



Tim Walker

### From The Chair

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

Susan Cash

### Race Reports

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

Various

### Contributors

Championship & Fell Race updates. WYWL. PB Corner. Our new 'Meet the Member' interview; and marathon training bloggers.

# From the Chair

## Tim Walker



Well here we go, my first Chairman's piece for the Newsletter and already I'm late with my submission and have delayed the January issue – I'm sure you will all know the reason why by now!

What a fantastic month we've had for running, with some great races, which Sue has brilliantly documented in her press reports. One of the highlights for me was when we kicked off the 2020 Club Championship with the Winter Handicap, which reminded everyone of the Clubs origins. Arriving at the 1885 to find the pub closed so some cover was hastily gathered and we sat Joanne under an umbrella in the pouring rain to do race registration. Colin coming up with a suitable route, John Bassinder then telling Colin that 8½ miles, mainly uphill, was not really suitable. Colin amending his route and then none of the Club actually following Colin's route anyway – we just followed James Penson who took a short-cut!! It was all good fun and everyone had a good laugh about it afterwards.

After the Handicap came the Hebden which is one of my favorite races of the year, it's an early start from Mytholmroyd for a brilliant 15 or 22 mile trot round some of the best that Calderdale has to offer. En-route the Scouts provide plenty of food and drink to keep you going and the camaraderie along the way is excellent. You then pile into the Church Hall in Mytholmroyd and get waited on by the Scouts who serve pie and peas, apple pie and custard and endless cups of tea. If you've not done this before it is one not to miss next year.

At the end of the month we had our AGM where I formally took over as Chairman from Tony. The new committee had our first meeting, which was very positive with lots of great ideas for the year ahead. And then we hit the first bump in the road or should I say bridge over the river?? Yes, less than two weeks after taking over, storm Ciara hit and all the Club's possessions went sailing down the river – how did I manage to cock things up so badly? So my second week in the hot seat was spent on the phone to the Council, Insurance companies and holding an Emergency Committee meeting – I'm just glad I don't have a full time job to do as well. Anyway as I write this, the container is out of the water and things are being put in place to raise some funds to replace it and its contents – I'll keep you posted as to how this goes.

So it's been a bit of a baptism of fire (or should that be water) but it has been really reassuring to see how all the committee and Club came together to sort things out and also how the wider running community is also willing to help. We've had lots of offers of help and support from other Clubs, which has really pleasing to receive. We've taken up some of these offers of help so that we can go ahead with our Cross country race on the 23<sup>rd</sup> Feb and I'm sure that we'll all rally together in true Lions style to put on another fantastic race – hopefully with a river crossing!!

# Lions Publicity Officer

## Susan Cash



### Summary of Race Reports for February Newsletter

*9 January 2020: While most people were at home overdosing on mince pies and chocolate over the Christmas holidays, the Lions were busy packing in as many races as possible before work commitments re-started. Becki Watson's idea of festive excess was to run three races in a single day! The week's highlights include Stephen Hall finishing 2<sup>nd</sup> at the Coley Canter, where Lucy Collins and Mags Beever finished 1<sup>st</sup> and 2<sup>nd</sup> Lady, and Lucy Collins finishing 1<sup>st</sup> Lady at the Giant's Tooth Fell Race. Over at Pudsey the West Yorkshire Winter League cross country season continued in earnest. But first, the Ian Holloway Memorial 5K, back on 22 December.*

#### **Ian Holloway Memorial 5K**

Virginia Lewin ran the Ian Holloway Memorial 5K at Cowm Reservoir on 22 December finishing 2<sup>nd</sup> in her age category in a time of 28:18.

#### **Finn Valley AC St. Stephen's Day 5K**

More than 500 people took part in the Finn Valley AC St. Stephen's Day 5K in Ireland. The race drew people from throughout Donegal - with many visiting relatives in Ireland for Christmas. Among those taking part in the event was boxing star Jason Quigley. Lioness Maria Harron finished in 21:40.

#### **The Coley Canter**

There was a fantastic turnout from the Lions at the Coley Canter 8 mile trail race hosted on 28 December by our friends and rivals at Northowram Pumas. Stephen Hall, Lucy Collins and Mags Beever all finished in the top ten. Stephen was second overall, Lucy and Mags were first and second Lady, and there were age category wins for Derek Parrington, Lorraine Naylor, Aileen Baldwin and Angela Lee.

Results: Stephen Hall 54:19, Lucy Collins, 59:50, Margaret Beever 1:01:01, Derek Parrington, 1:04:44, Clayton Cutter 1:06:04, Gareth Knight 1:07:57, Leon Severn 1:08:51, David Culpan 1:12:13, Lorraine Naylor 1:13:08, Michelle Rogerson 1:17:03, Jonathan Pybus 1:17:19, Ian Hoskins 1:17:44, Aileen Baldwin 1:19:17, Ray Mooney 1:22:58, Angela Lee 1:23:28, Laura Goodwin 1:27:44, Rikki Hammond 1:28:32, Terry Marlor-Gage 1:30:19, Sharon Marlor-Gage 1:30:52, Karen Thorne 1:31:49, Sandy Gee 1:32:04, Alison Audsley 1:33:01, Andrew Falkingbridge 1:33:57, Steve Boyer 1:34:23, Paula Pickersgill 1:34:51, Catherine McHugh 1:34:58



Lions at Coley Center

### Ribble Valley 10K

Gavin Dodd was the sole Lion at the Ribble Valley 10K on 29<sup>th</sup> December, clocking 40:37. The race, which incorporated the North of England 10K Championships, attracted a huge field of 1,300 runners. The top eleven finishers all recorded sub-30 minute times.

### Jolly Holly Jog

Rebecca O'Neill ran the Jolly Holly Jog, a multi terrain undulating 10K through the grounds of Studley Royal Gardens and Deer Park, Fountains Abbey. 800 runners took part, and Rebecca's time was 54:32.



Gavin Dodd at Ribble Valley 10k

### Auld Lang Syne Fell Race

There was a fantastic atmosphere at the Auld Lang Syne Fell Race on New Year's Eve, with many of the participants running in elaborate costumes. The race is the traditional opportunity for the fell running community to have a bit of a knees-up. There was a Scottish piper playing as the runners crossed the start line, and he stayed to pipe the winner home. There were wins for the Lions in several categories, including the all-important fancy dress category. Andrew Earnshaw was 1<sup>st</sup> Lion.

