



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

Various

### Contributors

Lots of contributions this month - first marathons; marathons with whisky; favourite running podcasts; being a Race Director, championship, fell race & WYWL updates

# From the Chair

## Tony Mott



Hi Lions,

Rain! I have been trying to remember what happened in October for this month's newsletter and all I can remember is rain. Lots of it.

But it appears that Lions aren't "made of sugar" (ask Coach Pigford what that's all about) and loads of you took advantage of the cooler weather to race longer distances in October, including marathons in York, Chester, Berlin and more!

Away from marathons, there were plenty of half marathons too. Kit Queen Paula came to the rescue of new Lion, Gillian Jago, finding her a Lion's vest just in time for Palma Half Marathon. In the Club Championship, loads of Lions made the trip to Bridlington in the wind and rain.

Jim Harris put together our first ever team in the British Fell Relay, leading them to 152<sup>nd</sup> place out of roughly 250 teams. A tremendous performance against a field of experienced fell running clubs

Away from racing, Catherine McHugh arranged another brilliant away run from the Shears. I hope the pie was as good and as plentiful as it was last time I ran from there. I didn't need to eat for a week!

Graham Robertshaw celebrated his 60<sup>th</sup> Birthday and retirement at Heath. Based on the number of Lions in attendance, either Graham is extremely popular or there was something appealing about a party with firemen. I'm sure it was the former 😊

Looking forward to November; the ever-popular Guy Fawkes 10 will be happening right now as I write this, the Cross Country season gets underway at Baildon (thanks JP for getting everyone an entry who wanted one), our away run is from Millers Bar in Brighouse and both the Tour of Pendle and Vocation Mytholmroyd take place in the Fell Championship.

Unfortunately, the final race in the Vets league, Spensborough, has been cancelled. It takes a huge effort to put a race on and I'm sure the Race Director made this decision with a heavy heart. It goes to show how grateful we should be to all the volunteers who make these races happen.

If you were one of the many people who didn't get into the London Marathon through the ballot, keep your rejection letters ready for the club draw. We have 3 club places. The draw will take place on the evening of Thursday 28<sup>th</sup> November. Totally unrelated to the London draw, we might have Emma from England Athletics

joining us for a run and a chat on the same evening. Keep an eye on Facebook and the Forum for further details.

I learnt a valuable life lesson in October. When Roy and Sarah Lunt take you for a run across Marsden Moor and claim they know the route, don't pay any attention. Otherwise you will find yourself sliding down steep, boggy moorland into a barbed wire fence trying to get back to the road. All good fun and a great route up until that point, although I'm not sure Karen Thorne's knee or ankle agree. I reckon if we do it in reverse next time we'll have a fighting chance of finding our way round.

And finally... despite me being totally bah humbug at this time of year, (I normally do my Christmas shopping on Christmas Eve), Tracy has signed us up for the Overgate Santa Dash in early December. I don't know much about it, other than I think it's 5k, I think I have to dress up like an idiot and I know I'll be hungover after my work Christmas do. Sounds terrible - hopefully we'll see lots of you there!

Happy running.

Tony

# Lions Publicity Officer

## Susan Cash

### Summary of Race Reports for November Newsletter



#### Summary of Race Report for November Newsletter

*3 October 2019: A very soggy weekend for everyone out racing!!*

#### **Littleborough 10K:**

This year's Littleborough 10K attracted a field of 250 runners, including four Lions. The fast and flat route included a circuit of Hollingworth Lake. Gaby Ferris was 1<sup>st</sup> Lion and won her age category. Jan King took almost five minutes off his 2018 time to finish 2<sup>nd</sup> M65.

Results: Gaby Ferris 47:50, Jan King 49:40, Roy Lunt 51:59, Anne-Marie Killeen 64:43

#### **Robin Hood Half Marathon:**

Rikki Hammond and Ray Mooney travelled to Nottingham for the Robin Hood Half Marathon, a very popular race that regularly attracts over 10,000 runners. Described as "probably the most scenic city centre half marathon in the UK", the route includes fast road sections mixed with deer parks and the grounds of the university campus. Runners pass a number of Nottingham's well-known landmarks including Nottingham Castle, Trent Bridge cricket ground and Nottingham Forest Football Club.

Results: Rikki Hammond 2:01:21, Ray Mooney 2:19:31

#### **Berlin Marathon:**

The Berlin Marathon is one of the largest and most famous marathons in the world. One of the World Marathon Majors, it is known as the world's fastest course, and consequently it attracts thousands of runners from around the world. The route, which is always lined with cheering spectators, loops through the historic city centre and features an unforgettable finish through the Brandenburg Gate.



Anna Kirkham Stones at Berlin Marathon.

Results: Richard Crombie 4:18:53, Anna Kirkham Stones 5:09:12

### **Stairway to Heaven:**

Sunday's 8½ mile Stairway to Heaven trail race was the final event in the South Huddersfield Trail and Road Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. 140 runners took part, including a large contingent of Lions seeking points in the club's championship competition. Matthew Pierson was first Lion home in sixth place. Maria Harron was 3<sup>rd</sup> Lady and won her age category, and there were age category wins also for Derek Parrington and Paula Pickersgill. Across the series as a whole, Sue Cash was 1<sup>st</sup> F50, winning free entry into one of next year's races.

Results: Matthew Pierson 1:04:15, Derek Parrington 1:06:03, Gavin Dodd 1:13:25, Maria Harron 1:13:34, Jonathan Pybus 1:13:45, Lance Parker 1:13:57, David Collins 1:14:26, Steve Hallam 1:18:59, Catherine O'Shaughnessy 1:23:03, Amjid Khan 1:24:47, Laura Goodwin 1:25:59, Anne-Marie Ulllyott 1:28:12, Sarah Lunt 1:29:09, Karen Thorne 1:29:58, Michelle Eyre 1:31:25, Paula Pickersgill 1:32:11, Sandy Gee 1:35:55, Steve Boyer 1:36:06, Sue Cash 1:42:57, Claire Guest 1:44:36, Debbie Hinds 2:00:02

*10 October 2019: This week, despite difficult weather conditions, the Lions were celebrating a number of successes at Bridlington Half Marathon, with Mags Beever finishing 2<sup>nd</sup> Lady, Darren Reece finishing 7<sup>th</sup> overall in a new personal best time and Steve Hallam setting a shiny new club record in the M60 age category.*

### **Bridlington Half Marathon:**

Bridlington Half Marathon was first held in 1983 and attracts a large field of runners from far and wide. 30 Lions took part, turnout boosted this year by the race being a counter in the club championship competition. The course starts on the sea-front then heads off out into the countryside via Sewerby, Flamborough and Bempton before returning to Bridlington for the finish along the storm-lashed promenade. Mags Beever was 2<sup>nd</sup> Lady and won her age category, while Darren Reece (7<sup>th</sup> overall and 1<sup>st</sup> Lion), Derek Parrington, Helen Armitage, John Bassinder and Judith Greenwood all came 2<sup>nd</sup> in their age categories. Gareth Knight ran well to seal victory in Division 2 of the club championship, and championship manager Steve Hallam's time of 1:38:39 was a new club record in the M60 category.

