



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

Various

### Contributors

Championship, Fell Race & WYWL updates. Kevin Robinson's Blog - Hardwolds 80.

# From the Chair

## Tony Mott



Hello Lions,

Another action-packed month has come and gone. Have a read through Sue Cash's awesome race reports to see what your fellow Lions have been up to in November.

The XC season kicked off at Baildon. One of my favourite courses and I wanted to run it but Tracy and I were in mid-Wales the day before for a mountain bike race – the Real Ale Wobble – and there was no way my legs or hangover were going to have recovered quickly enough for me to get back up north in time.

The last track race of the year took place down at Spring Hall. A massive thank you to Mark, Tanya and Graham for leading our weekly track sessions and track races through the year. If anyone hasn't tried a track session, don't be intimidated. You can take it as easy or as hard as you like and you will get great support from the coaches and your fellow runners. It's just like a normal run but without the risk of getting lost, which is why Clayton likes it so much.

November saw Catherine organise another lovely away run, from Miller's Bar in Brighouse this time. I think my trainers are still soggy.

Towards the end of the month, we had loads of Lions put their names into my Great Grandad's bowler hat in the hope of winning one of three entries into the 2020 London Marathon. The lucky winners, none of whom have run London before, are Gail Fawcett, Becki Watson and Anne Marie Ulliot. Well done ladies. Our coaches are on hand to help with training plans and there is always a mob of Lions happy to join you for long runs along the canal. The best advice I was given was to think of 20 miles as the halfway point. If you need any support or advice from anyone in the club just ask.

On the same night we had Emma from England Athletics run with us and tell us all about the support available to clubs like ours. Alan asked a typically random question about Clubmark. I still don't know what Clubmark is!

But it was Gemma from Forget Me Not children's charity who stole the show. I can't do it justice here, but there were lots of tears when Gemma described the amazing work the charity do and thanked us for our support and fundraising over the years. The Boxing Day Fun Run raises money for Forget Me Not and any help you can provide to Cat Daniel in preparation for this year's run would be greatly appreciated.

In December we also have Dewsbury XC (thanks JP), our Christmas Meal (thanks Bex), the Christmas Tree Run (thanks Catherine) and the final championship race of the season - Ward Green 6 - which is a great little race with an amazing spread at the finish (thanks Steve).

And how about a random Parkrun recommendation to close out my last newsletter update of 2019? If you find yourself near Whitchurch, I can highly recommend Alderford Lake Parkrun. A couple of laps of a 100% off-road course, a great atmosphere, a lovely location, not hilly and a nice café. Give it a go if you're in the vicinity as you visit family and friends over the festive period.

If I don't catch you down at club in the meantime, have a lovely Christmas and a bonkers New Year.

Happy running.

Tony



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**

# Lions Publicity Officer

## Susan Cash

### Summary of Race Reports for December Newsletter



*7 November 2019: A busy weekend, with qualifying races in both the main club championship and the fell racing championship.*

#### Shepherds Skyline Fell Race

The Shepherds Skyline Fell Race is a counter in this year's fell racing championship. It was also David Culpan's 600<sup>th</sup> fell race, and he ran well despite suffering some cuts and bruises when he slipped on a descent. Aileen Baldwin ran well too, putting in an impressive performance to win her age category. Other age category honours went to Clare Smith, Andrew Earnshaw (who was first Lion) and Martin O'Brien. Just under 200 runners tackled the senior race this year. The six mile route climbs steeply uphill from Todmorden to the ridge, then follows the skyline along to Studley Pike, before plummeting down into the valley bottom. There follows a second long haul back up to the ridge before retracing steps to the finish. Total climb 1,200 feet.



Aileen Baldwin at Shepherds Skyline.

Results: Andrew Earnshaw 62:32, Clare Smith 66:01, Martin O'Brien 66:49, David Culpan 67:19, Liz Norman 76:43, Aileen Baldwin 80:29, Steve Boyer 83:56

#### Guy Fawkes 10 Mile

The Lions were out in force for the Guy Fawkes 10 in Ripley near Harrogate on Sunday. The hilly 10 mile course is on scenic country roads and bridleways, and finishes in the stunning grounds of Ripley Castle. The race, which is a counter in the club championship, is hugely popular. Matthew Pierson led the Lions home, finishing in a brilliant 2<sup>nd</sup> place. Lesley Henderson ran well to win her age category. Darren Reece (8<sup>th</sup> place overall), Suzanne Patterson (7<sup>th</sup> Lady), John Bannister, and Judith Greenwood also came away with age category placings. The Lions came second in the team competitions in both the men's and ladies' divisions.



Results: Matthew Pierson 58:50, Darren Reece 1:00:49, Gavin Foster 1:02:40, Sean Thompson 1:09:18, Gareth Knight 1:11:01, Suzanne Patterson 1:13:07, Gavin Dodd 1:13:50, Clayton Cutter 1:14:41, Richard Crombie 1:15:37, Sally Caton 1:15:46, John Bannister 1:15:53, Maria Harron 1:16:06, Steve Hallam 1:16:42, David Farrar 1:17:14, Robert Ashcroft 1:21:26, Michelle Rogerson 1:21:27, Jonathan Pybus 1:22:01, Helen Armitage 1:22:09, Ben Carter 1:23:17, John Bassinder 1:23:40, Ian Johnson 1:23:47, Jan King 1:24:53, Gerry Banham 1:24:56, Angela Lee 1:25:50, Ian Hoskins 1:26:13, Fraser Ambrose 1:27:43, Amjid Khan 1:27:58, Anne-Marie Ulliyott 1:28:45, Laura Goodwin 1:29:31, Gillian Jago 1:29:34, Sandy Gee 1:29:55, Catherine O'Shaughnessy 1:30:08, Sarah Lunt 1:31:24, Diane Waite 1:31:59, Karen Thorne 1:32:21, Paul Butterfield 1:34:07, Gina Anderson-Keeble 1:34:14, Paula Pickersgill 1:34:46, Tim Walker 1:34:55, Aly Brook 1:37:30, Zoe Russell 1:39:04, Paul Shaw 1:39:05, Michelle Eyre 1:39:16, Catherine McHugh 1:39:19, Claire Guest 1:39:55, Alison Audsley 1:41:07, Dawn Medlock 1:41:17, Richard Brewster 1:43:24, Graham Robertshaw 1:44:37, Anna Stones 1:44:44, Jenny Walker 1:45:23,