Results: Andrew Earnshaw 58:09, Leon Severn 59:18, Jim Harris 1:02:20, Andrew Baird 1:03:06, Helen Hudson 1:08:13, Paul Patrick 1:08:15, Michelle Rogerson 1:09:27, Aileen Baldwin 1:09:34, Ian Hoskins 1:12:04, Raymond Mooney 1:13:23, Tim Walker 1:14:54, Steve Boyer, 1:20:18, Susan Cash 1:24:23, Alex Whyte 1:31:44, Jackie Barker 1:34:13



Fabulous Fancy Dress at Auld Lang Syne Fell Race (photo by Woodentops)

### Race & Loop 4 a Laugh

A dozen Lions were amongst the runners at Barkisland Cricket Club on New Year's Day for the Race & Loop 4 a Laugh fun run. Times are not recorded for this event, but everyone enjoyed taking part, with some running alongside their young children to introduce them to the sport. Becki Watson was taking part in her third race of the day, having completed two 5K parkruns earlier that morning!

### New Year's Day Awakener

Virginia Lewin headed over the border to Whitworth for the New Year's Day Awakener 5K. Virginia's time of 34:08 won her the prize for 1<sup>st</sup> F65.

### Captain Cook's Race

There was a record field of 449 runners at this year's Captain Cook's Race. The 4.7mile route included 959 feet of ascent. The race is the first in the FRA's 50@50 Challenge, where runners are challenged to run 50 different fell races to celebrate the fiftieth anniversary of the Fell Running Association. David Culpan was the only Lion taking part, finishing in 45:39. The race started in Great Ayton where Captain Cook lived as a young boy and continued up to the monument built in his honour in 1827 on Easby Moor.

### The Giant's Tooth Fell Race



Also out and about on New Year's Day were the nine hardy Lions who tackled the Giant's Tooth fell race. The 3 mile route around Ogden Water had 400 feet of ascent. Lucy Collins was 1<sup>st</sup> Lady.

Hats off to Steve Boyer, who ran the Coley Canter, Auld Lang Syne and the Giant's Tooth – that's three fell races in four days!

Results: Lucy Collins 20:46, Martin O'Brien 24:57, Martin Wood 25:05, Virginia Young 28:08, Michelle Rushby 28:20, Steve Boyer 31:05, Karen Thorne 31:35, Alex Whyte 33:22, Sarah Lunt 35:47

### Holcombe Howler Trail 10K

Virginia Young, fresh from taking part in the Giant's Tooth Fell Race, was back in action at the Holcombe Howler Trail 10K on 4<sup>th</sup> January, finishing in 79:08.

### Central Lancashire New Year Half Marathon

Three Lions raced the Central Lancashire New Year Half Marathon. The event, which was eleven years old this year, attracted a large field. The flat fast course took the runners along quiet rural roads and through picturesque villages. Despite finishing 25<sup>th</sup>, Darren Reece felt ill throughout the race and described his performance as "a horror show".

Results: Darren Reece 1:28:19, Kelly Richards 2:48:34, Melissa Vincent 2:48:34

### West Yorkshire Winter League Cross Country Race Three, Pudsey

After Sunday's race at "Mudsey" Pudsey, Tim Walker (deputising for Lions cross country captain Jonathan Pybus) said "Great to see so many Lions at the cross country today and what a great race it was - how they managed to position a small pond on an uphill finish defying the laws of physics was amazing!

The Ladies bossed the day, roaring home in 1<sup>st</sup> place.



Our Vets were much improved today coming in a close 2<sup>nd</sup> to Baildon.

The Men's team put on a much-improved performance to finish 4<sup>th</sup> on the day and overall we were 3<sup>rd</sup> on the day.

Great start to the year!"

In the series as a whole, the Lions now have a clean sweep of first places across all five categories – Men, Ladies, Vets, Super Vets and Overall.

### Brighthouse Resolution 10K Night Race

Three Lions took part in the Brighthouse Resolution 10K Night Race. Derek Parrington was 1<sup>st</sup> Lion in 8<sup>th</sup> place and won his age category.

Results: Derek Parrington 39:51, Christopher Bowen 59:27, Ellen Barnes 68:35

***16 January 2020: Hats off to Kevin Robinson who this week ran 120 miles of the legendary Spine Race before being forced to bow out with injury. Kevin is a volunteer with the Holme Valley Mountain Rescue Team and has been fundraising to support their work. The club is very proud indeed of Kevin.***

### The Spine Race



Kevin Robinson getting some welcome support from his Dad during The Spine

The Spine Race is one of Britain's hardest races, covering the entire length of the Pennines. It is run in winter conditions. Having previously completed the shorter Challenge version of the race, Kevin Robinson this year set his sights on the big one and headed out at the weekend to tackle the epic full-length 268 mile route. As well as all the usual challenges of running alone across difficult terrain with minimal rest, Kevin had Storm Brendan to cope with, and on Tuesday morning was forced to drop out. Speaking afterwards, he thanked everyone who had turned out to support him along the route and reflected: "I picked up injuries due to slips as early as Sunday afternoon. Since then I've been constantly assessing. Ultimately my ankle has two compounding injuries that are extremely painful especially on descent. I tried to find a solution but the pain was still slowing me to a slow walk downhill. That meant that it was increasingly difficult to keep myself warm. With windchill in the hills today of -15C I decided that it was not safe for me or those who might need to rescue me if I continued. Lots of fun, great learning and experience from the race. 120 miles under my belt. Great experience. Amazing support. Thank you all."

### The Trigger Race

Whilst Kevin Robinson and his fellow Spine Race runners were heading north up the Pennine Way from Edale, the 25 mile Trigger Race was sending runners in the opposite direction. Entrants had to navigate their way from Marsden to Edale via Black Hill, Bleaklow and Kinder, zigzagging from side to side to visit checkpoints at various aircraft crash sites along the route. The difficult and trackless terrain included over 4,500 feet of climbing, and large sections of the route were unrunnable, with runners at one point having to scramble up a cliff face. The race is a fundraiser for the Woodhead Mountain Rescue Team, who provided marshalling support on the day, whilst simultaneously supporting the Spine runners.

