



The Lions Tale

Stainland monthly newsletter



John Bassinder

From The Chair

A bit of rambling from our Chair, with a lowdown of what's been happening during December & January.

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from December 2022 & January 2023.

Various

Contributors

Maria Harron - Ladies Captain update. Steve Hallam - Championship update.

Colin Duffield's Coaching Corner; & In the Lion's Den with Gavin Dodd.

From the Chair

John Bassinder



I'd like to start by thanking everybody who took the time to attend the AGM, it was pleasing to see that so many of you really care about what happens in your club. Everyone seemed happy with reports presented, decisions taken, and ambitions declared for the coming year - but by all means please have a chat with me or any committee member at any time if there's anything you ever wish to ask or suggest on club matters.

A huge thank you again to last year's committee and many thanks also to Hayley Kelly for joining us this year, and to Claire Haigh our new Beginners Vice and Ben Golding-Smith our new Men's Vice . . . We're *almost* good to go for 2023. The two crucial outstanding vacancies now being Women's Captain and Vice Chair. Both of these roles really do need sorting, and soon. We've all enjoyed reading the reports from Maria each month, as no doubt we will this month, sad to think there won't be anybody to carry that on. The Women's Captain also helps to organise the CWR and the Joe Percy. Everyone likes to do those races but it's a lot for the men's captain to sort alone hence the workload has always been shared and when pairing up teams for the CWR input from both captains is invaluable. It may also be that a lady runner has a problem or suggestion on something and is reluctant to take it to a man - we need a Women's Captain!

On the Vice Chair vacancy I said all I can say at the AGM. Quite simply, if we don't have a vice this year we won't have a chair ready for next year. I appreciate that some may think this particular Chair doesn't do much anyway but that could still present a slight problem! Please take a minute to look at the list below which shows your 2023 committee and everyone else who you may need to contact with specific enquiries. This is also on our website.

Onto other things, and a lot to look forward to. Busy time coming up with Presentation night on **Friday 24th February** and two days later, **Sunday 26th, our Cross Country Race**. More about this in Cross Country post below.

Our eight week **Beginners course** is starting **Thursday May 4th**. More details from Captain Richard later but it's going to be an "Open format" i.e. open to everybody, so please spread the word. If you know someone who's never run before and wants to start, jogs half a mile and has ambitions to do a Parkrun, already does Parkruns and wants to progress to 10Ks, maybe been a runner in the past now lapsed and needs a nudge to get going again Absolutely anybody who wants to start or improve their running, invite them to come along. We'll welcome them, get them to chat to our brilliant coaches, identify their starting point, come up with a plan and gradually merge them into appropriate groups with our friendly, supportive members [i.e. You lot!].

Bluebell is Sunday May 7th, places filling up fast, as usual we need a team of around 100 to get this on and we can always find everybody a job. **35th Anniversary celebration Saturday 24th June**. Again more details later, but please make a note of the date. **Summer Handicap – Thursday 27th July. Stainland Trail – Sunday 17th September.**

A few dates for other club races yet to confirm and hopefully everyone has made a note of Steve's Championship race dates. Also keep an eye open for Jim's Fell running championship fixtures.

It just remains for me to wish everyone the very best of luck for 2023 with whatever goals you've set for yourself.

Committee Positions 2023

- Chair: John Bassinder
 - Vice Chair: **Vacant**
 - Past Chair:
- Secretary: Catherine McHugh
- Treasurer: Joanne Hirst
 - Welfare: Cat Daniel
- Social Secretary: Martin Wood
- Membership Secretary: Sandy Gee
 - Women's Captain: **Vacant**
 - Men's Captain: Mark Preston
- Beginner's Captain: Richard Lambert
- Run Leader Co-Ordinator: Paul Armitage
 - Race Co-Ordinator: Gail Fawcett
- Committee Position No. 1: Karen Thorne
- Committee Position No. 2: Hayley Kelly

Non-Voting Roles:

- Kit: Paula Pickersgill
- I.T. / Website: Andrew Fleming & Mark Pottinger
 - Data Protection: Andrew Fleming
 - Media: Sarah Hirst
 - Press: Debbie Grunhut-Hinds
 - Newsletter: Debbie Grunhut-Hinds
 - Parkrun Reports: Debbie Grunhut-Hinds
 - Club Championship: Steve Hallam
 - Fell Championship: Jim Harris
- Coaching Co-Ordinators: Colin Duffield & Maria Harron
- Away Run Co-Ordinator: Catherine McHugh & Jonathan Pybus
 - Cross Country Captain: Lorraine Naylor
 - Vets Captain: Gavin Mulholland
 - Men's Vice Captain: Ben Golding-Smith
 - Women's Vice Captain: Helen Armitage
 - Beginner's Vice Captain: Claire Haigh
 - Vice Welfare: Ian Johnson
 - Bluebell Race Director: Clayton Cutter
- Stainland Trail Race Director: Richard Lambert

Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for December 2022 / January 2023

West Yorkshire Winter League - Race 2 - Dewsbury (4th Dec):



There was another great performance from the Lions at Dewsbury cross-country. Well done to everyone who turned up to take on the mighty hills, mud, and rain. Gavin Mulholland took first place, followed by Ed Hyland in 3rd place. Other great performances from the men to count were Dan Marsden, Chris Hall, Mark Pottinger, Mark Pigford and Fraser Ambrose. Mags Beever was as consistent as ever, finishing 2nd lady. Other ladies to count included WYWL Captain Lorraine Naylor, Maria Harron, Suzanne Patterson, and Helen Armitage.



Percy Pud 10k (4th Dec):

Whilst the majority of Lions were tackling the muddy Dewsbury WYWL, nine Lions headed over the border to South Yorkshire for the Percy Pud 10k. Traditionally each finisher in this race receives a Christmas pudding for their efforts, this year there were some lovely hats too. For many the Percy Pud signals the start of Christmas, with food and seasonal music provided after the race, and apparently the route is not too bad either! Michelle Rogerson led the Lions home in 858th place out of a field of nearly 3,000 runners.

Results: Michelle Rogerson 47:22, Tim Walker 49:02, Ian Hoskins 49:07, Maria Chandler 49:11, Gavin Dodd 51:36, Diane Waite 52:19, David Waite 53:48, Sue Cash 54:17, Jenny Walker 1:02:18.

Myerscough 10 Mile Road Race (4th Dec):

Anne-Marie Killeen was the solo Lion at Sunday's Myerscough 10 mile, a mainly rural course, fast and flat in the countryside near Garstang; with a lovely Lancashire cheese awaiting all runners at the end. Anne-Marie clocked a time of 1:47:30.

West Yorkshire Winter League - Race 3 - Queensbury (18th Dec):

The conditions were icy but at least it didn't snow for Race 3 in the West Yorkshire Winter League series at Queensbury. We had a good turnout from the Lions considering how chilly it was. Gavin Mulholland took 3rd place for the men, followed by Dan Marsden, strong as ever, with Neil Barker seconds behind. Other males to count were Fraser Ambrose, Leon Severn, the ever improving Daniel Sykes, and a solid performance from Mark Pigford to take 7th.

The ladies had a great team turnout too, with Mags Beever 2nd lady, followed by a strong Danielle Hirst, then WYWL Captain Lorraine Naylor, with Stefanie Hopkins just behind, and Maria Harron coming in 5th Lioness. Other great performances by the ladies were from Helen Armitage and Maria Chandler - looking very determined at the finish.

It was great to see Tony Mott and Ben Golding-Smith also putting in solid performances, and lovely to see Aileen Baldwin back to it after a recent bad injury.

Travellers 6 (18th Dec):

Whilst the majority of Lions were tackling Queensbury, five Lions headed to Denby Dale for the final race in the Club's 2022 Championship. A challenging rural undulating course approximately 6 miles which starts from the Pie Hall in Denby Dale.

Results: Amjid Khan 51:56, Roy Lunt 53:01, Anne-Marie Ulliyott 53:50, Diane Waite 56:15, David Waite 58:12.

Ambles Revenge (28th Dec):

Two Lions tackled the Ambles Revenge, a mixture of cross-country and fell; the race goes in a clockwise direction starting on the Trans Pennine Trail at Oxspring and proceeds for 8 miles over farm fields, country lanes and over many stiles towards Green Moor and back to Oxspring. Sue Cash knocked a whopping 7 minutes 29 seconds off last years' time.