Results: Darren Reece 1:18:05, Derek Parrington 1:25:48, Mags Beever 1:25:52, Gareth Knight 1:29:17, Gavin Dodd 1:37:19, Clayton Cutter 1:37:31, Steve Hallam 1:38:39, Gerry Banham 1:43:41, Helen Armitage 1:44:27, Mhairi-Claire Luke 1:49:26, Amjid Khan 1:50:09, Angela Lee 1:52:27, John Bassinder 1:52:32, Anne-Marie Ulllyott 1:54:00, Sharon Marlor-Gage 1:54:58, Laura Goodwin 1:55:08, Michelle Eyre 1:56:16, Sandy Gee 1:57:15, Karen Thorne 1:59:07, Paula Pickersgill 2:02:28, Justin Scargill 2:09:29, Richard Brewster 2:11:30, Alex Whyte 2:12:31, Phil Richards 2:13:40, Ken Chilcott 2:17:53, Trish Hallowell 2:18:29, Judith Greenwood 2:25:50, Melissa Vincent 2:30:09, Gail Fawcett 2:35:36, Jackie Barker 2:38:54

### **Rochdale Half Marathon and 10K:**

Two Lions tackled Rochdale Half Marathon on Sunday, with a further three opting for the 10K distance. Both races started and finished at Rochdale Town Hall, with the routes taking in some of the north west's most picturesque scenery. Gaby Ferris finished third in her age category.

Results (Half Marathon): Gaby Ferris 1:43:08, Michael Dunning 1:50:07

Result (10K): Lin Devine 61:54, Diane Shenton 61:54, Helen Shenton 61:55



Helen Shenton, Diane Thornley & Lin Devine at the Rochdale 10K

### **Chester Marathon and Metric Marathon:**

Chester is one of the UK's most popular marathons, with a fast course through the historic city centre and out into the countryside through the beautiful Cheshire and North Wales villages. The route takes the runners past the Roman walls and amphitheater, the Medieval Rows and the city's cathedral, before a section alongside the River Dee and an unforgettable finish on the racecourse. A shorter metric marathon option is available too. In the full marathon, club coach Mark Pigford led the Lions' charge, while Michelle Rogerson ran well to take more than 10 minutes off her 2018 time on the same course. John Bannister, Rob Ashcroft and Catherine McHugh were all making their marathon debuts.

Results (Marathon): Mark Pigford 3:26:32, John Bannister 3:43:06, Michelle Rogerson 3:43:39, Catherine O'Shaughnessy 3:51:09, Sarah Lunt 4:30:35, Rob Ashcroft 4:30:37, Ranjit Uppal 4:37:16, Catherine McHugh 4:56:37

Results (Metric Marathon): Ian Hoskins 2:27:56

Sarah Lunt & Catherine O'Shaughnessy  
at the Chester Marathon



#### **Cardiff Half Marathon:**

Chris Bowen continued his tradition of running half marathons in unlikely locations by tackling Sunday's Cardiff Half Marathon, a convenient five hour drive from Halifax. Chris finished in 2:10:44 and enjoyed the carnival atmosphere and the cheering crowds.

#### **The Hopton Trail 10K:**

A brand new race for 2019, the Hopton 10K features some short challenging climbs and includes woodland trails, bridleways, footpaths and quiet roads in and around Hopton, Mirfield. The race organisers surpassed themselves with the goody bags, filling them not just with the usual snack, water and race memento, but also with a handy packet of mealworms.

Results: Kevin Jaggar 57:56, Jan King 58:24 (1<sup>st</sup> M65), Rikki Hammond 62:50, Ray Mooney 63:41, Michelle Rushby 63:47, Bethany Horrocks 72:20

*17 October 2019: This weekend saw some fantastic performances from the Lions at the Wakefield Twilight 10K and the Manchester Half Marathon.*

**Wakefield Twilight 10K:**

Stephen Hall finished seventh at Friday evening's Wakefield Twilight 10K. His time of 35:12 was a new personal best. Gavin Dodd and Richard Crombie also ran well, with Gavin finishing second in his age category and Richard running a new personal best.

Results: Stephen Hall 35:12, Gavin Dodd 41:12, Richard Crombie 42:12

**Great Birmingham Run:**

Mak Dhinsa was the sole Lion at Sunday's Great Birmingham Run. Although the race was billed as a half marathon, there was disappointment for runners and organisers alike when the route had to be shortened on the day following a bomb scare. Mak was running at PB pace and finished the shortened course of approximately twelve miles in 1:18:25.

**Palma Half Marathon, Majorca:**

The sunny Palma Half Marathon in Majorca takes in views of the Mediterranean, Palma cathedral and the historic old town. New Lion Gillian Jago completed the race in 2:07:39.

**Manchester Half Marathon:**

Closer to home, eleven Lions braved the rain in Manchester to post some impressive times at the city's Half Marathon. The closed-roads route took runners past the Town Hall, over the Bridgewater Canal and the River Mersey and on to the finish line at Old Trafford. Gavin Foster was first Lion home in a new personal best time. Suzanne Patterson and Sally Caton also ran new personal bests. Tanya Blake was second in her age category, and both she and Amanda Zito ran London Marathon championship qualifying times.



Lionesses at Manchester Half Marathon



Results: Gavin Foster 1:17:37, Tanya Blake 1:27:03, Craig Miller 1:27:16, Suzanne Patterson 1:32:26, Sally Caton 1:33:31, Amanda Zito 1:38:45, Lorraine Naylor 1:41:09, Mark Speight 1:52:20, Zoe Russell 1:56:31, Bethany Horrocks 2:14:10, Julie Goddard 2:42:09

### **Withins Skyline Fell Race:**

Lured in by the promise of a free Curly Wurly for all entrants, the Lions turned out in force for the Withins Skyline Fell Race. The six mile route, which includes 820 feet of ascent, starts from Penistone Hill Country Park and makes a circuit of The Stoop and Top Withens, before returning by Bronte Bridge. 180 runners took part in total. Richard Crombie was first Lion home, and Judith Greenwood won her age category.



Lions in action at Withins Skyline Fell Race

Results: Richard Crombie 58:28, Andrew Earnshaw 59:11 Paul Patrick 61:19, Kevin Jaggar 68:15, Ray Mooney 73:52, Steve Boyer 79:07, Angela Lee 79:11, Alex Whyte 103:33, Samantha Varley 103:39, Jackie Barker 103:53, Judith Greenwood 103:58

*24 October 2019: This weekend the Lions were proudly represented for the first time ever at the prestigious British Fell Relays by Jim Harris, Paul Patrick, James Penson, Kevin Robinson, David Culpan and Andrew Earnshaw.*

### **British Fell Relays:**

This year's British Fell Relays were hosted by Dark Peak Fell Runners at Ladybower Reservoir. 244 teams started the race, gathering at the event centre under the Derwent Dam Wall, which was a cascade of water from the overflowing reservoirs.