Leon Severn and his navigator Jim Harris managed a course pb of just over 6 hours 15 minutes. Jim described himself afterwards as “very broken”.

### Stanbury Splash

David Culpan was the sole Lion at this wet and boggy run round Ponden Valley and Kirk across 6.7 miles. David finished in 76.49 despite falling in the river at the crossing point. The river was flowing very fast, and even for runners who kept their footing, the water was waist-deep.

### Brass Monkey Half Marathon

Three Lions completed this year’s Brass Monkey Half Marathon. The route heads out of York on fast flat roads before looping back to finish at the racecourse. Fraser Ambrose led the Lions home in a fantastic new personal best time. Becki Watson ran the race as part of her marathon training.

Results: Fraser Ambrose 1:43:27, Jan King 1:44:53, Becki Watson 2:09:40

### Temple Newsam 10

Gillian Jago ran well at the Temple Newsam 10 to finish in 1:31:46, despite having fallen heavily at Brighouse parkrun the day before. The off-road multi-terrain course started and finished in the beautiful grounds of Temple Newsam House, taking runners through woodlands, along country paths and around a lake. The course was knee deep in muddy puddles on the day.

### Garstang 10K

Rebecca O’Neill came within 45 seconds of her all-time personal best at the Garstang 10K, finishing in 47:24 despite running on tired training legs. Rebecca was third in her age category.

### Winter Handicap Race

Fifty four Lions set off from the 1885 pub in Stainland on Sunday morning for the club’s Winter Handicap race. The race was the first counter in this year’s club championship, and many of the runners were keen to get some points on the board. John Bassinder and his team of race organisers had resurrected an old favourite route around the hills of Stainland. All the participants predicted their finish times before the race, and the Handicap trophy was awarded to Catherine O’Shaughnessy, the runner whose finish time most closely matched their pre-race prediction. The fastest man on the day was Darren Reece, who completed the route in 36:06, whilst Zoe Greenhough was 1<sup>st</sup> Lady in 41:05.



James Penson, Darren Reece, Clayton Cutter, Gareth Knight & Richard Crombie at Winter Handicap

**23 January 2020: There was a win for a team of Lions at this week's Urban Night Series orienteering race.**

### Team OA Urban Night Series

Lions Jim Harris, Andy Baird, Richard Crombie and Andrew Earnshaw teamed up to win the latest round of the Team OA Urban Night Series. The challenge was to find checkpoints (in the dark) and collect as many points as possible whilst running a hilly five mile route near the Huddersfield/Halifax border, with a cut off time of one hour.

### The Hebden 22 and The Hebden 15

The Lions were out in force for the long distance Hebden races on Saturday. This popular and hilly event, which caters for both walkers and runners, has a choice of distances. The demanding 22 mile route has over 4,000 feet of climbing, while the 15 mile route is optimistically described as "less demanding, with a leisurely return along the canal to Mytholmroyd", giving no hint as to the actual difficulty of navigating across 15 miles of unmarked trackless moorland in the freezing cold in January. John Ingles was completing his tenth Hebden race in eleven years, missing just one year through injury. All the reviews of this race talk about the home baking that greets the finishers - with the dripping sandwiches, Tiffin and apple crumble all getting the thumbs up from reviewers.

Results (22 mile course): Dan Marsden 3:39:00, Margaret Beever 3:41:00, Leon Severn 3:57:00, Jim Harris 4:12:00, James Penson 4:12:00, Sandy Gee 6:08:00

Results (15 mile course): Richard Crombie 3:00:00, Rachel Lumb 3:03:00, David Culpan 3:07:00, Martin O'Brien 3:07:00, John Ingles 3:12:00, Angela Lee 3:22:00, Tim Walker 3:35:00, Steve Boyer 3:39:00, Paula Pickersgill 3:46:00, Zoe Russell 4:04:00, Catherine McHugh 4:04:00, Andrew Falkingbridge 4:39:00

### The Four Villages Half Marathon

Gillian Jago travelled to Cheshire for this popular road race on rural roads around Helsby. Gillian, who has been running well recently, was thrilled to come away with a new personal best of 1:49:55.

### Inskip Half Marathon

It was all the twos for Anne-Marie Killeen, who finished in 222<sup>nd</sup> place in a time of 2:22:20 at the Inskip Half Marathon. The undulating route takes in the lanes of the Fylde countryside.

### West Yorkshire Winter League Cross Country Race Four, Queensbury



Sunday's race at Queensbury was blessed with perfect weather and featured mud, mud and more mud. Whilst it wasn't the Lions' best day at the office, with the Ladies team finishing third and the Mens team seventh, the highlight was the Vets team who managed second - well done Gavin Mulholland, Margaret Beever and Neil Bee.



Lions after Queensbury WYWL Race

woodentops.org.uk

**30 January 2020: The Lions had the winning Ladies Team at Meltham Tough 10K this weekend, with outstanding performances from Maria Harron, Clare Smith and Zoe Greenhow.**

### Hoofstones Fell Race

David Culpan was the only Lion at Saturday's Hoofstones Race, an 8½ mile fell race with 1,500 feet of ascent. The route is a navigational race from checkpoints 1 to 4 taking in the highest point above Todmorden, Hoofstones trig at 1,600 feet. The route was particularly tricky on the day as low cloud and mist was covering Stansfield Moor, and underfoot conditions on the moor were very wet, with bogs and tussocks and not many paths to follow. Despite this, a new course record was set on the day by Peter Davies. It was David's first attempt at the race, and he declared his time of 1 hour 38 minutes "a decent result".

### Parky Up North

A trio of Lions tackled the It's Grim Up North "Parky Up North" race on Saturday, opting for the ten mile distance. The event was a fundraiser for Parkinson's UK (formerly the Parkinson's Disease Society). Anne Cawdron will also be fundraising for the Pharmacist Support when she runs a full marathon later on this year.