Results: Sue Cash 1:33:58, Sandy Gee 1:39:14.

Coley Canter (30th Dec):

Lions headed over to Puma territory on Friday to tackle the multi-terrain trail race which takes in some great trails, footpaths, and hills, plus lots of mud and a bit of a stream! Ed Hyland led the Lions home in 4th place. Beating last year's times were Mags Beever by 2 mins 30 seconds, Derek Parrington by 1 min 2 seconds, and Jim Harris by a huge 6 mins 22 seconds.

Results: Ed Hyland 53:01, Dan Marsden 59:54, Mags Beever 1:01:27, Fraser Ambrose 1:06:21, Derek Parrington 1:09:30, Jim Harris 1:10:59, Lorraine Naylor 1:15:27, Clayton Cutter 1:18:22, Martin O'Brien 1:18:55, Michelle Rogerson 1:25:49, Ian Hoskins 1:25:59, Aileen Baldwin 1:28:08, Paula Pickersgill 1:33:22, Sandy Gee 1:39:15.

Auld Lang Syne Fell Race (31st Dec):

Three Lions took part in this year's race; with 1000ft of ascent the race starts from Penistone Hill Country Park and heads towards Top Withens, the upper reaches of Ponden Clough & Stanbury Moor. The race is a traditional opportunity for the fell running community to have a bit of a party with the help of a free bottle of beer for each runner. Paul Patrick was the first Lion home, beating last years' time by 4 mins 13 seconds, and Tim Walker knocked 1 min 25 seconds off last years' time. For Jim Harris, it was his second race of the weekend.

Results: Paul Patrick 1:05:33, Jim Harris 1:13:23, Tim Walker 1:18:15.

Giant's Tooth (1st Jan):

Out and about on New Year's Day were two hardy Lions who completed the Giant's Tooth fell race. The 3 mile route around Ogden Water had 400 feet of ascent.

Results: Martin O'Brien 27:43, David Culpan 30:44.

West Yorkshire Winter League - Race 4: Stadium (8th Jan):

Well, we didn't get rain, hail, snow, wind or fog at Race 4 of the WYWL, hosted by Stadium Runners, but the mud definitely made up for it - all kinds of mud from soft to proper sinky stuff - a proper cross-country race! Ed Hyland stole the show, coming home in 1st place, clearly the muddy conditions suited him, he was followed by Gavin Mulholland in 2nd. Also scoring points for the men's team were Neil Barker, Mark Pottinger, Phil Moyles, Fraser Ambrose & Leon Severn. The brilliant Mags Beever was 2nd lady back and 1st for the Lionesses, followed by Danielle Hirst, WYWL Captain Lorraine Naylor, Suzanne Patterson & Maria Harron.



Temple Newsam Ten (8th Jan):

This 10-mile off-road multi-terrain race starts and finishes in the beautiful grounds of Temple Newsam House; the course takes runners through woodlands, country paths and around nearby lakes; runners also had to tackle a wet and muddy course including the dreaded "Puddle of Doom!"

Results: Dan Marsden 1:08:32.

(Tackling the 'Puddle of Doom' – Pic by Andrew Swales)

Trigger Fell Race (8th Jan):

Two Lions took on the Trigger Fell Race on Sunday; runners had to navigate their way from Marsden over Black Hill, Bleaklow and Kinder to Edale, visiting three trig points along the way. The route is 21 miles with 5,413 feet of climbing, with all profits from the race going to the Woodhead Mountain Rescue Team. Jim Harris knocked over 40 minutes off his previous course time, coming in at 5:34:33, closely followed by fellow Lion James Penson in 5:35:13.

Stainland Lions Winter Handicap (15th Jan):

Thirty-Six Lions set off from Heath Rugby Club on Sunday morning for the Club's Winter Handicap. The race was the first counter in this year's Club Championship, and many of the runners were keen to get some valuable points on board. All participants predicted their finish times before the race, and the Handicap trophy is awarded to the runner whose finish time most closely matched their pre-race prediction. Colin Hughes was this year's winner with an estimated time of 1 min 15 seconds from his actual finish time. The fastest man on the day was Will Rushworth, who completed the route in 36:05, whilst Helen Armitage was once again the 1st Lady in 40:45.