Paul Patrick was first to go for the Lions, running leg one, for solo runners, in 1:00:57. The route started on the track just to the east of Derwent Reservoir and followed a clockwise route to Lost Lad, with a fast descent to finish. James Penson and Kevin Robinson were next off, running leg two, for pairs, in 1:31:24. Their leg took them to Lost Lad, then up to Wet Stones (one of Sheffield's highest points), before a similarly fast finish. Next off were David Culpan and Jim Harris, who tackled leg three, also for pairs, the so-called navigation leg. The route map was issued on the start line, and the runners then had to choose their route to each of the seven control points, taking care not to cross any walls or fences or go out of bounds. The route featured a 50 metre bum slide into a river. David and Jim clocked 2:10:27. Finally, Andrew Earnshaw put in a fantastic performance to finish leg four, for solo runners, in 59:06, making up time on rival teams.

With a total time of 5:41:54, the Lions finished 21<sup>st</sup> V40 Men and 152<sup>nd</sup> overall, a hugely creditable performance all round.

### **Dramathon – a marathon with whisky!**

Taking place in Speyside, the single-malt capital of Scotland, The Dramathon is a marathon run from Glenfarclas distillery to Glenfiddich along the Speyside Way. The route passes several other distilleries along the route, and runners are rewarded handsomely for their efforts with the corresponding whisky miniatures at the end of the race.

Result: Ken Chilcott 5:36:40

### **Bilbao Night Half Marathon:**

In international running news, Ray Mooney and Rikki Hammond travelled to Bilbao for the Night Half Marathon. Described as “a great running party”, the race features fireworks and live performances on an urban circuit through the city with the support of thousands of fans. Ray and Rikki both crossed the line in 2:19:59.

Rikki Hammond & Ray Mooney at Bilbao Night Half Marathon



**Yorkshire Marathon and Yorkshire 10 Mile:**

Several Lions made their marathon debuts at Sunday's Yorkshire Marathon, with Darren Reece first back for the club in just under three hours, a fantastic time for any marathon let alone a debut! At the Ten Mile event held at the same venue, both Kim Ison and Debbie Hyde were pleased to run personal bests.

Results (Marathon): Darren Reece 2:51:25, Sean Thompson 3:20:15, Gareth Knight 3:21:35, Michelle Eyre 4:03:37, Justin Scargill 4:44:27, Chris Bowen 4:46:51, Trish Hallowell 5:00:45, Gail Fawcett 6:01:54

Result (10 Mile): Fraser Ambrose 1:18:59, Kim Ison 1:30:14, Claire Alletson 1:33:27, Becki Watson 1:35:52, Debbie Hyde 1:39:09, Donna Pogson 1:48:55, Abi Bouckley 1:54:20, Renee Comerford 1:55:05, Peter Cawdron 1:55:50, Anne Cawdron 1:56:17

**Holmfirth 10K:**

Lucy Collins was first Lion at the Holmfirth 10K, a fast road race through the pretty villages of New Mill, Brockholes and Thongsbridge. Lucy finished in eleventh place overall and won her age category. Jonathan Pybus also ran well to finish second in his age category.

Results: Lucy Collins 40:03, Jonathan Pybus 47:18

**Beat The Reaper:**

And lastly, a bit of Halloween fun. Beat the Reaper is a 10K race set within the picturesque grounds of Croxteth Hall and Country Park in Liverpool. The 2-lap course passes through the woods where Grim Reapers lurk ready to race the runners (many of whom dress up in Halloween costumes) to the finish.

Results: Robert Ashcroft 48:55, Zoe Russell 53:32, Paul Shaw 53:34, Catherine McHugh 54:29

*31 October 2019: There were no championship races this weekend, but in the club's Fell Race championship there was a good turnout at the Race You to the Summit as runners scrambled to earn some last-minute points. Just three more races remain in the competition, with the next qualifying event being the Shepherd's Skyline which takes place in Todmorden on Saturday 2 November. The Shepherd's Skyline will be David Culpan's 600<sup>th</sup> fell race!*

**Race You to the Summit:**

There were category wins for James Penson, Doug Penson and Rachel Lumb at Saturday's rain-lashed Race You to the Summit fell race. According to fell running folklore, the race originated from bar-room banter. Over half a century ago the landlord of The Gale Inn public house in Littleborough wagered a bet with the locals. He argued that it would be impossible to run from the Gale Inn to the White House pub at the top of Blackstone Edge and back in less than 30 minutes. Fifty plus years later and the start venue may have changed (the Gale Inn is no more and now the race begins from the Summit Inn), but the challenge is still alive. No runners beat the 30 minute mark this year.



Results: James Penson 38:59, Doug Penson 39:18, Leon Severn 39:37, Andrew Earnshaw 39:49, Jim Harris 43:47, David Culpan 43:57, Paul Patrick 44:17, Martin O'Brien 44:29, Rachel Lumb 46:48, Sue Cash 58:56

### **Snowdonia Marathon:**

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

Result: Andrew Falkingbridge 6:00:58

### **Bronte Way Fell Race:**

Ten Lions completed the Bronte Way 7.5 mile point to point fell race on Sunday. The race started in Wycoller Country Park and meandered across the fells to Haworth, finishing with a short climb up Haworth's cobbled High Street. Speaking after the race, Steve Boyer declared the route "as wet & muddy as anticipated, but the wind was behind us and the sun was out." Martin O'Brien was first Lion back, despite also having run the Race You to the Summit.

Results: Martin O'Brien 1:18:37, Raymond Mooney, 1:27:46, Aileen Baldwin (back from injury) 1:29:44, Terry Marlor-Gage 1:33:02, Steve Boyer 1:42:58, Angela Lee 1:42:59, Sharon Marlor-Gage 1:43:00, Alex Whyte 1:58:28, Jackie Barker 2:00:48, Sue Shepherd 2:01:10



Steve Boyer (looking like Wallace & Gromit in The Wrong Trousers!) at the Bronte Way Fell Race

**Abbey Dash 10K:**

Seven Lions ran the Abbey Dash on Sunday. The pb-friendly race began in Leeds city centre, with runners taking in the sights of Leeds on a scenic route up towards Kirkstall Abbey, before looping back around and ending up back in the city centre. Darren Reece was 1<sup>st</sup> Lion. Michelle Rushby and Beverley Day both ran new personal bests, with Beverley clocking sub-60 for the first time.

Results: Darren Reece 36:39, Gavin Dodd 40:05, Paul Corns 44:31, Jan King 46:33, Michelle Rushby 53:12, Beverley Day 58:35, Melissa Vincent 66:19

**Wistow 10K:**

John Bannister was the only Lion at Sunday's flat and fast Wistow 10K near Selby. The race was too soon after the Chester Marathon for John to be able to perform at his best, but he still stopped the clock in a respectable 44:42.