Justin Scargill 1:45:36, Alex Whyte 1:45:57, Angela Goulden 1:48:03, Paul Armitage 1:49:17, Lesley Henderson 1:49:40, Judith Greenwood 1:50:41, Philip Richards 1:50:55, Mel Shaw 1:53:07, Samantha Varley 1:53:58, Richard Lambert 1:56:21, Cheryl Hill 1:56:39, Simone Zoledziejewski 1:56:40, Jackie Barker 1:56:48, Melissa Vincent 1:57:44, Peter Cawdron 1:58:52, Wendy Goodwin 1:59:30, Sue Shepherd 1:59:31, Abi Bouckley 2:03:24, Anne Cawdron 2:04:17

### **Cop Hill Fell Race**

Jim Harris was the only Lion to compete in the Cop Hill fell race on Sunday. Conditions were excellent for the scenic two lap course round Meltham, which Jim finished in 55:27.

### **Derwent Water 10 Mile**

Virginia Lewin competed the Derwent Water 10 Mile on Sunday in a time of 1:46:20, and in a deluge.

### **Bradford City Runs**

Simon Rawnsley headed to Bradford for the city runs, opting for the half marathon distance. Simon finished in twelfth place in 1:33:09. The route is based upon a 5K loop of Bradford city centre, and takes in City Park, Bradford University, the Broadway and Little Germany. Two laps of the course gets you 10K; four laps (plus an extra bit) gets you a half marathon.

### **Gisburn Forest 10K Trail Race**

Rikki Hammond and Ray Mooney both clocked 63:13 at the Gisburn Forest 10K Trail Race. Starting from the Gisburn Forest Hub, the route takes runners down a wonderfully twisty-turny bike trail before joining wide open forest tracks.

*14 November 2019: With Spen Vets race cancelled, there was a reduced calendar of races for the Lions this Remembrance Sunday weekend.*

### **Copeland Chase**

Jim Harris was in West Cumberland for the Copeland Chase orienteering race. Jim was second in his age category, completing the ten mile course with 28 control points in 2  $\frac{3}{4}$  hours. Jim said afterwards "a couple of navigation missteps and lack of ambition in route choice probably cost me the age category win."

### Andy O'Sullivan 5K, Whitworth

Virginia Lewin and Steve Hallam travelled to Lancashire on Sunday for the Andy O'Sullivan 5K at Cowm Reservoir in Whitworth. Steve was 2<sup>nd</sup> in his age category in a time of 21:56, while Virginia completed the route in 28:20.

### Windmill Remembrance 10K

Rebecca O'Neill ran a superb personal best at Windmill Remembrance 10K in Lytham, crossing the line in 46:38. Over two thousand runners took part in beautiful conditions.

### Run Bolton Abbey 2019

Run Bolton Abbey consists of a 10K, 10 mile, half marathon race and 2 mile fun run on stunning trail routes on areas of the estate not normally accessible to the public. The races are a fundraiser for the Sue Ryder Manorlands Hospice. Martin O'Brien won his age category in the 10 mile race, clocking exactly 90 minutes, while in the half marathon, Kate Ryley recorded a time of 2:34:42.



*21 November 2019: This weekend saw the start of the hugely popular West Yorkshire Winter League Cross Country series, as well as the penultimate race in the Lions' fell race championship and a number of fast road races with PB potential.*

### Tour of Pendle Fell Race

Rachel Lumb and Leon Severn tackled Saturday's Tour of Pendle, the penultimate race in the Lions' fell race championship. The 17 mile route included just under 5,000 feet of climbing over Pendle Hill and adjoining moorland, making it a Category A (Long)\* race. Rachel put in a fantastic performance in gruelling conditions to finish in 4:07:37 while Leon took 20 minutes off his 2018 time to complete the course in 3:38:44.

\*Category A (Long) = the hardest type

### Rother Valley Half Marathon

Billed as taking place in "the perfect location just outside of Sheffield and Rotherham with easy motorway access", Rother Valley Running Festival was this year threatened with cancellation because of widespread flooding in the area. Although the event was confirmed on Thursday, the route, which is pretty flat and so usually quick, was still very wet and slippery, making running conditions difficult. Added to this, the course was multiple laps round a lake, which is always psychologically tougher than a single loop, and the weather on the

day was sopping wet. Rebecca O'Neill and Roy Lunt both tackled the half marathon distance (4½ laps) and were glad to get finished and home.

Results: Rebecca O'Neill 1:54:55, Roy Lunt 1:57:48

### **Blackburn 10K**

Gillian Jago was the sole Lion at Sunday's inaugural Blackburn 10k. The closed roads race started and finished inside Ewood Park football ground, the home of Blackburn Rovers FC. Gillian took advantage of the flat route to run a new personal best of 51:54.

### **Preston 10 Mile Road Race**

Stephen Hall was the sole Lion at Sunday's Preston 10 Mile Road Race, hosted by Preston Harriers. The event has been established for 38 years and regularly draws in over 500 runners. This year the race attracted a particularly high quality field because it was also the Lancashire 10 Mile Road Championship race and the Northern Athletics 10 Mile Road Championship race. Despite feeling that his pacing didn't quite go to plan, Stephen pelted round the flat two lap course in a new personal best time of 58:20.

### **Tadcaster 10**

Three Lions took part in Sunday's Tadcaster 10, a ten mile loop on fully closed roads around Tadcaster, taking in the villages of Catterton, Healaugh and Wighill. Helen Armitage was first Lion back, and third in her age category.

Results: Helen Armitage 1:15:59, Paul Corns 1:18:10, Gail Schofield 1:24:47

### **Conwy Half Marathon**

Regularly voted one of the most scenic half marathons in the UK, Conwy Half starts and finishes in front of Conwy Castle. The route takes runners alongside Conwy River towards Deganwy beach and Llandudno, before doing a loop around the Great Orme with views of Anglesey, Puffin Island and the surrounding North Wales coastline.