Stanbury Splash Fell Race (15th Jan):

212 runners tackled this year's Stanbury Splash Fell Race; the 6.7 mile wet and boggy route has over 1,300 ft of ascent and starts from Penistone Hill Country Park to Pendle Clough and Stanbury Moor. Paul Patrick was the first Lion home in 1:12:26, followed by Dave Culpan 1:29:27, and Aileen Baldwin in 1:32:09 and first in her LV70 age category.

Delamere Forest Trail Half Marathon (15th):

Two Lions took on the Delamere Forest Half Marathon on Sunday. The route is a mixture of tracks and forest. The course is mainly flat with few undulations, that is apart from the sting in the tail as you climb Old Pale in the final miles. On the plus side the view from the top is stunning, on the downside you have to work pretty hard to see it!

Results: Roy Lunt 2:14:24, Sarah Lunt 2:33:26.

Inskip Half Marathon (21st Jan):

Two Lions crossed the border to Lancashire to compete in the Inskip Half Marathon on Saturday. The race is a small but popular one, great for achieving a PB; the course is a slightly undulating loop through the Lancashire countryside, starting and finishing just south of Inskip. Jamie Westwood came in 7th out of a field of 112 runners with a course PB of 1:21:44, knocking 3 mins 32 seconds off his 2018 time, and taking 1st place in the MV50 age category. Anne-Marie Killeen came 3rd in her LV55 age category with a time of 2:34:52.

West Yorkshire Winter League - Race 5: Bramley (22nd Jan):

Despite the wintery weather, it was a great effort as usual from the ladies' team at Race 5 of the WYWL, with scorers included Mags Beaver, Danielle Hirst, WYWL Captain Lorraine Naylor, Suzanne Patterson & Maria Harron. The Supervets team were really impressive getting 1st on the day and 1st overall with only two races left to go. Supervets scorers included Gavin Mulholland, Neil Barker and Lorraine Naylor. The Vets team were a strong 3rd place with scorers including Ed Hyland, Phil Moyes and Mags Beaver. There was another strong bit of running from the men, scoring those all important points were Ed Hyland, coming in 2nd overall, Gavin Mulholland in 5th place, Neil Barker, Phil Moyles, Leon Severn, Daniel Sykes and Ben Golding-Smith.

**Meltham "Tough" 10k (29th Jan):**

Sunday's Meltham 10k was the second race in this year's Club Championship and something of a local favourite. Inheriting its "tough" status after a participant got hypothermia one year; thankfully this year the race did not live up to its name (weather wise anyway!). The course is hilly with over 650 feet of ascent, starting from the centre of Meltham and heading to Blackmoorfoot Reservoir. Paul Corns led the Lions home in 52nd place, and there were age category wins for Steve Hallam, Helen Armitage and Michelle Rogerson.

Results: Paul Corns 46:38, Steve Hallam 48:29 (1st M60), Helen Armitage 50:17 (1st F55), Heather Moffat 52:05 (2nd F50), Maria Harron 52:06 (3rd F50), Michelle Rogerson 52:12 (1st F45), Martin O'Brien 52:28 (3rd M60), Mark Preston 54:56, Sue Cash 57:16, Gail Schofield 58:09, Laraine Penson 59:45, John Rushworth 1:00:47, Paul Armitage 1:03:31, Sandy Gee 1:03:37.



St. Aidan's Winter Beast (29th Jan):

Tim Walker was the solo Lion to tackle the 6.66 mile St. Aidan's Winter Beast on Sunday; the course which is billed as "not flat and not easy" takes in sections of the paths and trails of St. Aidan's Country Park and has some "proper cross-country mud" and a little bit of water! Tim finished in 80th place with a time of 59:49; this was Tim's second race of the weekend, as he also completed the Hebden 15 mile on Saturday (awaiting results from organisers).

(Tim Walker @ St. Aidan's Winter Beast – Pic by Thomas Cheyney)

Parkrun PB Corner

December 3rd:

Halifax – Claire Haigh knocked 54 seconds off her course time taking her to 28:41.

Huddersfield – Richard Crombie ran a course PB of 18:34, 3 seconds quicker than his previous time. Peter Cawdron took 12 seconds off his course time giving him a PB of 32:38.