**Oldham Half Marathon:**

Roy Lunt ran Sunday's Oldham Half Marathon in 1:55:46. The grueling route took runners through the imposing moorland landscape of the Peak District National Park.



## Usain's PB Corner

**October Park Run PB Corner****5<sup>th</sup> October:**

**Halifax:** Sarah Parker – PB of 35:41 taking 19 seconds off.

**Brighouse:** Rebecca Milne – PB of 21:59 taking 41 seconds off her previous 2017 PB; Abi Howarth – PB of 29:27 taking 2 seconds off.

**12<sup>th</sup> October:**

**Halifax:** Beverley Day – smashing PB's all over this year took a further 29 seconds off her Halifax time taking her to 29:07. Virginia Lewin celebrated her 50<sup>th</sup> Park Run.

**Huddersfield:** Justin Scargill – going from strength to strength and knocking 1 min 4 seconds off his previous 2018 Huddersfield time, taking him to 27:51.

**19<sup>th</sup> October:**

**Brighouse:** Steve Hallam – PB of 21:35 taking 3 seconds off his previous Brighouse time.



**Other Races:**

Darren Reece – 1:18:05 and Steve Hallam – 1:38:39 at Bridlington Half Marathon.

Michelle “Rocket” Rogerson – 3:43:39 and Catherine O’Shaughnessy – 3:51:09 at Chester Marathon.

Stephen Hall – 35:12 and Richard Crombie – 42:12 at Wakefield Twilight 10k.

Gavin Foster – 1:17:37; Suzanne Patterson – 1:32:26 and Sally Caton – 1:33:31 at Manchester Half Marathon.

Kim Ison – 1:30:14 and Debbie Hyde – 1:39:09 at Yorkshire 10 Mile.

Michelle Rushby – 53:12 and Beverley Day – 58:35 at the Abbey Dash 10k.



Hi Everyone

Ever thought of trying hypnotherapy for improving confidence, sleep, sports performance, weight management, relaxation or managing stress and anxiety, stopping smoking or even for general mental health and well-being boost?

I have been asked by quite a few Lions to provide details regarding my hypnotherapy practice new location... so here they are.... and also offering an ongoing 10% discount for all SLRC members.

Thanks again for all the fantastic support over the last months. Happy running 😊

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# Club Championship Update

## Steve Hallam



Well, what a tremendous turnout for this year's Guy Fawkes 10 race! A total of 71 lions, with 53 competing in the Championship made this such a good day out. Always worth it (just for the copious amounts of chocolate if nothing else!), it remains a perennial favourite amongst both lions and other clubs, with a field of just under 800.

Looking at the top of each division, the final results for many have more or less already been decided. However, there is still some room for maneuver for some, necessitating a decent run out at the final qualifying event at Ward Green on Sunday 22nd December. If you don't get around to entering the old school way, there is usually entry on the day also available. We have had this in the championship previously, in 2015. It's a 2 lapper, set on a semi-rural hillside and is actually quite a fast course of 5.6 miles.

There is also one last Track Race scheduled for 20th November and don't forget the last few parkruns of the year, with the last qualifying one been on 28th December.

For next year, I am looking to shake things up a bit, with some different events, whilst retaining several favourites and maybe introducing a new "Elite Division" (subject to Committee acceptance). Entry for this would be restricted to the fastest club members (entry criteria yet to be decided), with the idea that it may create a more serious competition for the club's top runners (subject to sufficient interest), whilst providing improved opportunities for those down through the next few divisions to have a more open contest.

I may drop the Handicap Competition as I don't believe it has really worked out that well. However, I'm always open to suggestions for an improved version, but it must be simplified, fair and easier to administer (and actually understand!). Alternatively, if anyone wants to take it on as a separate project, please let me know and we can discuss further.

None of this is confirmed yet, but I hope to progress something within the next few weeks. I will also send out a regular invitation to join in with the Championship programme for 2020 within the next few weeks. Until then, enjoy your regular runs and make them fun, energising and sustainable.

# Fell Running Championship Update

## Jim Harris (with the help of James Penson)

### Fell Running Championship Update 2019

24 races are run – 2 to go, and for several runners it's squeaky bum time as it will come down to the very last race of the season to find out who is top of the fells.

We had nearly 60 sign up for the Stainland Lions first ever fell championship and it looks like we will have around 20 completing the number of qualifying races to be eligible for prizes. This is really fantastic for the first year.

As it stands for the Gents it's looking like Dan Marsden, James Penson and one from any of Leon Severn, Jim Harris, Kev Robinson or Andrew Earnshaw.

Top of the Vets category looks like a one race shootout between Paul Patrick and Dave Culpan, although Martin O'Brien could still sneak it.



Top of the Ladies is harder to predict, with it very much coming down to who manages to get all six qualifiers, but as it stands Aileen Baldwin, Angela Lee and Alex Whyte are the ones to beat. Will Clare Smith and Rachel Lumb get their six races in?

The handicap category is wide open until the very last race of the season and cannot be won by someone who has already won something, so who knows what could happen here?

Who will triumph over adversity, clutching glory as the last gasp of air courses through their veins carrying weary limbs over the line for the last fell race of 2019?



Score	Qualifying races		Average Score per qualifying race
497	6	Dan Marsden	82.8
481	6	James Penson	80.1
462	6	Jim Harris	77.1
461	6	Leon Severn	76.9
382	5	Andrew Earnshaw	76.3
381	5	Kevin Robinson	76.1
434	6	David Culpan	72.4
434	6	Paul Patrick	72.3
428	6	Martin O'Brien	71.4
342	5	Steve Hallam	68.5
374	6	Steve Boyer	62.3
295	5	Paul Shaw	59.1

Score	Qualifying races		Average Score per qualifying race
284	4	Clare Smith	71
338	5	Rachel Lumb	67.6
386	6	Aileen Baldwin	64.3
297	5	Rikki Hammond	59.3
350	6	Angela Lee	58.3
233	4	Sharon Marlor-Gage	58.2
275	5	Susan Cash	55.1
297	6	Alex Whyte	49.6
239	5	Jackie Barker	47.8



# British Fell Relays 2019 Round-up

Jim Harris



The “dambusters” dam at Fairholmes in the Peak District was the spectacular backdrop for this year’s National Fell Running Relay Championships, hosted by Dark Peak FR club.

Two thirds of the team got up spectacularly early, braved a shut M1 and took a packed transfer bus to the start for ohmigod o’clock. Andy Earnshaw and I turned up at a much more civilised time, rocking up an hour before I was due to start with Dave. (Dave had not taken this spectacularly relaxed approach particularly well...).

Paul Patrick had already knocked out a fantastic first leg coming in 182<sup>nd</sup> out of nearly 250 at this point (not all teams were to finish). My anxiety instantly flipped from ‘Are we going to come last?’ to ‘Am I going to get us lost and let the team down?’.



