marathon.

Bridestones Fell Race

Three hardy Lions braved Tuesday's foul weather for a crack at the Bridestones Fell Race, a counter in the Lions' Fell Racing Championship. All three Lions recorded season's best fell championships scores. The race set off from a field in Todmorden and swiftly climbed over mixed terrain for 3 miles before passing the famous

Bridestones Rocks and then a fabulous and at times treacherous descent back to the finish. Total distance 4½ miles with 1,100 feet of ascent.

Aileen Baldwin won her F60 age category as usual – in a faster time than both the F40 and F50 category winners, whose prizes Aileen had her eye on....catering size sacks of Tetley tea bags! Aileen settled for a bottle of wine instead.

Results: David Culpan 53:09, Aileen Baldwin 56:36, Steve Boyer 60:02

Joe Percy Invitational 10K

The Joe Percy 10K is a very popular, inter-club road race around Thurstonland and Farnley Tyas in South Huddersfield. The Lions fielded a large team of around 65 runners. The Lions ladies team pipped Stadium Runners to the win, with strong performances from winning team members Mags Beever, Stefanie Hopkins, Sally Caton, Michelle Rogerson, Suzanne Patterson, Victoria Armstrong, Gaby Ferris, Zoe Greenhow, Helen Armitage and Amanda Zito. The Lions' men's team were third on the night, with Matthew Pierson the fastest Lion in 5th place overall, clocking 34:38. A number of runners were delighted to achieve 10K personal bests, including Gavin Foster and Michelle Rogerson.

As well as the team win, there were individual prizewinners on the night:

1st M35 Ed Hyland

1st F50 Helen Armitage

1st F65 Virginia Lewin

2nd M40 Darren Reece

2nd W40 Margaret Beever

2nd F45 Sally Caton

2nd M50 Darren Young

2nd F50 Amanda Zito

3rd F35 Victoria Armstrong

3rd M45 Paul Senior

3rd M50 Simon Rawnsley



Yorkshire Vets Grand Prix Series – Race Four, West Park Leeds

Over in Leeds on Thursday evening, it was round four of the Yorkshire Veterans Grand Prix series. Numbers were somewhat down because it was the day after the Joe Percy.

Stainland Ladies' Team

Maria Harron led the ladies' team home in 7th place, with Lorraine Naylor, Michelle Rogerson and Sally Caton hot on her heels in 8th, 9th and 10th respectively. Helen Armitage also made it into the top 20. Aileen Baldwin was 1st F65. Debbie Hinds was completed the line up for the ladies.

Stainland Men's Team

Simon Rawnsley was first male Lion in 14th place, with Richard Hand, Paul Hiley and Gareth Knight making up our top four.

Series standings after four races

In the series, the ladies' team now sit 3rd overall and lead the "first 4 to count" category by 115 points, while the men's team move up to 3rd overall and remain 2nd in the "first 4 to count" category.

The next race in the series is the home event at West Vale on Wednesday 26th June, hosted by the Lions.

The School Run

The School Run, a hilly trail race based at Holme Junior School, is race number two in the South Huddersfield Trail and Road Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. Half a dozen Lions competed in Saturday's race. Andy Baird was first Lion in 12th place overall, and Sue Cash was 1st F50 and now (somewhat improbably) leads the F50 category in the series standings. Claire Guest recovered well to finish strongly after taking a tumble early on. Andy Baird, Jonathan Pybus and Sue Cash notched up course personal bests.....having all done the same race last year in an energy-sapping heatwave. The next race in the series will be the Holme Valley 5 Miler on Friday 28 June.

Results: Andy Baird 46:57, Jonathan Pybus 50:03, Amjid Khan 57:59, Claire Guest 63:41, Sue Cash 64:16, Debbie Hinds 78:56

Salomon Trail Marathon and Half Marathon Wales

Victoria Armstrong was 6th Lady in the Salomon Trail Half Marathon in Wales on Saturday. The race took place on the trails and tracks of the Coed y Brenin forest in the Snowdonia National Park. Victoria crossed the line in 2:01:52. Damien Pearson ran the full marathon distance in 4:34:01, and described the experience as "brutal".

Pontefract 10K

Three Lions ran the Pontefract 10K on Sunday. The race started and finished in Pontefract Park and took place on closed roads.

Results: Robert Ashcroft 48:10, Christopher Bowen 55:25, Paul Shaw 56:16

Ripley 10K

Matthew Pierson finished 4th in 35:41 at this year's Ripley 10K in Derbyshire. It was Matthew's 5th race in 9 days, and he commented that it was hard work, particularly after running a 16:13 parkrun the previous day!

Pudsey 10K

Kim Ison was the only Lion at the Pudsey 10K, a multi terrain undulating route around the streets of Pudsey. Kim recorded a time of 63:59.

Smartmove Firefighters Charity 10

Catherine McHugh and Michelle Eyre ran the Smartmove Firefighters Charity 10 on Sunday. They completed the ten mile route together in just over 90 minutes, finishing in joint 7th place.