Brighouse – Paul Corns ran a PB time of 20:50, knocking 1 min 15 seconds off his previous time.

December 10th:

Brighouse – Heather Anderson knocked 2 seconds off her course time, taking her to 29:43.

Middleton Woods – Clare Smith ran a PB time of 23:54, taking 53 seconds off her course time and coming in 3rd place – 1st female overall & 1st in her age category.

December 24th:

Huddersfield – Fraser Ambrose came in at 19:05, knocking 14 seconds off his course time & 1st in his age category.

Rothwell – Paul Corns knocked 1 min 42 seconds of his course time taking him to 22:32.

December 25th:

Huddersfield – Heather Anderson ran her 50th Parkrun with a course PB of 28:42, knocking 5 seconds off her time.

December 31st:

Halifax – Peter Cawdron knocked 15 seconds off his 2019 course time with a new PB of 31:44.

January 7th:

Huddersfield – Maria Chandler ran a course PB of 23:52, knocking 64 seconds off her previous time.

Centre Vale – Ben Golding-Smith took 56 seconds off his time, coming in at 22:13 & 1st in his age category.

Sewerby – Martin Carr ran a PB time of 33:22, taking 54 seconds off his previous course time.

January 14th:

Centre Vale – Martin Carr knocked 1 min 30 seconds off his time, coming in at 32:33.

Oakwell Hall – Laura Goodwin came in at 28:28, taking 55 seconds off her 2016 time.

January 21st:

Cross Flatts – Ben Golding-Smith ran a PB time of 21:41, taking 2 mins 32 seconds off his 2018 time.

Wakefield Thornes – Tony Pinnington took 1 min 5 seconds off his 2014 time, taking him to 30:34.

January 28th:

Brighouse – Craig Miller knocked 10 seconds off his 2017 time, taking him to 19:01.

Middleton Woods – Laura Goodwin ran a course PB of 27:32, knocking a massive 4 mins 51 seconds off her previous time.

Club Championship Update

Steve Hallam



Championship Update – January 2023



(Meltham Team Prize Award – Helen Armitage & Michelle Rogerson)

January Races:

For Championship purposes, we have already seen the Winter Club Handicap race and the Meltham (Tough) 10K. I have to say, that the Lions turnout for these early events has been a tad disappointing, being much lower than previous years. Now, I know that a tough hilly 10K in the depths of winter isn't everyone's cup of tea and many are currently focused on marathon training or alternative events, but I'm baffled why the numbers are so low. Having said that, it was great to see Stainland ladies collect the team prize at Meltham, which reinforces just what a successful club we can be with regular, committed participation. Well done to Helen, Heather, Maria and Michelle who all finished within 2 minutes of each other.

As of the final weekend of the month, so far 10 of you have attempted Halifax parkrun, 24 Huddersfield parkrun and a further 10 also opting for at least one other UK parkrun (which of course now all qualify for championship points). Ben Golding-Smith in particular has already attempted no less than FOUR different parkruns within the month, of which the best performance will produce the highest points score (so far).

Upcoming Races:

If you haven't signed up already, there's the Thirsk 10 miler and Wilmslow Half Marathon to look forward to! Both are very popular events, being flat and fast courses, so why not treat yourself to a worthwhile awayday - maybe a PB attempt or enhanced long run training? Dates are Sunday 12th March and Sunday 26th March, respectively - come and join in with your clubmates, whether it's to see just how far you can push yourself or simply enjoy the benefits of a longer race.

Moving Forward:

I will be starting to put the Divisions together over the coming weeks. As it stands, I'm looking to have 6 divisions again, with the top 3 from last year (although not exclusively) each moving up to the next level.

This traditionally can often work out two possible ways:

- A) The promoted runner takes up the challenge of competing at a higher level and adjusts their training to eventually achieve even greater things.
- or
- B) Genuinely has a go but finds themselves a bit overwhelmed with expectation and doesn't have a pleasant experience.

Let me just say, that if you find yourself in category A, then great - simply crack on and go as far as you can. However, if you end up falling into category B, I fully understand that the pressure can get to you and maybe you just don't want to continue. If this happens to you for whatever reason, please come and have a chat with me and/or the coaches, where I can assure you full support to get back into the groove of exactly where you want to be with your running! I'm not necessarily saying that you will drop a Division but if it is agreed by myself and/or others that this make the most sense, then there will always be room for some reasonable adjustment.