Results: Peter Cawdron 2:01:39, Carol Heptonstall 2:09:51, Anne Cawdron 2:09:51



### Meltham Tough 10K

Sunday's Meltham Tough 10K was the second race in the club championship and something of a local favourite. Inheriting its 'tough' status after a participant got hypothermia one year, the race certainly lived up to its name this year, with runners battling sideways hail and freezing conditions on the tops. The course is hilly, with over 650 feet of climbing from the centre of Meltham to Blackmoorfoot Reservoir which is very exposed.

There was a fantastic turnout of 43 Lions. The Lions had the winning Ladies Team, with outstanding performances from Maria Harron, Clare Smith and Zoe Greenhow. In addition, Darren Reece was 1st Lion, finishing in eleventh place, Maria Harron won her age category, and there were other category prizes for Darren Reece, Derek Parrington, Clare Smith, Zoe Greenhow, Helen Armitage, Michelle Rogerson and Virginia Lewin. Several runners managed to improve on their times set over the same course last year. It was good to see Paula Statham-Drake back competing again after a lay-off.

Dawn Medlock & Phil Richards looking way too happy at Meltham Tough 10k



Andrew Swales  
Photography

Results: Darren Reece 38:16, James Penson 42:40, Derek Parrington 43:22, Richard Crombie 44:31, Clayton Cutter 45:18, Fraser Ambrose 45:23, Jim Harris 46:57, Maria Harron 47:07, Clare Smith 47:30, Steve Hallam 47:38, Paul Corns 47:42, Zoe Greenhow 48:05, Helen Armitage 48:10, Ian Hoskins 48:22, Michelle Rogerson 49:17, Martin O'Brien 49:41, Danny Stafford 51:31, Gillian Jago 52:46, Jan King 54:36, Gail Schofield 54:38, Gordon Murray 55:33, Andrew Falkingbridge 55:57, Mark Preston 56:05, Paul Butterfield 56:12, Karen Thorne 56:25, Michelle Rushby 56:28, Christine Cliffe 56:30, Paula Pickersgill 56:36, John Rushworth 59:08, Dawn Medlock 1:00:20, Claire Smith 1:00:45, Philip Richards 1:01:20, Virginia Lewin 1:04:05, Alex Whyte 1:04:36, Richard Brewster 1:04:50, Samantha Varley 1:07:02, Paula Statham-Drake 1:07:12, John Hirst 1:07:12, Justin Scargill 1:07:53, Patricia Hollowell 1:08:50, Melissa Vincent 1:10:43, Jackie Barker 1:11:27, Abi Bouckley 1:14:54

### St Aidan's Winter Beast

Incoming club chairman Tim Walker was the only Lion at this year's St Aidan's Winter Beast on Sunday, finishing in 57:48. The course, which is billed as "not flat and not easy", takes in sections of trail and "proper cross country mud!" The Lions will be visiting St Aidan's again in October for the popular half marathon which is a counter in the club championship.



## PB Corner

### January Park Run PB Corner

#### 1<sup>st</sup> January:

**Huddersfield:** with over a record 1,000 runners, Stephen Hall was not only the first Lion home in 2<sup>nd</sup> place but with a PB of 17:15, knocking 9 seconds off her previous time. Julie Goddard took 20 seconds off her 2017 PB, taking her to 32:55.

#### 4<sup>th</sup> January:

**Huddersfield:** Gillian Jago knocked 12 seconds off taking her time to 25:33.

#### 11<sup>th</sup> January:

**Brighouse:** Lucy Collins knocked 11 seconds off her previous Brighouse time, taking her to 19:14; and even after a very nasty looking fall Gillian Jago clocked another PB – her 3<sup>rd</sup> in a row at Brighouse – knocking 48 seconds off, taking her time to 25:15.

#### 18<sup>th</sup> January:

**Brighouse:** Gail Schofield knocked 2 seconds off, taking her time to 24:10, and Karen Thorne took 3 seconds off her previous time taking her to 26:34. Jamie Westwood celebrated his 100<sup>th</sup> Park Run by being the first Lion home in 6<sup>th</sup> place.

#### 25<sup>th</sup> January:

**Huddersfield:** Stephen Hall knocked 9 seconds off her previous time, taking him to 17:06.

#### Other Races:

Fraser Ambrose – 1:43:27 at the Brass Monkey Half Marathon.

Gillian Jago – 1:49:55 at the Four Villages Half Marathon (to go with the shiny new 10k PB set just before Christmas).

# Club Championship Update

## Steve Hallam



### Championship Update - January 2020

The “New” Championship season is already underway, with the Club Winter Handicap and the Meltham Tough 10K completed in the first month.

54 Lions turned out for the first event, which turned out to be approximately 5.3 miles of mainly upward road/track through Sowood towards Pole Moor, with a fast and furious return via Marsden Gate and back to the start at 1885, Stainland. Due to a slight mishap, every single runner managed to miss out a short section! Fortunately, this was the same section, therefore it really didn't matter in the end, and the event was a great start to the Club's main Championship. With Danny Stafford, Gordon Murray and Janet West all experiencing the Championship for the first time.

The first three guys over the line were Darren Reece, James Penson and Richard Crombie. The first three ladies were Zoe Greenhow, Helen Armitage and Michelle Rogerson.

Always interesting to run without a watch, being free of electronic devices is quite liberating and often results in much quicker times than anticipated!

Running much steadier than normal due to a niggle/injury was Catherine O'Shaughnessy, who at least managed to calculate the most accurate finishing time, making her the Handicap winner.

Next up was the Meltham Tough 10K - a hilly route along rural roads, with some stunning views and a very fast downhill finish which starts around 4.5 miles in. 44 Lions were in attendance with Fraser Ambrose, Gillian Jago and Abi Bouckley making their Championship debuts.

The weather started off cool but dry for the 9:30 start, but the gathering clouds threatened something more wintry and sure enough, mid-way through the race, the cold rain evolved into harsh hail for those still up on the higher stages.

Once again, Darren Reece was the first Lion to finish in 38:16 with Maria Harron first lady in a very respectable 47:07.



It was also good to see Paul Corns, Gail Schofield, Andrew Falkingbridge, Michelle Rushby, Alan Gibson and Christine Cliffe all involved after giving it a miss in the last few years.