Results: Joanne Cooke 2:09:01, Dawn Medlock 2:15:58

### **Wadsworth Half Trog**

Will Rushworth completed the Wadsworth Half Trog on Sunday in 1:37:22, describing it as "endless bogs". The race is a local classic, taking in all the best terrain of the full Trog, but without the full distance. The route, which is 15K long, includes 1,400 feet of climbing.



### **The Yorkshire Veterans' Athletics Association Grand Prix, series results**

The Yorkshire Veterans' Athletics Association Grand Prix somewhat fizzled out this year, with the final race of the series at Spenborough unfortunately being cancelled at short notice. Across the series as a whole, the Lions had some good results though, finishing in the top three in all six of the team categories and winning the women's First Four to Count category. In addition, Gavin Mulholland was the best individual male runner of the series. There were series age category wins for Michelle Rogerson, Maria Harron, Aileen Baldwin and Judith Greenwood, and top three age category placings for Lorraine Naylor, Sally Caton and Virginia Lewin.

Vets' Captain Gavin Mulholland paid tribute to the strength and depth of the team and thanked everyone who turned out to represent the club this year.

### **West Yorkshire Winter League Cross Country**

Sunday saw the first race of the hugely popular West Yorkshire Winter League Cross Country series. 577 runners took part in Race One at Baildon. 60 Lions (60!!) were among the starters, including, somewhat heroically, Leon Severn, who had completed the Tour of Pendle just the previous day. The five mile race was run entirely on tracks over Baildon Moor and was universally declared the muddiest West Yorkshire Winter League race that anyone could remember.

The club has a new cross country captain this year in Jonathan Pybus, who takes over the reins from Tim Walker. As ever, there were some excellent individual performances. Matthew Pierson was 1<sup>st</sup> Lion home in 5<sup>th</sup> place, with Gavin Mulholland just behind him in 6<sup>th</sup>. Dan Marsden and Gavin Foster were the other two counters for the men. For the Ladies' team, Suzanne Patterson, Clare Smith, Lorraine Naylor and Maria Harron all posted excellent results.

*28 November 2019: This weekend, Kevin Robinson completed the Hardwolds 80, part of the famously tough Hardmoors Race Series, finishing 4<sup>th</sup> male and 5<sup>th</sup> overall.*

### **Hardwolds 80**



Kevin Robinson was 4<sup>th</sup> male and 5<sup>th</sup> overall in 16 hours 31 minutes at the epic 82 mile Hardwolds 80 ultramarathon. The route followed the Wolds Way from Hessle to Filey, passing through chalk landscapes and ancient villages such as Brantingham, Londesborough and Thixendale as well as the deserted medieval village of Wharram Percy. There was a massive 8,500 feet of climbing. Speaking after the race, Kevin said "The conditions were very tough, with thick clay mud on many of the trails. As with all ultras, I had ups and downs, but I got plenty of valuable experience in this one". Kevin's next ultramarathon challenge is the legendary Spine race along the entire length of the ridge of the Pennines.

**Wilmslow Festive 10K**

Sunday saw the highly popular Wilmslow Festive 10K (and what could be more festive than running along a dual carriageway in November?), which attracted a huge field of over 4,000 runners. The closed-roads race started in Wilmslow town centre and headed out along Knutsford Road before looping back round to Burleyhurst Lane and finishing on Mobberley Road. Predominately flat, the course delivers fast times, and Gail Schofield took advantage of this to run a new personal best 10K time.

Results: Paul Corns 44:43, Gail Schofield 50:00, Stephanie Hull 73:13

**Clowne Half Marathon**

Clowne Half Marathon is another popular road race. It was under threat this year from the flooding that has affected the South Yorkshire region. Organisers worked for hours digging trenches to drain surface water from the route's flooded country lanes, to allow the race to go ahead on Sunday. Rebecca O'Neill was first Lion home, taking nearly ten minutes off her 2018 time.

Results: Rebecca O'Neill 1:44:49, Fraser Ambrose 1:48:28, Gina Anderson Keble 2:04:08, Alison Audsley 2:06:42

**Kong Mini Mountain Marathon, Saddleworth**

Jim Harris and Richard Crombie did well in Sunday's Kong Mini Mountain Marathon orienteering race, finishing in the top quarter of the field in 3:58:44. Jim's navigational expertise came into its own on the day, with misty conditions up on the moors above Saddleworth and limited visibility on the tops.

**Lee Mill Fell Relays**

Lions Leon Severn and Andrew Earnshaw took part in the Lee Mill Fell Relays at Bacup, Lancashire, together with friends James Pearson and Darren Earnshaw. Running as the Stainland Eagles, they finished 34<sup>th</sup> in a total time of 4:15:51.

Results: Leon Severn (leg 1) 1:02:39, Darren Earnshaw (leg 2) 1:01:12, James Pearson (leg 3) 1:03:20, Andrew Earnshaw (leg 4) 1:08:40

**David Staff Memorial Fell Race**

David Culpan was the sole Lion amongst 123 runners at this year's David Staff Memorial Fell Race in Darwen, a four miler with a total ascent of 1,000 feet. The route, which started from Sunnyhurst woods, featured a very steep climb up to the Jubilee Tower and a technical descent down the eroded "Aggie's Staircase". According to local legend, Aggie was a woman who had an inn on the moors in the 1850s, and who was murdered in a bungled robbery. The thieves were caught and hanged for the crime, but Aggie's ghost still frequents the moors and tower today. You have been warned.

Result: David Culpan 41:01



## Usain's PB Corner

### November Park Run PB Corner

#### 2<sup>nd</sup> November:

**Brighouse:** Jenny McBride – PB of 30:44 taking 1 minute 2 seconds off her previous Brighouse time.

#### 9<sup>th</sup> November:

**Huddersfield:** Angela Lee knocked 13 seconds off her 2015 Huddersfield PB taking her to 24:08; Laura Goodwin – PB of 24:17 taking 23 seconds off and her 4<sup>th</sup> PB in a row at Huddersfield; Beverley Day knocked 1 minute 28 Seconds off her Huddersfield PB taking her to 28:08.