The Championship competition lasts all year, so if you haven't yet signed up, it's not too late to get involved. In fact, as long as there are at least 9 qualifying events still to go, you can join in at any time.

Just a handful of key points to remember:

- With the exception of parkruns, 3k track races and the Club Handicap race, you should always identify yourself as a Lion by wearing a club vest/shirt, otherwise points may be deducted should any complaints arise.
- You may complete as many or as few events as you wish, however, trophies for the top 3 will only be awarded to those who finish at least 9 qualifying races throughout the year.
- At the end of the day, the Championship is mainly about having fun racing with your clubmates, but for those who can commit more it can genuinely assist your running performance and ties in nicely with other club activities, in particular, Track and Hill sessions.

Hope this all makes sense, more waffle from me in the near future. In the meantime, enjoy your runs and whatever you may be training for.

Ladies Captain's Update

Maria Harron



Ladies' Report (and some Men)

2022 has finished and here we are already heading towards the end of January 2023! Anyway, as promised I would like to highlight some of the many challenges that members set themselves for 2022 and an unusual challenge that has been set for 2023. There is a great variety of challenges but all personal to each person and all show their determination in many different ways. In no particular order

Anne-Marie Ulyott:

My aims for 2022 were to complete my first marathon (London) and to take part in at least the minimum 8 races needed for this year's championship (I hardly did any the year before). I've met both targets and, very unexpectedly due to a late jump up the table, finished second in Division 4 this year, which is just the icing on this year's running cake!! Must admit I'm finding it hard to get myself out on the dark evenings now though!

Beverley Day:

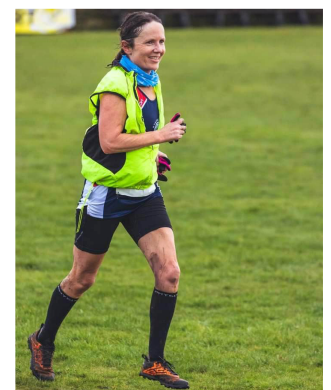
My main challenge for this year was to run my first half marathon. This I did with the GNR. Since then I have had a month off with a dodgy ankle. I think I tried running again too soon as I seriously lost my running mojo to the point that I drove home rather than to the club after work as I just couldn't be bothered. Since the end of term I have started running again and enjoying when I have been out. Just need some fitness now!

I have signed up to do another half (Wilmslow) and also a 10k at the end of February. The 10k I am running with my youngest son who has never run further than a 5k. Hopefully this will be the motivation I need to get back running regularly.

Lorraine Naylor:

My challenge for 2022 was to stay injury free.

Of course I will always want to run faster, but the reality is I aren't getting any younger, so wanted a year to still be able to run without getting injured. I hope I don't jinx this now, but honestly I believe in doing a strength and yoga class each week helped. Also by keeping my mileage to 20-ish miles a week and doing training off road to help with joints. I must admit I haven't been doing as many races either, just keeping to Vets, cross-country, and the odd road race. I will be happy for more off road the same for 2023.



Lin Devine:

Apart from the last two weeks when I seem to have done 10,000 steps in the kitchen every day, I've kept my mileage going, although I've only managed 900 this year.

My highlight was finally putting my half marathon hoodoo to bed (taking Maria's Manchester place). I'm still completely convinced that the VO2Max sessions run by Maria, which I kept going once a week after the sessions had finished, were the reason that I could keep a reasonable and constant pace.

Anne Cawdron:

I had my hip replacement in January and completed my 10,000 steps/day challenge for March. Since then I've returned to running and built up gradually to Guy Fawkes 10 miles in November (beat my 2021 time). I'm trying to run three times a week consistently and I've entered the Rob Burrows Marathon in May 2023 – although I'm now on the list for my other hip replacing – so we'll have to see how that goes.

Lindsay Upton:

A few ladies I know decided to set themselves the challenge to run the Paris Marathon, somehow I ended up being roped in! Knowing I would need to up my running ability I joined Stainland Lions in November 2021. I had also been struggling to achieve a sub-50 mins 10k and been hovering around 52/53 mins for some months. Joining the Lions saw huge improvements for me with my running in both speed and stamina, and even better was that I was thoroughly enjoying my running progression. I was consistent in doing Colin's Monday hills, club night on Thursdays, and joined Wednesday track 6 week programme that started in January 2022, as well as sticking to my marathon training plan of long runs on a Saturday.