Parkruns feature quite heavily in the Championship, with our three most local ones to count (Huddersfield, Halifax & Brighouse) virtually every week. This provides countless opportunities to keep improving your score throughout the year. So far around 90 Lions have run at least one parkrun, with at least 50 of these scoring some early points towards their championship scores. This is just for starters though - the more you do, the greater chance you have of improving your overall score (not to mention your fitness and sense of wellbeing).

The 2020 Divisions will be revealed at the Catch-up Meeting, scheduled for Thursday 13th February; until then, here are the latest related notes:

1. **New Scoring System:** - Introduced to align with the Fell Championship, and to provide a fairer method of overall scores. How is it calculated?

For the majority of races, participants will be scored as a percentage of the overall winner's score. To ensure a level consistency, this time will be an average of the top 3 finishers. For example, if the top 3 finished in 29, 30 and 31 minutes giving an average of 30 minutes, a finishing time of 50 minutes would produce a score of:  $30/50 \times 100 = 60$ .

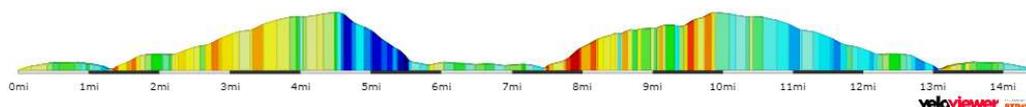
The exceptions will be: for parkruns, which are calculated against a typical first finisher's time of 16:00 minutes.

Final scores for each event are calculated to one decimal place, to differentiate between close finishes.

2. **Introduction of the new Premier Division:** - This is aimed at the Clubs fastest runners, to set them apart with their own mini competition. The idea is to create a more level playing field for subsequent divisions and hopefully, produce increased participation. Each division will now include a narrower band of abilities, which is generally based on recent parkrun times (where available).
3. **Entry to the Competition:** - Entries will be welcomed and accepted up until 30<sup>th</sup> June, when at least 9 events will still be available. This should be helpful for those focused on Spring Marathons, new members who fancy the challenge, and those who haven't yet made up their minds! If you wish to join in, please message Steve Hallam on Facebook, the Forum or simply catch up with me in person.
4. **A Club vest or Club coloured T-shirt** will be required for all open events (i.e. not needed for parkruns, Winter Handicap or Track Races). This should be worn to identify you as a Lion competing against other club members. Points may be deducted for any infringement!
5. **The emphasis should be on FUN**, not pressure or aggressive behaviour! Regular participation can provide you with mini targets throughout the year and help to improve your enjoyment and race times. What better way is there than to turn out with scores of your club-mates with all the associated banter and positive encouragement! Let's show other clubs just what we're about!

# Fell Running Championship Update

Jim Harris



## FELLCHAMPS RACE ONE | MICKLEDON STRADDLE (14.2 MILES, 2430FT OF ASCENT) BL

### Andy Baird writes:

A nervous start to the pre-race rigorous kit check, ten runners were not allowed to run because of missing kit (all the Stainland runners were ok)!

The race started from Langsett Barn car park, it was a fairly quick first mile through the woods and then a drop down to the bridge and across the reservoir, this all felt relatively easy, then the “fun” began, 3.5 miles to the top of the first climb on a trail which was pretty much run in single file to the top. About a mile away from the first summit the trail opened up to what only can be described as a river with a peat banking. It was foggy near the summit . . . it was reminiscent of the scene from the film The Never Ending story . . . The Swamp of Sadness! Finally waded to Check Point 1 (1hr cut off point), to be greeted by five very welcoming marshals (Woodhead Mountain Rescue) then a steep slippery downhill section to Howden Reservoir; the clouds lifted and the scenery just opened up . . . . stunning!

The mile of trail that ran alongside Howden reservoir this was a very welcome flat “recovery” section which led to another set of very jolly Woodhead Mountain Rescue marshals who directed you up into a short section of woods and the second climb (1600ft) back to check point 1. From there it was the same route back, just the “swamp of sadness” to tackle, then it was time for the final decent, this was where you really had to concentrate (lots of fallers).

Finally, back to Langsett Reservoir, back up to the woods and the final mile on trail back to the finish. The reward, a bottle of Rescue ale from the Bradfield brewery. Back to the Barn for sarnies, soup, hot drinks and some cracking homemade cake... all for £9

Age category winners: Aileen Baldwin (1<sup>st</sup> L60), Rikki Hammond (1<sup>st</sup> L50), Martin O’Brien (1<sup>st</sup> M60).

Results: Leon Severn 2:16:44 (**79** points), Andy Baird 2:31:37 (**71**), Martin O’Brien 2:38:08 (**68**), David Culpan 2:41:15 (**67**), Paul Patrick 2:56:31 (**61**), Rikki Hammond 2:58:18 (**61**), Aileen Baldwin 3:05:57 (**58**), Raymond Mooney 3:11:38 (**56**), Steve Boyer 3:14:37 (**56**), Angela Lee 3:14:38 (**56**)



# West Yorkshire Winter League (WYWL) Update

## Individual Scores - Pudsey – Sunday 5<sup>th</sup> January:

Position	Male	Points	Position	Female	Points
4	Gavin Mulholland	497	38	Lucy Collins	499
7	Stephen Hall	494	45	Mags Beever	498
31	Neil Barker	471	137	Suzanne Patterson	488
36	Dan Marsden	466	157	Stefanie Hopkins	485
62	James Penson	443	163	Maria Harron	482
75	Richard Crombie	431	194	Lorraine Naylor	474
86	Leon Severn	420	225	Helen Armitage	466
98	Phil Moyles	410	227	Michelle Rogerson	464
133	Gareth Knight	380	280	Aileen Baldwin	446
145	Clayton Cutter	370	305	Helen Hudson	432
158	Tony Mott	359	313	Gillian Jago	429
159	Jim Harris	358	339	Cat Daniels	422
167	Damien Pearson	355	354	Angela Lee	416
171	Andrew Earnshaw	351	394	Rikki Hammond	397
175	Fraser Ambrose	348	400	Anne-Marie Ulliyott	395
203	David Culpan	328	402	Karen Thorne	393
207	Lance Parker	324	408	Liz Hallam	389
208	Andrew Mackerill	323	427	Alison Audsley	380
216	Ian Johnson	317	446	Paula Pickersgill	370
222	Martin O'Brien	313	452	Sharon Malor-Gage	366
224	Martin Wood	311	457	Christine Cliffe	362
228	John Ingles	310	467	Catherine McHugh	353
234	Steve Hallam	307	484	Dawn Medlock	342
243	Paul Patrick	301	500	Alex Whyte	331
247	Robert Ashcroft	298	515	Samantha Varley	320
252	Ian Hoskins	296	527	Jackie Barker	310
260	Paul Corns	290	541	Linda Williamson	300
286	Tim Walker	273	545	Abi Bouckley	296
302	Danny Stafford	266			
360	Ray Mooney	228			
391	Paul Butterfield	213			
405	Andrew Falkingbridge	205			
419	Alan Gibson	199			
421	Sandy Gee	197			
430	Paul Armitage	193			
442	John Hirst	188			
449	John Rushworth	184			
481	Ranjid Uppal	176			
487	Richard Brewster	174			
547	Ken Chilcott	159			