**Halifax:** Alan Whiteley - PB of 25:06 taking 4 seconds off his previous Halifax time.

**Brighouse:** Helen Armitage celebrated her 50<sup>th</sup> Park Run by knocking 18 seconds off her previous Brighouse time, taking her to 22:07. Janet West celebrated her 100<sup>th</sup> Park Run.

#### 16<sup>th</sup> November:

**Huddersfield:** Angela Lee knocked up another Huddersfield PB by taking 5 seconds off taking her to 24:03. Sharon Malor-Gage took 1 minute 29 seconds off her 2012 time taking her to 25:12; and Beverley Day smashed another PB by knocking 58 seconds off, taking her to 27:15.

**Halifax:** Heather Moffat took 13 seconds off her previous Halifax PB taking her to 25:26. Stephanie Hull celebrated her 50<sup>th</sup> Park Run.

**Brighouse:** Dan Marsden – PB of 18:37 taking 36 seconds off his previous Brighouse time; Alan Gibson knocked 6 seconds off his 2016 Brighouse time, taking him to 27:47.

#### 30<sup>th</sup> November:

**Brighouse:** Mark Speight knocked 8 seconds off his 2016 Brighouse time taking him to 21:40; Gail Schofield – PB of 24:12 taking 50 seconds off.

#### **Other Races:**

Rebecca O'Neill – 46:38 at Windmill Remembrance 10k in Lytham.

Gillian Jago – 51:54 at Blackburn 10k.

Stephen Hall – 58:20 (gulp!) at Preston 10 Mile Road Race.

Gail Schofield – 50:00 at Wilmslow Festive 10k.

# Club Championship Update

## Steve Hallam



As 2019 draws to a close for the Club Championship, thoughts are now focused on 2020 - A genuine chance to re-start with renewed enthusiasm, some new events to experience and that familiar anticipation of which



division we will be in and who our friendly rivals will be! The new year will kick off with the ever popular Stainland Winter Handicap - free to enter, club mates only, absolutely no idea what progress you are making because you've had to leave your timing device at home - What's not to like!?

Second up - The Meltham (Tough) 10K. I can't recall this event ever being in the championship but I have entered it a couple of times before. Don't let the "tough" label put you off though, it's no harder than anything else around here and it does feature a long downhill finish, followed by a short hill right at the end.

I've deliberately avoided anything in February as it is already a busy month with two Cross Countries including the one that we are hosting, and the Llandudno away weekend.

March brings us the Red Hot Toddy 10K, which in my opinion is tougher than Meltham, especially that 2nd mile with 400 feet of elevation! after that though - easy peasy! We also have the virtually flat Thirsk 10 miler - definitely a potential PB course and with a slight change to the route this time too. As far as I can tell, the out & back section is now in a different place.

Then in April, we have the Flat Caps 10K hosted by Sowerby Snails. I've never run this but looking at the route map, it seems to be pretty much in Sowerby Scorcher territory with the added "bonus" of climbing up to Sowerby village added in for good measure!

Once the light nights are back, there is a much greater choice that awaits you, with mid week trips to Cowm Reservoir and the Bunny Runs above Haworth. If you've never previously done any of these, it's worth the effort of getting away from work or your daily routine early and trying something simple, short and strangely satisfying (and no, that wasn't a self description!)

I've recently done a comparison of participation between 2018 and 2019 (albeit with one event still remaining). This was mainly driven by my curiosity to establish some sort of progress criteria. Having studied the numbers, participation levels are generally static over the last two years. The top three most popular and least popular events are listed below (Championship participants in brackets):

2018 Most Popular	2018 Least Popular	2019 Most Popular	2019 Least Popular
Joe Percy 10K (73)	Rombalds Romp (16)	Stainland Winter Handicap (81)	Hade's Hill (14)
Helen Windsor 10K (60)	Hade's Hill (17)	Guy Fawkes 10 (53)	James Herriott Trail (18)
Overgate 10K (58)	Eccup 10 (23)	Northowrun 5 (51)	Stairway to Heaven (20)

So what can we learn from this?

- Whilst it's not in decline, there's not much evidence of steady progress either.
- Events with consistently low numbers should be replaced (although I'm happy to give the very scenic Stairway to Heaven one more chance).
- The most local races aren't necessarily the most popular - Guy Fawkes also had 49 last year.
- Surprisingly, both Overgate and Kirkwood declined significantly (down 20 and 8 respectively).
- The 3K Track Race is very consistent with 45 and 44 from 2018-2019.
- I've not included parkrun because the format changed from 2 separate events at Halifax and Huddersfield, whereas this year we included them in with Brighouse as a single combined run. For info though - We had 67 and 77 at Halifax/Huddersfield last year and 99 so far this year for all three.

So, looking further into next year, my aspirations for the Championship, whilst under my watch are as follows:

1. To evolve from a fairly successful and worthwhile project into something that provides further added value to the whole club and it's membership
2. Additional improvements where appropriate, particularly with event choice, consistent and enhanced participation and an additional way of improving our running achievements and enjoyment.
3. To operate in a collaborative manner with you all and other hosting clubs/organisations. This means that sometimes I may need your assistance, thoughts, ideas and opinions.
4. To always be something for club members to look forward to.

I genuinely hope we can always feel proud of our club, share the celebration of each others' achievements and ensure we maintain inclusivity at all levels. See you at Ward Green!

# Fell Running Championship Update

Jim Harris

Two races in November and only one race left to run in December – the highly recommended Vocation Race out of Mytholmroyd (£5 and a free beer – what’s not to like?). Here’s hoping the half dozen that need one more race make it this weekend, (and that Leon, Andy and Kev don’t run fast enough to squeak past me 😊). The real battle will be Dave Culpan -v- Paul Patrick grudge match – seeing if they can finally break the deadlock after chalking up 29 races between them. It’s down to the wire!