Leg 2 (the long pairs leg) as modestly summarised by James:

*Like glistening gladiators Kev Robinson and James Penson stormed round the long pairs leg, picking off almost 40 pairs of scared tormented yet ultimately doomed runners ahead that could feel the cold steel in Lions veins as pure vigor and drive of the hunt pushed them relentlessly forwards and hurtling back down the last quagmire of slippery, rooty, muddy vertical descent to the calling hunting horns, friends war cries and the handover to the less gladiatorial pairing whom were more loquacious in style. Onwards fair gents, may your banners fly high and true.*



Dave Culpan and I (who were very much sufficiently gladiatorial, thank you) high-fived them and headed back up the mud-chute to be given first sight of the navigation map as we ran along a forestry commission trail. The route to the first checkpoint was mandatory and flagged so I tried to take the opportunity to pick out a route as we ascended the steep slope up the valley. Dave meanwhile was storming ahead of me.

The second checkpoint was along a good path and from there we route-one'd across to another good trod to get us within striking distance of the next dib. The terrain at this point got decidedly tasty – a steep muddy scramble up to one checkpoint, knee-deep heather over enormo-tussocks to the next and then a descent so steep to the next that I gave up trying to pick my way down and slid down on my arse instead. This tactic worked spectacularly well until one of the runners I'd so unglamorously overtaken dislodged a rock that hurtled twenty yards down the hill and hit my hand; a case of hurtyfinger so bad that I went to ED to get it x-rayed the next day. (It was literally nothing but they were very nice about it..)

Having decided we'd make better progress on trods rather than going direct we took a slightly longer (but I think probably faster) route through the last few checkpoints and as we began to dive back down to the start-line we saw a sweaty Andrew Earnshaw popping out onto the top having been in the leg 4 mass start.



Andy, who'd taken it so seriously that he'd actually done some training and 'gone easier on the booze' (#commitment!) was the surprise star turn - finishing higher on his leg than any of the rest of us managed. The live results when he came over the line showed us in 142<sup>nd</sup> but this settled back to a creditable 152<sup>nd</sup> overall (21<sup>st</sup> in Category) once all the mass start oddness was factored in.

Stainland Lions Vet 40 Men:

Leg 1 01:00:57 (182<sup>nd</sup>=) Paul Patrick

Leg 2 01:31:24 (130<sup>th</sup>) James Penson + Kevin Robinson

Leg 3 02:10:27 (177<sup>th</sup>) David Culpan + Jim Harris

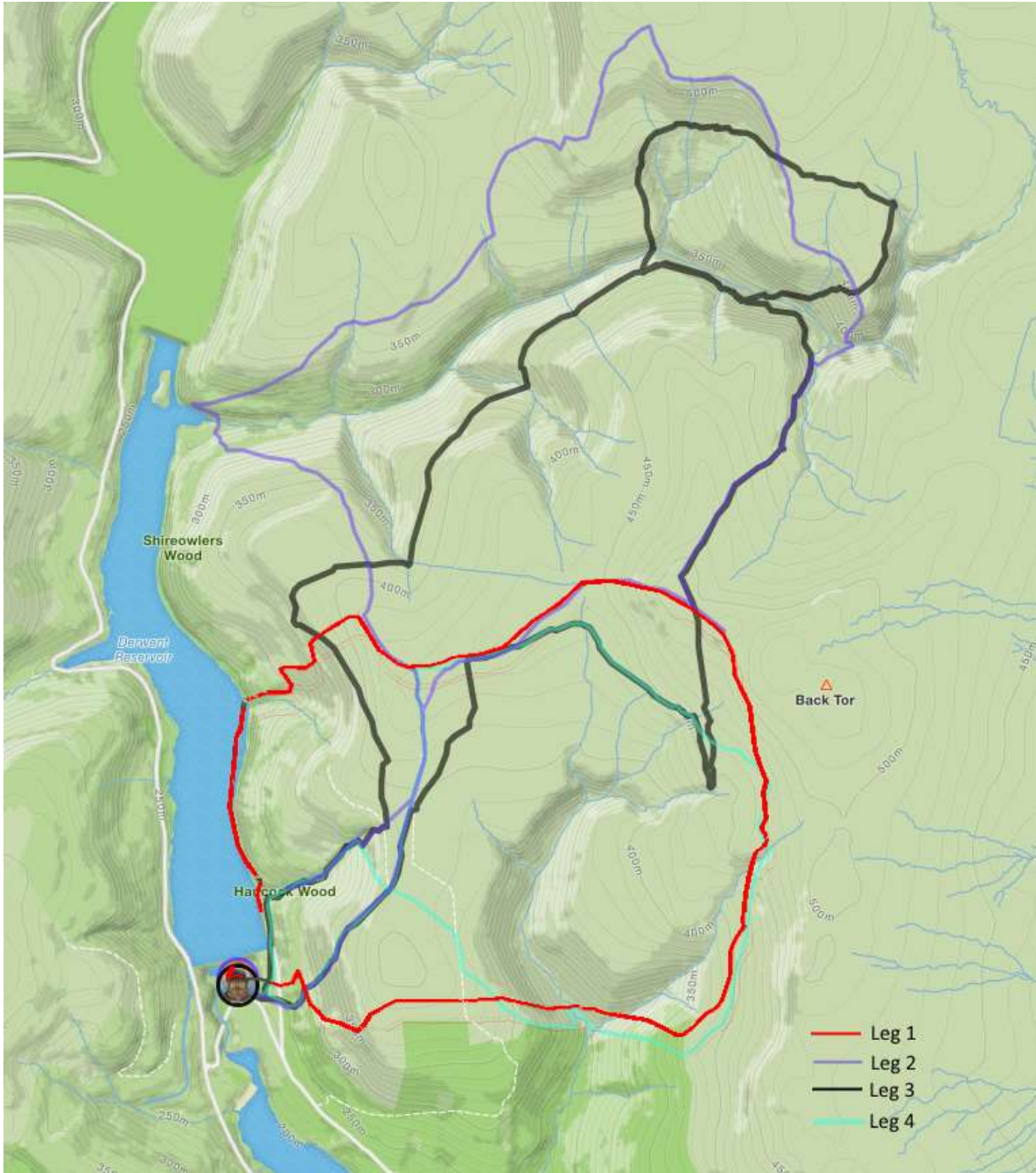
Leg 4 0:59:06 (127<sup>th</sup>) Andrew Earnshaw

Total time: 05:41:54

152<sup>nd</sup> overall (out of 224 finishers), 21<sup>st</sup> V40 Men (out of 34)



It was a fantastic day out and an enormous event – 1500 runners to the Calderdale Way Relay's 1200 - but \*all\* at the same checkpoint and brilliantly delivered by Dark Peak Fell Runners. It seems the difficulty of getting in was somewhat over-played on the website (or I was too credulous?) so here's hoping we get to send a team (or teams) next year when the race is held up at Tebay – up and over the Howgills presumably.