Individual Scores – Queensbury – 19<sup>th</sup> January

Position	Male	Points	Position	Female	Points
3	Gavin Mulholland	498	44	Mags Beever	499
40	Neil Barker	462	52	Lucy Collins	497
51	Richard Hand	453	175	Lorraine Naylor	474
65	Richard Crombie	441	176	Sally Caton	473
72	Phil Moyles	436	183	Clare Smith	469
77	Leon Severn	431	196	Helen Armitage	463
85	Mark Pottinger	424	213	Michelle Rogerson	459
100	Clayton Cutter	411	266	Aileen Baldwin	439
116	Gareth Knight	397	275	Helen Hudson	436
117	James Penson	396	366	Rikki Hammond	398
120	Andrew Baird	393	375	Anne-Marie Ulllyott	393
125	Tony Mott	390	387	Christine Cliffe	388
130	Damien Pearson	386	395	Liz Hallam	382
166	Fraser Ambrose	361	401	Angela Lee	377
178	Andrew Mackerill	351	410	Karen Thorne	370
188	Paul Patrick	347	417	Catherine McHugh	365
195	Paul Corns	343	427	Paula Pickersgill	360
205	Ian Hoskins	335	441	Alison Audsley	349
218	Martin Wood	327	456	Dawn Medlock	341
224	Steve Hallam	323	472	Samantha Varley	330
226	Robert Ashcroft	321	478	Alex Whyte	324
282	John Bassinder	286	493	Paula Statham-Drake	316
283	David Culpan	285	505	Jackie Barker	308
292	Danny Stafford	278			
314	John Ingles	265			
333	Ray Mooney	254			
340	Tim Walker	250			
367	Paul Butterfield	237			
384	John Rushworth	228			
389	Alan Gibson	226			
435	Sandy Gee	213			
448	Graham Robertshaw	207			
455	Ranjid Uppal	205			
494	John Hirst	192			
503	Ken Chilcott	189			

## 'Gurn of the Month'

Our newly recruited international 'person' of mystery . . . . . the 'Gurnmeister' . . . . . will now be scouring your Facebook race pics looking to award one very lucky winner as 'Gurner of the Month'!



To kick this off, our first Gurn of the Month Award for January goes to:



If you have any nominations for 'Gurn of the Month' – message the picture via Facebook messenger to Debbie Hinds or email [DHinds1966@outlook.com](mailto:DHinds1966@outlook.com)

## 'Meet the Member' with our Roving Interviewer Gavin Dodd



A new feature (possibly resurrected from years ago) is 'Meet the Member'. Each month we will pounce on an unsuspecting Lion and ask them to tell all . . . . if you have any good questions for future interviews please get in touch.

So here goes.

**Name:**

Stephen Hall

**Occupation:**

Dogs body.

**How long have you been running?**

10 years (ish)

**When and why did you join Stainland?**

9 years ago, after Liversedge Half; I saw a Stainland Lion there.

**Best moment in running:**

Running down the home stretch at Amsterdam Marathon in 2018, the announcer said my name, and then I saw Alison and everyone else in the corner, just before I entered the stadium.

**Favourite Race:**

Possibly Amsterdam for the experience, but I get drawn back to VLM every year (not sure I like it though!)

**What piece of kit could you not live without?**

Nothing special now, maybe a buff?

**Favourite film:**

Too many to choose.



**Favourite song:**

Libertines 'Don't Look Back into the Sun', or Sherlocks 'Live for the Moment'.

**Favourite meal:**

Homemade (by Alison not me) Chickpea and Tomato Masala.

**Favourite drink:**

Heineken (not so many these days, I'm a bit of a lightweight).

**Best piece of advice you would pass to your fellow runners:**

Everyone has a bad day now and then, if you want to be faster don't moan about it, learn how to do it. Don't stop trying to improve, always seek advice and guidance from others.

**Surprising fact about you:**

Isn't one – what you see is what you get.

**If you could have a dinner party with three people dead or alive who would they be:**

Don't like this question, as there would be loads of 'unknown' inspiring people I haven't met. If I had to choose – The Queen, 2005 Andrew Flintoff and maybe Alistair Brownlee.

**Has anyone inspired you or had a positive influence on your running:**

In terms of running I would say Mark Pigford, he put the foundation in place and the support to enable me to run a sub 3 hour marathon. Jamie W then took over, advising how to go deep under 3 hours.

**Watch out for our Gav Dodd – you might be next on his interview list!**

**Don't forget, if you have any good questions for future interviews, please get in touch.**

# London Marathon Blog by Anne Cawdron



***A record of the joys and pain of my preparation for and (hopefully) completion of the London Marathon 2020, raising funds for Pharmacist Support.***

I'm not sure what a "runner" is, but I'm sure I'm not one.

I continue to think this is in spite of the fact that I'm a member of a running club, most of my friends are members of said running club, I've completed 3 marathons, around 15 half marathons, and 90% of my current wash load is lycra.

The reality of what I look like running compared to the vision in my head is a stark contrast. I'm not fast, I have ridiculously small stride, and my face is usually a mask of grim concentration (especially when there is a camera around). BUT I love doing it; it gives me a sense of achievement that few other things do. Sometimes just getting out the door in the dark, wind and rain is enough of an achievement in itself.