Tour of Pendle (packing 4833ft of ascent into a very up-down-up-down 16.8 miles) scared off all but the very hardcore Rachel Lumb, and also Leon. Leon got round in a PB of 3:38:44 which scored him 66 points but Rachel’s time of 4:07:37 saw her earn 58 points, but more importantly a sixth qualifying race for her Fell Championship points tally. This was enough to leapfrog her past Aileen in the women’s standing.

Rachel Lumb at Pendle



Best three Short Race Scores			Best three Medium Race Scores			Best three Long Race Scores			Best Scores from each category plus best three from remainder	Qualifying Races	Total number of races		
#1	#2	#3	#1	#2	#3	#1	#2	#3					
										6			
85	83	83	74			88	82		497	6	6	Dan Marsden	82.8
91	84	84	78	69	59	75	65	55	481	6	11	James Penson	80.1
81	76	74	74	61	60	81	76	67	462	6	9	Jim Harris	77.1
85	84	82	63			78	68	66	461	6	8	Leon Severn	76.9
74	73	72	68	68	65	77	69	65	434	6	19	David Culpan	72.4
74	72	71	72	68		75	70		434	6	10	Paul Patrick	72.3
73	72	67	71	68		78	67		428	6	7	Martin O'Brien	71.4
70			64	60		72	72	58	396	6	6	Rachel Lumb	66.0
68	68	67	65	62	46	55	53		386	6	13	Aileen Baldwin	64.3
82	82	72	71			74			382	5	5	Andrew Earnshaw	76.3
84			82			85	75	55	381	5	5	Kevin Robinson	76.1
69	64	61	60	59	55	61			374	6	10	Steve Boyer	62.3
65	52	51	57	51	50	63	62		350	6	8	Angela Lee	58.3
68	68		67	64		76			342	5	5	Steve Hallam	68.5
52	49	48	50	48	47	51			297	6	7	Alex Whyte	49.6
62			59	51		63	62		297	5	5	Rikki Hammond	59.3
58			61	57	57	63			295	5	5	Paul Shaw	59.1
61	55	54	52			53			275	5	5	Susan Cash	55.1
50	49	48	45			47			239	5	5	Jackie Barker	47.8

# West Yorkshire Winter League (WYWL) - Update

## Individual Scores after Baildon – 17<sup>th</sup> November:

Position	Male	Points	Position	Female	Points
5	Matthew Pierson	496	117	Suzanne Paterson	494
6	Gavin Mulholland	495	184	Clare Smith	482
32	Dan Marsden	469	189	Lorraine Naylor	479
34	Gavin Foster	467	203	Maria Harron	477
59	James Penson	443	243	Mhairi-Clare Luke	465
60	Leon Severn	442	271	Helen Hudson	459
69	Sean Thompson	433	272	Michelle Rogerson	458
83	Richard Crombie	422	285	Sally Caton	454
107	Mark Pottinger	399	328	Aileen Baldwin	440
123	Gareth Knight	386	329	Laura Goodwin	439
145	Andrew Baird	366	353	Angela Lee	429
196	Martin O'Brien	328	378	Anne Marie Ulllyott	419
204	Andrew Laird Boldy	321	395	Rikki Hammond	410
218	Ian Johnson	310	404	Sharon Malor-Gage	406
234	David Culpan	301	426	Karen Thorne	392
236	Jonathan Pybus	299	440	Liz Hallam	387
240	Fraser Ambrose	296	444	Alison Audsley	385
248	John Bassinder	289	467	Sally McGregor	371
256	Martin Wood	282	497	Catherine McHugh	349
261	Steve Hallam	278	498	Alex Whyte	348
264	Robert Ashcroft	275	513	Samantha Varley	339
268	John Ingles	274	541	Abi Bouckley	321
269	Ian Hoskins	273	550	Jackie Barker	315
290	Gavin Dodd	258	555	Virginia Lewin	310
299	Danny Stafford	251	558	Judith Greenwood	307
302	Gareth Duckworth	249	565	Becki Watson	302
315	Amjid Khan	241			
365	Tim Walker	214			
366	Ray Mooney	213			
367	Terry Malor-Gage	212			
398	Paul Butterfield	195			
403	Alan Gibson	192			
405	Roy Lunt	191			
413	Andrew Falkingbridge	186			
432	Graham Robertshaw	178			
462	John Rushworth	166			
480	John Hirst	160			



**Individual Scores after Dewsbury – 1<sup>st</sup> December:**

Position	Male	Points	Position	Female	Points
29	Dan Marsden	472	40	Lucy Collins	500
49	Neil Barker	453	59	Mags Beever	499
50	Sean Thompson	452	151	Stefanie Hopkins	489
60	Leon Severn	443	166	Maria Harron	485
83	Richard Crombie	422	169	Clare Smith	484
92	James Penson	414	177	Lorraine Naylor	482
99	Simon Rawnsley	408	180	Helen Armitage	480
104	Gareth Knight	403	216	Helen Hudson	469
121	Damien Pearson	388	302	Cat Daniels	433
127	Andrew Earnshaw	382	305	Gillian Jago	431
147	Lance Parker	365	309	Laura Goodwin	429
170	David Culpan	348	311	Rikki Hammond	427
175	Ian Johnson	344	323	Aileen Baldwin	421
182	Fraser Ambrose	341	368	Karen Thorne	399
208	Jonathan Pybus	321	382	Alison Audsley	392
215	John Ingles	317	391	Paula Pickersgill	387
217	Martin Wood	316	411	Sally McGregor	375
238	John Bassinder	303	416	Susan Cash	371
240	Robert Ashcroft	301	426	Catherine McHugh	363
242	Danny Stafford	299	451	Samantha Varley	348
256	Paul Corns	290	480	Abi Bouckley	322
258	Amjid Khan	289	484	Jackie Barker	320
261	Andrew Mackerill	288	485	Judith Greenwood	319
274	David Collins	281	499	Linda Williamson	310
281	Ray Mooney	276			
336	Tim Walker	252			
377	Sandy Gee	231			
378	Paul Armitage	230			
381	John Rushworth	228			
397	Andrew Falkingbridge	222			
481	Ken Chilcott	199			