# West Yorkshire Winter League (WYWL) Race 1 Baildon

## Jon Pybus



Well Race 1 has finally arrived and as current champions, Baildon Runners, are delighted to host the first race on Sunday 17<sup>th</sup> November.

The race HQ is from Baildon Rugby Club, Jenny Lane, Baildon, BD17 6SH.

With the increase in the number of runners Baildon ask that you please car share where possible; there is limited residential parking near the Rugby Club as well as a couple of small car parks at the club. They ask that you please do not block any driveways. There is also a small car park at the Golf Club, further residential parking in the area behind, and another small car park on the right, past the cattle grid.

The Rugby Clubhouse will be open early for tea/coffee and number collection from your Club Rep. Please arrive in good time.

The race starts at 10.30am and is the same as last year on the beautiful Baildon Moor near Baildon Golf Club, which is 5 minutes jog from the Rugby Club HQ.

Check out the course on <https://connect.garmin.com/modern/activity/4201498071>. The start has been slightly amended, which will hopefully ease the congestion of last year, and will run up the side of the 18<sup>th</sup> Golf fairway. There is a golf competition on at the time of the race, although it is anticipated that golfers will not have reached the 18<sup>th</sup> by 10.30am. They will, however, be using the nearby 1<sup>st</sup> tee, and it is asked that you respect the golfers and keep away from that area.

There are limited changing facilities (usually for 30 rugby players), with post-race drinks and food in the Rugby Clubhouse. Please remove / change your muddy running shoes before entering the clubhouse. There will also be a raffle, and the race results announcements.

**Number are now ready to hand out, I will do this at the away run on Thursday 14<sup>th</sup> November – it is important if you are running the Baildon X-Country that you try and get your number off me before the day, it's a long walk from race HQ to the start line so I can't hang around for long on the day.**

Good luck all, hope you have a great time.

# A Year in the Life of a Race Director

Gail Fawcett

I will start by giving you a little tip: Don't get caught out by our then Chairman asking you to become the race director of the Stainland Trail when you are quite merry at the lions Christmas party. That's where it all started. Anyway, enough of my inebriated state .....hic

At our annual Christmas tree run "Will you take on the trail then Gail?" said Mr. Armitage. Of course, no problem I said, would love to (what the hell do I know about being a Race Director?????????????).

Meetings with Sally McGregor and Clayton Cutter to pick their brains and gather information was my first port of call. These two are the font of all knowledge when it comes to organising races.

Meanwhile I send as many letters to as many companies as I could think of for the help with sponsorship, donations etc. Luckily, we have Stephen and Chris Hall who said yes, to which I am very grateful (get them when they are having a few beers at our awards dinner) well if Mr. Armitage can do it so can I. Next on board came Hilton Process Solutions at Elland, and finally Wendy Paulson came up trumps with James Bulley from Calder IT who was delighted to be a part of our little race.

Date booked and license application form sent to Calderdale; how hard is it to get a license??? OMG four emails, eight phone calls and they found my application form – you've used the wrong form but no problem we will use the one you've sent this time. Nice man Mr. Vardy. THIS TIME - don't think I'll be doing it this way again!!!! Anyway, I digress, by mid-July Calderdale and UK Athletics licenses were done. Risk assessment sorted out too.



My next dilemma Vest or T-Shirt. In the few years I had been running I've never had a vest for finishing. Would love to do vest for a change but can I make that decision? Emailed Tony Mott - what do you think, can you ask this committee? You go with whatever you want Gail came the reply. Right executive decision made. Ordered!!!! Don't they look fab? (I do have some spare ones if anyone would like to buy one only large or x-large left I'm afraid let me know).



Thank god I could now go on holiday knowing at least all the paperwork was done and finishing vest were sorted.

Back from holiday, lots of things to organize. Park Run booked to announce our race – done (thank you Trisha Hollowell for organising), order trophies - done, order race numbers - done.

Can I just say a big THANK YOU to all the lions who gave up their Saturday morning to come to the park run to Marshall. What a great morning it was.

Next job was for me, Dave Culpan and Trisha to sort the Marshalls for the race. Dave was invaluable with this; his knowledge of the route and Marshall spots were first class. We organised to walk the route so I could make notes of where they all stood and then organised a recce to show people where their spot was.

Being let down by a couple of companies who said they would help was disappointing, but thanks to Subway who came to the rescue and provided 200 paper cups, and my mum who donated chocolates for the category winners - we were now as ready as we would ever be. Bring on the Race!!!!

OMG how nervous am I, just thinking what will go wrong or right, what if I haven't enough Marshalls. But all that worrying was for nothing. What a great day, the weather was very kind to us for the race, a great atmosphere on the day too. I think everyone enjoyed it, I certainly did especially when everyone came back in one piece. 134 runners on the day was incredible.

Thank you to all the Marshalls, including the extras that turned up on the day to help. A big thank you to Dave Culpan you were fantastic. Jo Hirst, John Bassinder and Richard Crombie our great finishing team, thank you. Liz Hallam for the donation of the beer. Trisha my right-hand girl thank you thank you thank you.

Great race, great route and fantastic support all the way round. Same time next year was Mr. Bulley's reply?????? Eh.....

And all this while I was Marathon training too!!!!





# From Couch to Marathon

John Bannister



I recently ran the Chester Marathon and would like to share the journey I went through to get to the starting line.

I only began running in June 2016, at the age of 52, and until I started I had no interest in this activity. Even though I had a brother-in-law and a good friend Richard Brown (Stainland Lion) both runners, their running stories were of no interest to me. I once went to watch Richard run a half-marathon in Liverpool, afterwards he asked me whereabouts on the course I'd see him, I had to confess I'd gone to a café for breakfast and walked around the city centre, therefore I never saw a runner.

My running career started after a visit to a shop's changing room in June 2016, whilst trying on a T-shirt (large) I noticed in the mirror "a bit of a gut" and a lightbulb moment occurred . . . I need to exercise. The following day I purchased a pair of trainers.

Once the trainers were bought, I thought to myself, this will be easy. The first time I went out my aim was to do a "mile", 100 yards later, whilst blowing out my a\*\*e, this wasn't going to be as easy as I first thought.

A plan was required; research done, I started again. Initially, walk – run, walk – run, and eventually got to just running, and a steady build up of miles. Unfortunately, I did too much too soon and in October 2016 I got shin splints (1<sup>st</sup> injury); disillusioned, I never ran another step till July 2017.

Not 100% sure why I started again, but this time I took advice from Richard, and the build up was gradual and confidence was restored.

The first race I did was the Rochdale 10k in October 2017. Now I've done 10k, why don't I do a half-marathon; therefore the Inskip Half was entered for January 2018. What an introduction, sleet and wind, chuffing freezing, but managed to do it and achieved a reasonable time.

Feeling I needed to improve I joined Stainland Lions in June 2018. Since joining the club I've improved considerably with help from the coaches and listening to advice from fellow club runners.