I achieved my sub-50 in early March 2022 with a great time of 47:32 and completed the Paris Marathon in April 2022 in a time of 3:43:00. Considering I had estimated my time at 4:30:00 when I signed up to it, I was over the moon with what I had achieved! The best running year soon went downhill however and I suffered from bone edema and hip fracture, meaning I was out for the remainder of the year which was frustrating to say the least. I still hope to be able to do another marathon at some point, but the plan for 2023 is to be able to run at least once every week for the whole year and stay injury free; I'm excited to be able to come back to SLRC runs again from January 2023 and, although a sub-50 10k or a marathon are a long way off now, just getting back to club running again will be fantastic and fingers crossed for championship this year!

Stephen Hall:

My initial goal many years ago was to do 10 marathons under 3 hours. I have always taken the approach of quality over quantity so have always aimed to PB at everyone. Apart from my first couple in which Mark helped me out massively I

have self-coached myself. After doing number 8 in 2:43 at London, I thought there was more to come but wasn't sure how to do it on my own so I needed to change it up.

After a few options, I decided to use Graeme at Optimize Fitness who has done some VO2 stuff at the club. At first he introduced specific strength and conditioning on my legs and helped 'train' they guy better. With that we did two speed sessions and a long run a week with a few easy miles in between. Although I was skeptical with less miles, it worked out better quality of miles helped achieve 2:38:06 PB at Manchester for number 9.

I think when the time is right again, I will ring Graeme again and push pace a little harder to go for sub 2:35 for the final marathon, number 10.

Kevin Robinson:

My 2022 started off in a very apprehensive way. Throughout 2021 I had struggled with tendonitis in my shins and finally towards the end of the year my physio and I worked out it was due to poor running form, meaning I was toeing off using many toes rather than only big toes. That meant tib ant muscles activated with almost every step. I knew that I had to re-learn to run. So what to do? I had a place in the Winter Spine Race in January . . . I was told that hiking did not trigger the problem, so, could I hike 268 miles in the middle of winter?!! I decided to give it a go, and I finished 3 minutes short of 5 days! That put me in joint 22nd place out of well over 100 starters! Great start to the year. A 5 year dream to complete the Spine done despite injury. I had a good rest.



I then started to regularly attend track sessions. The drills, the focus on technique was exactly what I needed. In parallel I was training for the next big project. The one that scared me more than the Spine. My summer project was to attempt The Dragon's Back Race – 6 days, multi-stage race through all the mountains in Wales! I did a lot of hills in training. Trips to Wales and the Lakes until any one big hill just felt normal. Two legs of a Paddy Buckley Round was good training. An Abrahams Tea round in 9hrs 15 was great training. Each of the 6 days of the DBR is a serious mountain ultra. Day 1 went well. Day 2 was mega tough. Day 3, I felt great then slipped and mashed up my left thigh. I cried. I hiked on for about another 5 hours until I got timed out. Shit happens! It was one of those minor miss steps that can happen anytime. I nearly did one of those so many times in training. This one got me. I was actually quite proud of myself for feeling that way. I had a rest and started to focus on the 2023 Winter Spine. Hoping to run some of it this time and see how I get on.

Sue Cash:

A simple challenge for me for 2022, no heroics, just committing to going to track regularly. There were plenty of times that I really had to force myself out of the house, but it was always worth the effort, and in the end, I barely missed a session all year. Challenging but do-able, definitely going to keep this up in 2023!

Roy Lunt:

Escape from Meriden. Not sure what we've got ourselves into this time, but this is an ultra-marathon with a twist.

The village of Meriden lies roughly halfway between Birmingham and Coventry, and the stone cross on the village green is historically regarded as being the dead centre of England.

I'll try and keep this brief as I hope to update you on a monthly basis for the newsletter with how training is going and other details. It works like this:

We are 'released' from Meriden at midnight on November 17th.

What happens in the next 24 hours is totally up to us!!

There is no route, there are no checkpoints, we are self-sufficient, there is no finish line.