The overall standings after two races:

Club	Rank	Overall	Club	Rank	Vets	Rank	Super Vets	Club	Rank	Female	Rank	Male
Baildon	1	5341	Baildon	1	1479	4	1306	Baildon	2	1970	1	3371
Pudsey	2	5249	Pudsey	2	1462	2	1388	Pudsey	3	1904	2	3345
LBT	3	5171	LBT	6	1408	7	1291	LBT	7	1873	3	3298
Stainland	4	5037	Stainland	7	1386	3	1340	Stainland	1	1973	8	3064
Queensbury	5	5018	Queensbury	4	1435	1	1396	Queensbury	10	1748	4	3270
Northowram Pumas	6	5015	Northowram Pumas	5	1434	9	1193	Northowram Pumas	6	1879	6	3136
Skipton	7	4968	Skipton	10	1335	5	1299	Skipton	5	1891	7	3077
Stadium	8	4908	Stadium	3	1456	8	1221	Stadium	8	1872	9	3036
South Leeds Lakers	9	4842	South Leeds Lakers	9	1350	13	1083	South Leeds Lakers	11	1698	5	3144
Dewsbury	10	4745	Dewsbury	8	1376	6	1298	Dewsbury	4	1901	10	2844
Methley Striders	11	4042	Methley Striders	15	1156	16	622	Methley Striders	13	1442	12	2600
Bramley Breezers	12	4013	Bramley	13	1205	12	1086	Bramley	12	1606	14	2407
Todmorden	13	3830	Todmorden	11	1302	15	871	Todmorden	14	1363	13	2467
Idle	14	3769	Idle	12	1267	10	1136	Idle	16	1141	11	2628
Crossgate Harriers	15	3675	Crossgate Harriers	14	1187	11	1101	Crossgate Harriers	15	1289	15	2386
Craven Energy	16	3556	Craven Energy	16	1054	14	1069	Craven Energy	9	1839	16	1717

# Hardwolds 80 (21<sup>st</sup> - 22<sup>nd</sup> November)

## Kevin Robinson



There came a point where I had to decide how much I wanted to try to win an ultra for the first time. I was just over 30 miles into the 80 mile race and it was becoming clear that the ground was in a terrible state. The usually smooth fast trails were thick sticky clay mud. It sticks to your feet and tries to swallow your shoes, then on slopes it sheers away leaving you lucky to be still standing. The rain had been lashing down on and off from the start. This race was not going to be easy!

I had planned to try and see how quickly I could run this race. At 82 miles it is not a sprint distance by any means, but as my experience grows at races over 100 miles with a lot more elevation, I was interested to see how quickly I could cover this course of 82 miles (130km) and 2,500m or 8,200ft. I set off at a decent pace but a pace that I knew was slow enough to

mean that I would stay in my maximum fat burning zone.

A lot of people I'm sure only think of fat burning zones as something to pay attention to when they are trying to lose weight in the gym. However, I've learnt that the best way to avoid major stomach issues in ultras is to train my body to be fat adapted. This means I can more easily burn body fat and therefore need to eat a lot less during a race.

I was still ambitious with my pace and due to the amount of tarmac in the first miles and the relatively gentle climbs, I was clocking up a few personal records. The first was my marathon PR at 4hrs 6mins. Then 50mk PR of 5hrs 3mins. Strava didn't highlight my 100km PR that came later, but that fell too during this race at about 12 hours.

As we had set off I saw one runner lead off into the distance. I was in sight of second and third place. I chatted with a nice guy who told me about completing the Hardmoors 210; he fell back. Then I chatted with Mark and Andy who had caught up. They had both run in the Hardmoors 60 in September, 11hrs and 11hrs 40mins. Somewhat faster than my 12hrs 40mins in 2018. After a while Andy pushed ahead; Mark and I started running together. Mark was pushing hard on the hills and I was aware that I might be getting a little carried along with

the pace; but I kept it up. Mark and I had a good old chat for a few hours. I was straight through the first two checkpoints; Mark would stop then run hard to catch me up and we'd push on together.

It was hard to eat at the fast pace and constant rain. Although I didn't need much to eat, I did start to feel my energy drop and this is what started to lead me into the decision time. There was a good 20 mile distance where I had run far enough to feel the strain, especially at that pace, and yet there was still so far to go that I could not think of anything other than making sure that I could keep going. I found this grinding on me, and as a couple of others caught up and passed me my spirit started to waver.

So how much did I want to be in the mix at the end of the race? Did I want to risk injury in this what I had set out calling a "B" race? Did I want to risk not finishing at all? Could I push on hard if I wanted to? I even considered just sacking it off all together. I think we all do at some point in a touch race. In the end I decided to enjoy the face and see what I could do. I managed to release the pressure that I had been putting on myself.

In the middle of this I was lifted by seeing Carrie, the wife of my friend Mark Baines. Mark was also running in the race and Carrie was out to support us and ferry us about. What a star she is.

Making this decision and truly accepting it was liberating. I was able to run more freely. I stopped looking at my pace, stopped worrying about finishing time. The conditions were so hard that nobody would be as fast as they hoped in this race. Around this time some other runners caught up to me; and I had a great time chatting with Richard.

By this time it was starting to get dark. The wet weather did not give up. As darkness fell the mist rose meaning it was very difficult to see. With my head torch on I could barely see my feet through the mist. But the running goes on!