Freckleton Half Marathon

Mags Beever was 1st Lady at Sunday's Freckleton Half Marathon, clocking 1:28:45. Mags also won her age category. Impressive work from Mags after being part of the winning ladies team at the Joe Percy just a few days earlier. Freckleton is the oldest half marathon in the UK, first held in 1965. To this day, Ron Hill still holds the course record, which he set in 1969!

Settle Hills Race 2019

Settle Harriers organise the Settle Hills race which promises a bit of everything – grassy paths, tarmac at the beginning and end, rocky paths, tussocky moorland and some very steep climbs and descents – altogether an enjoyable route. The Settle Hills was Fell Racing Championship Race no 13. Angela did well to finish after a fall part way round. James Penson was first Lion.

Results: James Penson 1:11:04, David Culpan 1:18:35, Jim Harris 1:19:51, Rachel Lumb 1:21:55, Angela Lee 1:35:16

27 June 2019: This week, Emma Forester Thompson completed the mighty Hadrian's Wall 70 Mile ultramarathon, and Mags Beever was 1st Lady at the inaugural Colne Valley 10K.

Hadrian's Wall 70 Mile Ultramarathon

Emma Forester Thompson was celebrating this week after successfully completing her first ultramarathon. Emma ran the 70 mile "Wall Race", which follows the route of Hadrian's Wall from Carlisle to Newcastle. Emma completed the route in 19 hours 22 minutes and described it as "sheer joy".



Ogden Midsummer Madness

This week saw the introduction of not one but two excellent new local races! The first was Halifax Harriers' fiendish little fell race around the Ogden Reservoir woods and moorland held on Wednesday evening. Described as "beautiful but not for novices", the full Category A race included just under four miles of rollercoaster hills, mud, streams, open moorland and near-vertical descents. Most of the sixty competitors went wrong at least once in a fun-filled event.

Results: Jim Harris 36:45, David Culpan 39:28, Richard Dunn 40:14, Rikki Hammond 44:17, Steve Boyer 45:59, Ray Mooney 46:23, Angela Lee 46:58.



Solstice Saunter

The Solstice Saunter is a popular circular route of five miles that starts from the Cavendish Pavilion car park in Bolton Abbey and runs a clockwise loop up through Strid Wood to Barden Bridge, then back along the road to the finish line at Cavendish Pavilion. Two Lions were among the 750 participants at Friday evening' race.

Results: Ben Carter 39:13, Aly Brook 45:24

Manchester Road Runners Canal 10K

Chris Hall finished fourth in the Manchester Road Runners Canal 10K on Saturday, clocking 41:22.

Colne Valley 10K Challenge

This week's second brand new race! Mags Beever was 1st Lady at Sunday's inaugural Colne Valley 10K Challenge. As the name suggests, it's a tough route, with hills, hills and more hills. Mags, Martin O'Brien and Rikki Hammond all won their respective age categories. Roy Lunt only decided to run it one hour before it started!

Results: Margaret Beever 43:29, Roy Lunt 52:09, Martin O'Brien 52:42, Rikki Hammond 58:16, Ray Mooney 62:49

Kinder Trog Fell Race

The Kinder Trog is a huge fifteen mile fell race with 3000 feet of ascent. Jim Harris completed the route in 2:46:10.

Moel Y Gamelin Fell Race

David Culpan was the only Lion at the Moel Y Gamelin Fell Race on Sunday. The 9½ mile race started from the Ponderosa Café at the top of the Llangollen Horseshoe Pass. The café stands at 1,400 feet and is known as the café in the clouds. The race was run mostly on hard packed trails and tracks, taking in the summit of Moel Y Gamelin at 2000 feet. David reported that the views were amazing from the top. There were two additional climbs, one of which was particularly tough, then a fast descent back to the finish. David crossed the line in 1:50:25.

Race The Train

Sunday saw the annual "Race the Train" event - 11 miles of tough off road trails following the East Lancs railway from Bury to Rawtenstall. Runners had 1 hour 40 minutes to try and beat the train into Rawtenstall. It was a fantastic spectacle as the steam train chugged along the track next to all the runners. Who would run out of puff first? Lioness Michelle Rushby went full steam ahead but couldn't quite beat the train, pulling into the station at Rawtenstall in 1:42:52.

The Forestry 100 Running Series - Haldon Forest Park 2019

Tony and Tracy Mott ran the Haldon Forest Park Trail near Exeter on Sunday. The race is part of the Forestry 100 Running Series which celebrates 100 years of Forestry Commission England. The forest is apparently home to nesting birds of prey including goshawks, sparrowhawks, hobbies and buzzards. The race organisers suggested that runners might like to observe the birds during the race, which is of course completely mad.

Results: Tony Mott 50:53, Tracy Mott 66:16



Leo's Adventures

Back beat, the word is on the street, that Leo the Lion is headlining Glastonbury 2019... In the Guinness Book of made up records, Leo the Lion is the first Lion ever to headline the Pyramid stage! He is now a Rockstar! Thanks Steve and Moira. Hope you had a good time.



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

BLANK SPACE

It would appear nobody did anything of note in June...? Why not send us a report of your recent successes in challenges, whether it be an improvement to your parkrun time, which you've been working hard towards recently or a report of any long-distance challenge you've done.

We are always keen to hear from people, of any ability, about their recent adventures/ challenges.