A marathon is 26.2 miles, the fastest recorded time to cover this distance is 1:59:40 – my fastest time is 5:12:59, but it's still 26.2 miles – in fact we slower runners say it's harder to run for 5 hours than it is for 2!

The London Marathon has always been "the one" for me. I've watched it on the TV, I've watched it in the crowds that line the route, I've cried at the stories and the way runners support each other, I've cheered friends and hugged them at the finish, and I've always thought one day I will do this.

April 26<sup>th</sup> 2020 will be that day.

20 years ago I could not have imagined that I would be doing any of this. I was drinking heavily and desperately trying to hold everything together at work and at home. I reached a point where I knew I needed to do something; luckily I had the phone number of the Pharmacist Health Support Scheme run by the Pharmacist Benevolent Fund (this became Pharmacist Support in 2008). In November 2000 I attended a five week rehab and haven't had an alcoholic drink since that date. I returned to work in early 2001 and have been able to have an amazing career as a pharmacist. I retired at the end of December 2019; just in time to start training!

I'm not looking forward to the training and I wish there was an easier softer way to be able to run a marathon. I read articles that tell me I can run 26.2 miles with a 9 mile maximum long training run, but I don't believe them. There's a lot of work to be done but I've got a plan. I've started it and, so far, I'm sticking to it.

A day at a time, mile at a time, step at a time.

I've laughed and cried running, I've laughed and cried in recovery, and I've laughed and cried working in pharmacy. Being part of a community is hugely important; I love my running club and the support I get from friends (particularly on long training runs) gets me out of bed on a Sunday morning and keeps me going. The support I get from the Recovery community is beyond words and something I am grateful for every day.

A sense of community in Pharmacy can be a little more difficult, there is usually only one pharmacist working in a pharmacy and the job can be very stressful. Having someone to talk to and to seek advice from is very important. Pharmacist Support, being an independent charity, can help pharmacists who feel they don't know where to turn. Since stepping down from full time work I have been able to become one of the volunteers who support the work of Pharmacist Support and I'm hugely impressed at the dedication of the small team of employees and volunteers and the range of services that they offer.

When I was contacted by PS and offered the chance to run the 2020 London Marathon to raise funds for them, I was delighted, for me I couldn't be running for a more worthwhile cause. I like to think that during my career as a pharmacist I have been able to help many, many people, often at very difficult times of their lives. I would not have been able to do that without the support received when I needed it. Across the country pharmacists work tirelessly to help the public live healthier more fulfilled lives. This is not always appreciated but would be sorely missed if it was not there.

Help me help pharmacists be there for you.

<https://uk.virginmoneygiving.com/AnneCawdron>



Both Anne and Carol will be fundraising for their respective charities and will be holding a raffle at the Annual Presentation Night, and a Quiz Night (with Pie & Peas) at Heath Rugby Club on Friday 13<sup>th</sup> March.

# My Marathon Journey by Becki Watson



Welcome to my ramblings! I'm Becki and I've been fortunate enough to secure a Club place for the 2020 London Marathon and I'm so excited.

Three years ago, when I went along to my first ever Parkrun, I'd never have dreamt I'd be training for a marathon, let alone have joined a running club, but here I am to stay!

One of my main aims when I became a more 'seasoned' runner – by seasoned I mean two times a week (how much of a luxury that was) – was to run the 2020 London Marathon. I always joked that if I'm not getting married in 2020 then I wanted to do something big, and here it is 26.2 miles in our own capital city surrounded by the roar of the crowds.

Finding out I'd been lucky enough to obtain a place was probably one of the happiest nights of my life and my face said it all. I really wanted to squeal with excitement as I was hoping and wishing more than was physically possible (just ask those who I'd been running with that night) I'd get in. Instead I just smiled and couldn't stop all night! I think Fraser was fed up of me after I'd said I was running London 2020 about 40 million times.

Then the hard work began! As much as I'm excited for the day itself, I'd be silly not to be feeling daunted about the 16-week training programme I am now embarking on.

Building back up after a niggle in December was important, and I could happily run 10 miles by the beginning of January.

**Week 1** saw me running my first half-marathon since the Great North Run in September. I took it steady, wanting to finish in under 2:10, and finished in 2:09:40. My main aim being to have enough left in order to keep going and that I did. So, goal achieved!

**Week 2** – my first ever track session. Wow that was an experience and something that will become a regular occurrence. I knew it wasn't to be a chatty run and my goodness did I miss chatting to someone! I had to play about with my training plan (thanks to Mark) this week due to work commitments and although I missed 3 miles, I'm hoping it won't be too much in the grand scheme of things.

**Week 3** – People at the Club are asking 'how's it going', and it's so lovely to see that so many people are encouraging me during this crazy venture. So thank you (maybe ask me this in week 9/10 when I'm sick of the sight of my trainers and high vis – bring on the light nights!)

**Week 4** – saw my longest run to date – 14 miles. Doesn't sound a lot to some people but to me this was a big milestone, being able to run further than I've ever done before! Thanks to my Lion friends I was able to do it. Yes my hips hurt at the end but I'll get used to it I'm sure!

**Week 5** – Long week at work which meant I had to miss track; not ideal but needs must, and I've got to make sure training fits into life/work too. After running 14 miles on the Sunday, my legs felt good, which I was shocked about! My next milestone would be having to change plans in order to defeat Storm Ciara by running Saturday instead of Sunday and even more so, running alone! 14 miles again on the plan, and 14 miles completed – and it actually felt good! Thanks to the encouragement of my fellow Lions, podcasts and just putting one foot in front of the other, I did it. Very proud moment as usually I'd bore myself silly running alone. Just a week left at work to get through and it's half term, but more importantly a Lions weekend to Llandudno!

Here's to Week 6 (10 weeks to go – wow that doesn't seem far away now!)