Having done various 10k's, 10 milers and half-marathons, one night, after a few "beers", I entered the Chester Marathon; reality set in the following day when I saw the email confirmation. When my training plan was formulated, I began wondering what I'd let myself in for . . . . 16, 18, 20 and 22 miles to do, having never done any of these distances before.

Training completed, carbed up, fully hydrated, race day came; to say I was nervous was an understatement. The first 17 miles went really well, then I hit the famous "wall", nothing can prepare you for that, to say the last 9 miles were difficult is an understatement, but I finished in 3:43.

Initially I was disappointed with my time, but on reflection I'm proud of myself – being my debut marathon and not knowing what to expect.

Will I do another? You bet I am (already entered), got a time to beat. Having completed my first marathon the experience I've gained should "theoretically" help.

Hope you have enjoyed this article, I'm sure everybody has a story to tell, this is mine.

# Dramathon (The Full Dram - 26.2 Miles ish!)

Ken Chilcott

So, here I am sitting writing up my experience of the Dramathon having now run it for 2 out of the 3 years it has been running. I have a glass of a good Speyside whisky at my elbow to ensure that I can reward myself for each and every word that I type. Hopefully, the words that follow will make sense . . .

For those of you that have never heard of the Dramathon, it is a running festival based in the Speyside region of Scotland, between Inverness and Aberdeen, centred around the town of Aberlour. Multiple distances are run including a 10k, Half Marathon, Marathon and a marathon relay. The latter is the Marathon distance but split between a team of four runners and helps add to the feeling of inadequacy of us marathon runners of the slower fraternity. Not only do we see the fast marathon runners tearing off into the distance we see the first leg relay runners do the same.

Not really selling this I know but I want to do it again and don't need too much competition for spaces.

So, bright and early, I was dropped off at Glenfiddich Distillery to catch the coach to the start. The start being Glenfarclas distillery. After a 20-minute coach ride we arrive at the distillery and do the usual pre-marathon routine of toilet, toilet and toilet again, just to be sure you understand. As we are in the highlands of Scotland it isn't too warm, so we take shelter in the visitors centre of the distillery itself. Last year, just as we were called to the start, I noticed other runners partaking in a wee dram but missed the opportunity. This year I was in the right place at the right time only to be told that the drams had been removed from this year. Don't they know I have 26.2 miles to run? (it's a trail marathon so not quite the full distance, although the organiser does advise you in the race instructions that they have little interest in 'what your Garmin says').



I trudge outside with the other runners and take my place on the start line of what will be my third marathon, and the second on this course. In true highland tradition we are piped away on the start and begin the climb up from Glenfarclas onto the moors of Ben Rinnes. Soon the field begins to spread out which is a good thing based on the width of the tracks that we are running on.

The climb doesn't last long though and we are soon descending. The good thing about this event is that it is based on the Speyside trail that is predominantly on old disused railway lines. Don't let that fool you though, even trains go up hill!

Just short of four miles in and we reach the A95 for the first of our three crossings. We are all given a 'dibber' when we register that is used to stop the timer as we wait to cross what is the local equivalent of the M62.

Once across the road we head into the grounds of Balindalloch Castle. It takes a while to weave our way through the grounds but as we run around the track towards the front of the castle it is a sight to behold. After a brief climb away from the castle we are at the second crossing point of the A95. It was during this climb that the rain decided to join us for the day and there were a large number of people trying to shelter under the ornamental trees as they frantically put on waterproofs. Once on, the weather never improved enough to warrant taking it back off!

Across the road and with the dibbers switched back on we are making our way to and across a golf course and the first water station. These are always welcome in this event as it isn't in a largely populated area, so spectators are quite hard to find. In fact, the largest crowd we had this year was vehicle drivers held for us to cross the road!

After a quick few mouthfuls of water and a couple of large salted pretzels I am off again. A brief wave from the runners that have just completed the first leg of the relay as they sit on the coach to take them back to Glenfiddich and it is back onto the course proper.

We follow a road for a mile or so and are soon at the third, and last crossing of the A95. Once across it is a short run down the lane to Cragganmore Distillery. A left turn at a crossroads is followed by a climb up and around the distillery before we again arrive at the same crossroads where we turn onto the Speyside trail for the first time.

The next part of the course is fairly non-descript until we arrive at a water station, that again is a welcome break from the running. A cup of water is held out by one of the volunteers who has a look of panic on her face as I explain I ordered the soup and a roll. She relaxed once I had taken the water, but her face was a picture that shall stay with me for a while.

After another sneaky pretzel (last year we had jellybeans) I am off again, following the Speyside trail until we reach Tamdhu distillery. This is where the half marathon starts and is also the swap over from the second leg of the relay, although they are long gone by the time I arrive.

It is here that there is a difference in the course. Those of us on the marathon (so good to be able to say that), take a different route and make our way up a steep track towards Cardhu distillery. As I run past, the staff from

the visitors' centre were offering encouragement and even offered to get me a dram, but I was on a roll and didn't want to stop. I did, however, make up for that when I visited later in the week for a tasting!

After a nice piece of downhill running we re-join the main course and head off to Carron. There is a distillery here too but in two attempts I have never found out which one it is. Obviously, I shall have to go back to find out!

Another water stop and another pretzel and I am off again, next stop Aberlour.

On the course there are two suspension bridges that are an absolute nightmare to run across unless alone and just as you are getting to Aberlour you come across the second one. As you run the ground (or bridge in this case) come up to meet you and slaps the soles of your feet. After almost 18 miles this hurts, really hurts...

Aberlour is one of my favourite spots as my holiday cottage is close by and my wife tends to come down and cheer me on. It is also where my favourite whisky bar, the Mash Tun, is located. A meal in this establishment must be had if you are in the area as they match the menu to whiskies. Eat and be merry just make sure you are not the driver.

The water stop was also manned by Speyside Runners running club who at least got my sense of humour (it's an acquired taste I know) and after another pretzel I am off again.

The marathon runners are now onto the last 10k, if 10k was actually the best part of 8 miles. I did warn you they weren't interested in what your Garmin said!

It's an easy run along the river until you get to Craigellachie where you leave the Speyside trail and head up towards Dufftown.

After a brief water stop, it is 5 miles pretty much up hill. It's an old railway line uphill but it certainly takes it out of you after having already run about 21 miles.

After what seems an eternity you are running alongside the maturation warehouses of Balvenie distillery. Then, suddenly you turn left and enter Balvenie properly. A brief run through what is normally a 'closed to the public' distillery and you enter Glenfiddich via the back door. Another 30 yards and it is around the corner to the finish and the biggest cheer you have heard all race.

Once across the line the medal is placed around your neck and you get your goody bag. The medal is a piece of wood from a whisky cask, but the goody bag is to die for. 8 whiskies (50ml miniatures) provided by the sponsors of the race.

I was cold and wet and in need of a sit down so went immediately to the bar. As I sat down and proceeded to drip on the floor, I was cheered by a group of Germans who had attended to do the relay. My beer and whisky arrived, together with cake and I immediately felt so much better...