It's hard to keep track of when different runners caught up or dropped off behind me. A young guy, Dave, caught me up later on and we ran together for quite a while. Amazingly it was his first ultra, and after some time we realized that we were 4<sup>th</sup> and 5<sup>th</sup> male runners. Then we caught up to Charmaine after we all got confused by a route diversion. Charmaine was running very well and looked so strong. Then Dave was struggling and I pushed on ahead as he lingered in the checkpoint. I could smell the finish but it was still over 10 miles away, so I pushed on but not too fast. Then I could see a head torch behind me; I checked on my phone and saw that another runner had arrived at the checkpoint soon after Dave, so it could be him catching me. I pushed on as quickly as I could, but the ground continued to be awful; I was slipping backwards in the mud on the slopes. The head torch continued to gain; I knew that it was an advantage for him to follow my head torch but I wasn't about to turn mine off and break my neck. Eventually I could just about feel the guy breathing down my neck. "Why don't you just pass me!" I was screaming in my head. I even walked a little just wanting it to be over and not have the pressure, but he walked then too. Then he caught up. I was Dave, the young guy; I was happy to see him. Then Dave's head torch batteries ran out so we used mine until he could



use a street light in Filey to make it easier to his; I set off walking while he did and then I couldn't see him behind me. We were getting on well and I wouldn't have minded if he passed me, but I did not want to hang around and risk someone else passing me. I knew that I could finish as 4<sup>th</sup> or 5<sup>th</sup> male and did not want to end up 6<sup>th</sup> or 7<sup>th</sup>. Then Dave caught me up again and said that the next head torches were not far behind; I said "Ok, I'm going to try to run to the finish". We were knackered and Dave kept dropping back then catching me up. He needed to walk more but was faster when he ran. Eventually we arrived at the sea. Along the promenade and had two flights of steps to get up to the Brigg where the Yorkshire Wolds Way ends. As we got up the last steps we saw Andy coming the other way and then on the top saw Charmaine going the other way to the finish too. I still wasn't sure how close the next runners were so I kept pushing on.

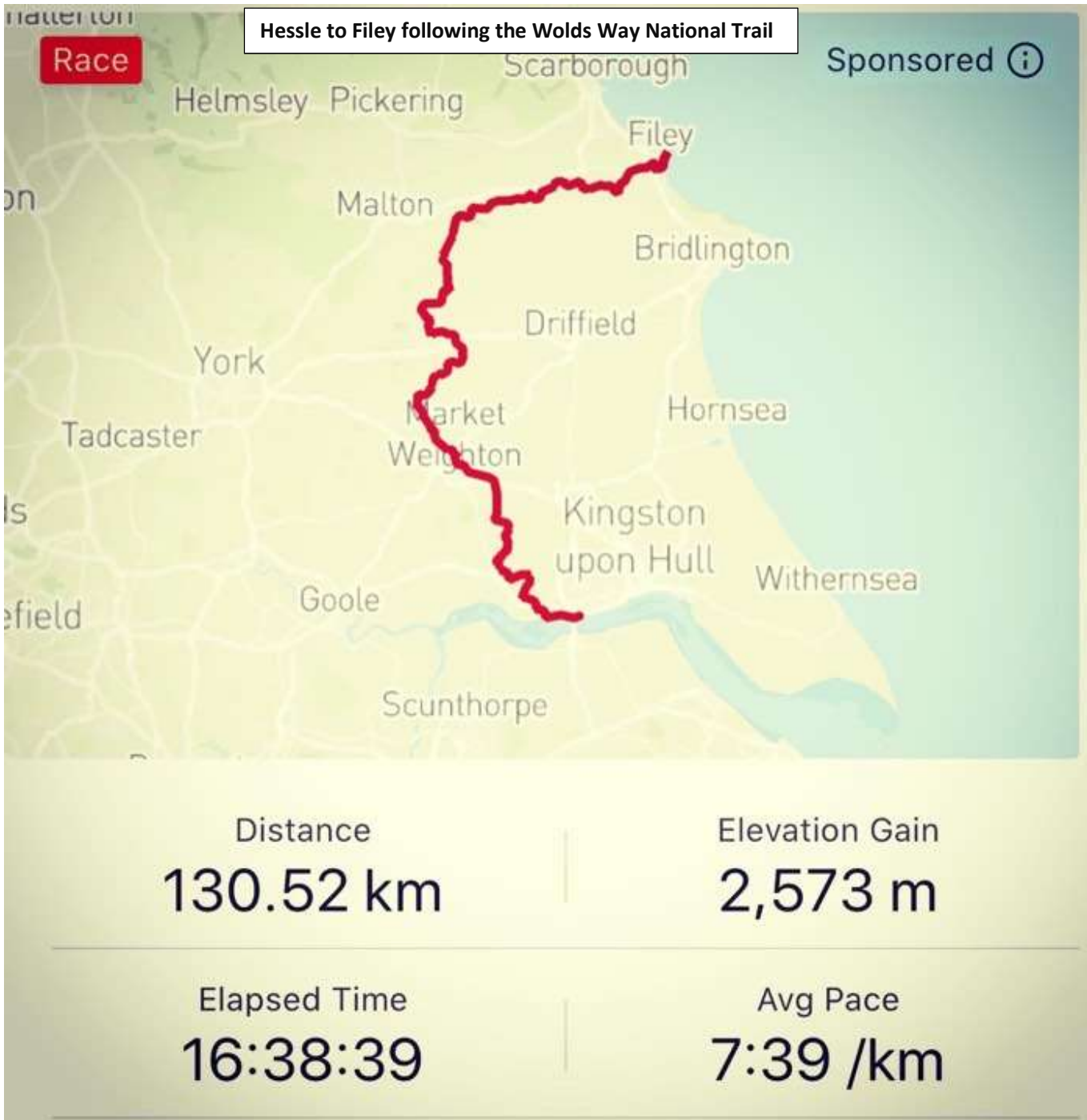
I slapped the rock at the Brigg that marks the end of the trail and set off to the Filey Sea Cadets Centre where the race finishes. I wasn't going fast but was going as fast as I could. As I came up the hill into the centre of Filey, Jon Steele the Race Director was stood on the corner cheering us on. "I hope you ran up the hill" he shouted. "Of course I did Jon" I shouted back . . . no bloody way I was thinking!