**Check back next month to see how Becki's marathon journey is progressing.**



**Hoppits Hill (Fell Championship Race):** Sunday 1<sup>st</sup> March 2020 – 3.3 miles with 820ft of ascent.

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

**Thirsk 10 Miles (Championship Race):** Sunday 15<sup>th</sup> March 2020 – Thirsk Racecourse, YO7 1QL.

**\*\*NEW\*\* YVAA Middleton Park:** Saturday 21<sup>st</sup> March 2020 – John Charles Stadium, Leeds.

**Heptonstall (Fell Championship Race):** Sunday 29<sup>th</sup> March 2020 – 15 miles with 3300ft of ascent.

**Cowm Reservoir 5k Series (Championship Race):** 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 28<sup>th</sup> April 2020.

**Pendle (Fell Championship Race):** Saturday 4<sup>th</sup> April 2020 – 4.5 miles with 1500ft of ascent.

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

**Bunny Runs Haworth (Qualifies for both the Club Championship and Fell Championship):** Tuesday 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> April 2020 - 3 miles with 328ft of ascent.

**Wardle Skyline (Fell Championship Race):** Saturday 11<sup>th</sup> April 2020 – 7 miles with 1250ft of ascent.

**\*\*NEW\*\* YVAA Honley:** Sunday 19<sup>th</sup> April 2020.

**Coniston (Fell Championship Race):** Saturday 2<sup>nd</sup> May 2020 – 9 miles with 3500ft of ascent.

**Orchan Rocks (Fell Championship Race):** 5<sup>th</sup> May 2020 – 3.4 miles with 919ft of ascent.

**Coiners Fell Race (Qualifies for both the Club Championship and Fell Championship):** Friday 8<sup>th</sup> May 2020 – Mytholmroyd Community Centre.

**Bluebell Trail:** Sunday 10<sup>th</sup> May 2020 – 10.00am from Heath Rugby Club.

**Calderdale Way Relay** – Sunday 17<sup>th</sup> May – details to follow.

**Blackstone Edge (Fell Championship Race):** Wednesday 20<sup>th</sup> May 2020 – 3.5 miles with 1200ft of ascent.

**Helvellyn & Dodds (Fell Championship Race):** Sunday 24<sup>th</sup> May 2020 – 15 miles with 4386ft of ascent.

**\*\*NEW\*\* YVAA Kirstall:** Tuesday 26<sup>th</sup> May 2020.

**Northowrun (Championship Race):** Sunday 31<sup>st</sup> May 2020.

**The School Run (Championship Race):** Saturday 6<sup>th</sup> June 2020 – Holme School, HD9 2QQ.

**Bridestones (Fell Championship Race):** Tuesday 9<sup>th</sup> June 2020 – 4.7 miles with 1230ft of ascent.

**Marsden 10 Mile (Championship Race):** Sunday 14<sup>th</sup> June 2020.

**Ogden Midsummer Madness (Fell Championship Race):** Wednesday 24<sup>th</sup> June 2020 – 3.1 miles with 1000ft of ascent.

**Chrome Hill (Fell Championship Race):** Saturday 27<sup>th</sup> June 2020 – 4 miles with 700ft of ascent.

**Kinder Trog (Fell Championship Race):** Sunday 28<sup>th</sup> June 2020 – 16 miles with 3500ft of ascent.

**Stoodley Pike (Fell Championship Race):** Tuesday 7<sup>th</sup> July 2020 – 3.1 miles with 700ft of ascent.

**\*\*NEW\*\* YVAA Pudsey:** Tuesday 14<sup>th</sup> July 2020.

**Widdop (Fell Championship Race):** Wednesday 15<sup>th</sup> July 2020 – 7 miles with 1200ft of ascent.

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

**\*\*NEW\*\* YVAA Stainland:** Wednesday 22<sup>nd</sup> July 2020.

**\*\*NEW\*\* YVAA Saltaire:** Tuesday 28<sup>th</sup> July 2020.

**\*\*NEW\*\* YVAA Halifax:** Wednesday 5<sup>th</sup> August 2020.

**Saddleworth Round (Fell Championship Race):** Sunday 9<sup>th</sup> August 2020 – 17 miles with 3300ft of ascent.

**Blackshaw Head Fete (Fell Championship Race):** Saturday 5<sup>th</sup> September 2020 – 5.5 miles with 900ft of ascent.

**Kirkwood Hospice (Championship Race):** Sunday 6<sup>th</sup> September 2020 – Leeds Road Playing Fields, HD2 1YY.

**Lost Shepherd (Fell Championship Race):** Saturday 12<sup>th</sup> September 2020 – 15 miles with 2700ft of ascent.

**Yorkshireman Full and Half Marathon:** Sunday 13<sup>th</sup> September 2020.

**Lantern Pike (Fell Championship Race):** Saturday 19<sup>th</sup> September 2020.

**Stairway to Heaven (Championship Race):** Sunday 26<sup>th</sup> September 2020 – Holmbridge Church Hall, HD9 2NQ.

**St. Aidan's Half Marathon (Championship Race):** Sunday 11<sup>th</sup> October 2020 – RSBP St. Aidan's, LS26 8AL.

**\*\*NEW\*\* YVAA Horsforth:** Sunday 11<sup>th</sup> October 2020.

**Bronte Way Fell Race (Qualifies for both Club Championship & Fell Championship):** Sunday 25<sup>th</sup> October 2020 – Wycoller, Haworth.

**Race You To The Summit (Fell Championship Race):** Saturday 31<sup>st</sup> October 2020 – 4.3 miles with 853ft of ascent.

**Guy Fawkes 10 mile (Championship Race):** Sunday 1<sup>st</sup> November 2020 – Ripley Castle.

**Soyland Moor (Fell Championship Race):** Sunday 8<sup>th</sup> November 2020 – 13.7 miles with 1300ft of ascent.

**\*\*NEW\*\* YVAA Spensborough:** Sunday 8<sup>th</sup> November 2020.

**Wadsworth Half Trog (Fell Championship Race):** Sunday 15<sup>th</sup> November 2020 – 9.3 miles with 1350ft of ascent.

**Lee Mill Relay (Fell Championship Race):** Sunday 29<sup>th</sup> November 2020 – 6.2 miles with 1100ft of ascent.

**Mytholmroyd (Fell Championship Race):** Sunday 6<sup>th</sup> December 2020 – 6.2 miles with 1800ft of ascent.

**Travellers 6 (Championship Race):** 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.**

**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**