The event is a must for any runner who likes whisky. It is a fantastic part of the world and is one that needs to be higher on the list of places to visit. If I have piqued your interest, please have a chat but entry for next year opens in January (early in the new year) and it sells out quickly. This year, over half the marathon field were from outside the UK and it made for a fantastic atmosphere. Come and join me next year and deprive me of being the first Lion home 😊

## What do I Listen to When I Run?

Gavin Dodd

**What do I listen to when I run? . . . . . a question that no-one has ever asked me . . . . . but I thought I'd tell you anyway.**

Like many runners, I enjoy listening to podcasts on my long runs. I do listen to music, but I enjoy podcasts and audio books, they seem to help the miles pass by more quickly.

All the podcasts listed can be downloaded/streamed using all the normal methods (iTunes podcast app, Spotify, etc.) and are free!

I have listed a few of my fav 'running related' podcasts, and a few non-running related.

### **Running Related:**

#### **Marathon Talk:**

Marathon Talk is a weekly podcast, hosted by Tom Williams, Martin Yelling and Holly Rush. It's just celebrated its 500<sup>th</sup> episode and its 8 millionth download. The show is about an hour long, and usually has a news update, interview (these range from chats with stars such as Mo Farah or Paul Radcliffe, to random stuff such as an expert talking about dog bites and runners); I can't recommend this enough – try it, you will soon be part of the "Marathon Talk community". PS – the title is misleading, it's not about marathons, it's about everything and anything running related – and very non-elitist. It also has strong links with Parkrun.



**Talk Ultra:**

This podcast is available every two weeks; it covers everything ultra, trail and mountain running; again with stars from the ultra-running community contributing. It also has a focus on photography and writing.

Presented by Ian Corless, the show has interviews with the likes of Kilian Jornet, Damian Hall, etc, and covers UTMB, Bob Graham, The Spine, etc.

**The Running Podcast:**

You will love or hate this podcast; it's presented by Colin McCourt and Ross Murray, both ex-international athletes.

Each episode has an interview with one of their friends (all current pro-runners), the format is very jovial and aimed at real running geeks; it does however give a real insight into the training and lifestyles of a professional athlete.

**Running Commentary:**

Hosted by comedians/runners Paul Tonkinson and Rob Deering, this podcast covers running, comedy, and life in general. The format is that the show is recorded as Paul and Rob run, often with a topical guest in tow.

This show also has a big following and has a back catalogue of big name guests.

**Running Your Stories:**

I can't not mention Running Your Stories by our own Kevin Robinson. This podcast has interviews with a range of different 'runners' covering a wide range of interesting topics and is well worth a listen.

**Honorable Mention to the following Podcasts:**

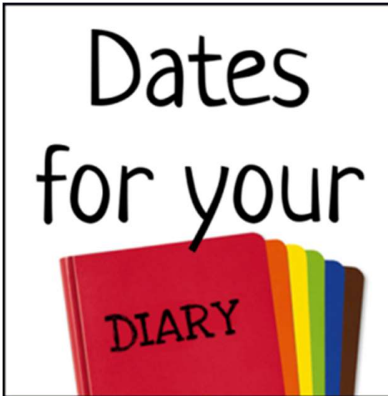
**Stephen Scullions Road to Tokyo 2020** – An Irish pro-runner gives regular updates on his weekly ups and downs on his road to qualifying and competing in the Olympic marathon.

**BBC Radio 5 Fighting Talk Podcast** – Another of my favs, week comical look at the world of sport, with guests fighting for points in a quiz format.

**BBC 5 Live Rugby League Podcast** – As it says on the tin; chat and discussion about rugby league.

**Justin Moorhouse, About 30 Minutes No More Than 45** – Comedian most famous for Phoenix Nights, gives an insight into the life of a gigging comedian.

Anyone else got any recommendations?



**November Away Run:** Thursday 14<sup>th</sup> November – 6.30pm at The Millers Bar, Brighouse (see Facebook / Forum for more details).

**WYWL Race 1 Baildon:** Sunday 17<sup>th</sup> November – Baildon Rugby Club, Heygate Lane, Baildon, BD17 6SH. 5.5 mile multi-terrain course.

**London Marathon Club Draw:** Thursday 28<sup>th</sup> November – Heath Rugby Club (after normal club run). Keep your rejection letters ready for the club draw – 3 places up for grabs. Hopefully will be joined by Emma from England Athletics for a run and a chat. Also we are hoping for a visit from the Forget Me Not Trust to present the 10k Golden Brick.

**WYWL Race 2 Dewsbury:** Sunday 1<sup>st</sup> December.

**Christmas Party Night:** Friday 6<sup>th</sup> December – Cobblestones, Sowerby Bridge – 8.15pm sit & eat.

**Overgate Hospice Santa Dash:** Saturday 7<sup>th</sup> December at 1pm – put on your Santa suits and pull on your hat ready to prance, dance, stroll or dash the 3k route around Wellholme Park, Brighouse (hangovers should have gone by 1pm!!).

**Children's Christmas Party:** Sunday 8<sup>th</sup> December – 3.30pm to 6.30pm at Heath (see forum post for more details).

**Christmas Tree Away Run:** Thursday 12<sup>th</sup> December – 6.30pm from 1885 Stainland.

**Ward Green 6k (Championship Race 18):** Sunday 22<sup>nd</sup> December – final championship event for 2019!

**Boxing Day Fun Run:** Thursday 26<sup>th</sup> December – 11am start from 1885 Stainland.

**WYWL Race 3 Pudsey:** Sunday 5<sup>th</sup> January 2020.

**WYWL Race 4 Queensbury:** Sunday 19<sup>th</sup> January 2020.

**WYWL Race 5 Huddersfield (Stadium):** Sunday 9<sup>th</sup> February 2020.

**Away Run Weekend:** Saturday 15<sup>th</sup> February 2020 – this year we're off to Llandudno – details to follow.

**Annual Award Dinner:** Friday 21<sup>st</sup> February 2020 – The Venue, Barkisland – details to follow.

**WYWL Race 6 Halifax (Stainland):** Sunday 23<sup>rd</sup> February 2020

THIS WILL REMAIN IN THE NEWSLETTER – NEW DATES WILL BE ADDED BY REQUEST. EVENTS WILL REMAIN ON THE LIST UNTIL THEY PASS.

PLEASE SEND DETAILS OF ANY DATES THAT YOU WOULD LIKE TO ADD TO THE LIST.





# Leo's Adventures



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

If you have seen Leo, or if he's joining you on your next adventure – let me know – send me his blog and pictures #leoblog.

**WE WANT TO KNOW ABOUT YOUR ACHIEVEMENTS FOR THE NEWSLETTER - SMALL OR GREAT, THEY ARE ALL IMPORTANT. PLEASE ALSO LET US KNOW WHAT YOU WOULD LIKE TO SEE IN THE NEWSLETTER GOING FORWARD**