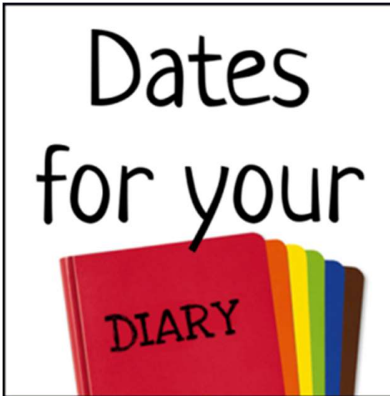
So I finished in 16 hours 31 minutes – 4<sup>th</sup> male, and 5<sup>th</sup> overall. Dave was 30 seconds behind me. In the end I was only 2 minutes behind Charmaine and only 15 minutes behind Andy who finished 3<sup>rd</sup>.

### Hardwolds 80 2019 Results

Place	No	Time	Surname	Name	Cat	Country	Club	First in Group
1	136	15:25:32	Kirk	Juhana	M	GBR	Lingfield RC	1st M
2	126	15:39:24	Imamura	Fumiaki	M	JPN	Trail Running Association	2nd M
3	107	16:14:57	Goddard	Andy	MV40	GBR	York Acorn Running Club	3rd M
4	122	16:28:37	Horsfall	Charmaine	FV40	GBR	Unattached	1st F
5	163	16:31:45	Robinson	Kevin	MV40	GBR	Stainland Lions Running Club	
6	134	16:32:52	Keir	David	M	GBR	-	
7	124	16:41:56	Hunton	Matthew	M	GBR	Driffield Striders	
8	13	17:10:34	Davies	Stephen	MV40	GBR	-	
9	147	17:36:56	Mckeating	Rich	M	GBR	-	
10	50	18:07:06	Baker	Claire	FV40	GBR	Ripon Runners	2nd F
11	94	18:07:29	Dalby	Jared	M	USA	(no club)	
12	183	18:25:49	Webster	Mark	MV40	GBR	Acorns AC	
13	88	18:42:05	Crabb	Gareth	MV40	GBR	Scunthorpe & District AC	
14	19	19:00:13	Betteridge	David	MV40	GBR	City of York AC	
15	108	19:00:13	Gover	Richard	MV40	GBR	York Acorn Running Club	
16	181	19:30:14	Watford	Adam	MV40	GBR	-	
17	176	19:30:16	Verdin	Steve	MV40	GBR	-	
18	106	19:39:35	Gibbon	Kai	MV40	GBR	-Individual-	
19	102	19:42:35	Fishpool	Peter	MV50	GBR	Yorkshire Wolds Runners	1st MV50
20	117	19:45:48	Hoggard	Karyn	FV40	GBR	Bridlington Road Runners	Joint 3rd F
21	188	19:45:48	Wood	Cathy	FV40	GBR	Bridlington Road Runners	
22	99	19:58:40	Donaldson	John	M	GBR	-	
23	70	19:59:59	Baxter	Dave	MV40	GBR	Tadcaster Harriers	
24	109	20:05:47	Hall	Mike	MV50	GBR	Bridlington Road Runners	

It was a great race in very tough conditions. I'm seriously thinking about going back next year to see if I can go faster. Shoe choice is very tough, as there is a lot of tarmac; probably 30 miles of the 82, but then also a lot of mud . . . felt like 300 miles out of 82!! My feet are battered, my legs are sore. Time for a couple of weeks rest, then into final preparation before I take on the Spine Race in January – the full 268 miles this time!





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

**Annual Boxing Day Fun Run:** Thursday 26<sup>th</sup> December – 11am start from 1885 Stainland. Race starts / finishes at 1885 and the course is approximately 3 miles slightly undulating and on public roads. Price is £4 per adult, £2 per child (14 and under) or £10 for a family of 4. Fancy dress is actively encouraged, and there is a prize for the most imaginative.

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

**\*\*NEW\*\* Stainland Winter Handicap:** Sunday 12<sup>th</sup> January 2020 – venue to be confirmed.

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

**\*\*NEW\*\* Meltham “Tough” 10k:** Sunday 26<sup>th</sup> January 2020 – Meltham Cricket Club, HD9 5QT.

**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.

**\*\*NEW\*\* Red Hot Toddy 10k:** Sunday 8<sup>th</sup> March 2020 – Todmorden Cricket Club, OL14 7BS.

**\*\*NEW\*\* Thirsk 10 Miles:** Sunday 15<sup>th</sup> March 2020 – Thirsk Race Course, YO7 1QL.

**\*\*NEW\*\* Cowm Reservoir 5k Series:** 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 28<sup>th</sup> April 2020.

**\*\*NEW\*\* Flat Caps 10k:** Sunday 5<sup>th</sup> April 2020 – Sowerby Bridge Cricket Club, HX6 1AN.

**\*\*NEW\*\* Bunny Runs Haworth:** Tuesday 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> April 2020.

**\*\*NEW\*\* Coiners Fell Race:** Friday 8<sup>th</sup> May 2020 – Mytholmroyd Community Centre.

**\*\*NEW\*\* Northowrun:** Sunday 31<sup>st</sup> May 2020.

**\*\*NEW\*\* The School Run:** Saturday 6<sup>th</sup> June 2020 – Holme School, HD9 2QQ.

**\*\*NEW\*\* Marsden 10 Mile:** Sunday 14<sup>th</sup> June 2020.

**\*\*NEW\*\* Pendle Trail Race:** Sunday 19<sup>th</sup> July 2020 – Barley Village Hall, Burnley.

- \*\*NEW\*\* Kirkwood Hospice:** Sunday 6<sup>th</sup> September 2020 – Leeds Road Playing Fields, HD2 1YY.
- \*\*NEW\*\* Stairway to Heaven:** Sunday 26<sup>th</sup> September 2020 – Holmbridge Church Hall, HD9 2NQ.
- \*\*NEW\*\* St. Aidan's Half Marathon:** Sunday 11<sup>th</sup> October 2020 – RSBP St. Aidan's, LS26 8AL.
- \*\*NEW\*\* Bronte Way Fell Race:** Sunday 25<sup>th</sup> October 2020 – Wycoller, Haworth.
- \*\*NEW\*\* Guy Fawkes 10 mile:** Sunday 1<sup>st</sup> November 2020 – Ripley Castle.
- \*\*NEW\*\* Travellers 6:** December 2020 (TBC) – Pie Hall, Denby Dale, HD8 8RX.

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.