Quite simply, we have 24hrs to get as far away as possible, on foot, in any direction we choose.

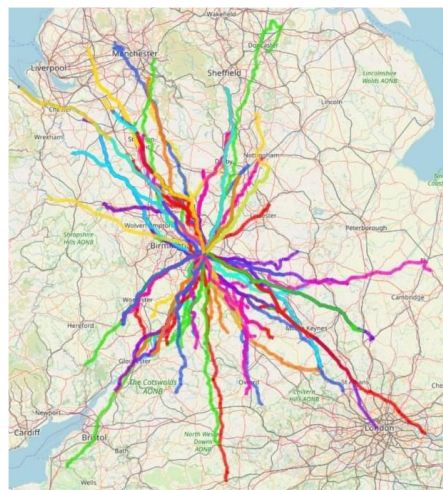
The twist? However far we go, our distance will only be measured as the crow flies.

The usual suspects are involved . . . myself, Sarah, Karen, and this time with the addition of Ally Audsley.

There's two optional 'extras' – you can wear an orange boiler suit and you can also be chained together for the full escaped convict look. I have already categorically ruled out the second of those options!!

Can you imagine the chaos and arguments that would ensue

That's all for now, but to give you some idea of what goes on here's a picture of the routes that the 2022 competitors took.



We look forward to hearing how Roy and his team get on throughout the year.

I was interested to find out how some of the new members have done in 2022, so I asked Ben Golding-Smith and Clare Thomas to write about all their new experiences having been a Lion all the way through 2022. So many exciting first and I am sure they will do even more in 2023.

My First Full Year in Stainland Lions

Ben Golding-Smith

I've been asked to write about my first full year as a member of Stainland Lions. But before I get onto 2022, I should probably go back to October 2021 when I joined the club. I was just about to retire from the army and thought a running club might be a more productive way to spend my free time than drinking all day in the pub. First, I needed to find a running club. The closest one to me had a rubbish name and their vests gave me flashbacks to Northern Ireland; luckily the second closest club to me were holding an open evening where you could tag along for a run. I got myself down to Heath and went on my first club run and within a month I was a fully paid-up member of Stainland Lions.

I'd always run in the army, but not necessarily through choice. I thought of myself as a half decent runner, although the fact I actively avoided running uphill means I probably wasn't as good as I thought. I had routes around Pye Next and Sowerby Bridge that only involved running downhill or on the flat, the only real variation was which direction I ran on the canal. Despite my aversion to hills, pretty soon after joining I was doing hill sessions every Monday, being coached by Colin Duffield. In the army coaching generally involved being told to run around a tree in the distance and if you were too slow (or too fast) you did it again. The fantastic coaching I received from Colin initially, and later from Helen, Leon and Maria, had an immediate impact on my running.



Fast forward to January 2022 and I thought I'd better start entering some races. First up was the Winter Handicap on a cold Sunday morning. I didn't expect to do great, but I'd been running at the club for a few months by this time and knew I was getting faster due to the coaching. By this time I'd started attending track sessions as well, which were also having an impact. I did better than expected and decided to enter the club championship. I was put into Division 2, which I was quite pleased with, and started racing regularly. Before long the division had got competitive and I started to believe I had a chance to win it. Being in a competition pushed me harder than I would normally push myself and I'd recommend the club championship to anyone. I was running in races I wouldn't have even heard of if I hadn't joined the club.

Now as we get to the end of 2022, I can say I've had a great year running at Stainland. As I write this I'm at the top of my division and quietly confident of winning it (there's only 3 days left in 2022). My running is continuing to improve thanks to the amazing coaches at the club. I'm even enjoying cross country thanks to the West Yorkshire Winter League and think I might try a few more fell races in the coming year. I've made some brilliant friends at the club and have enjoyed the social side of the club more than the actual running side if I'm honest. I definitely made the right choice to pick Monday

night hills instead of the Monday club at 'Spoons', and I'm glad I chose Stainland. Hopefully I'll be a member of Stainland Lions for many years to come. I might even run a race that's longer than 10k at some point!

My First Year as a Lion

Clare Thomas

When Maria asked me to write about my first year as a Lion I thought what am I going to write about as I didn't run much throughout 2022. However Strava tells me otherwise, and on reflection it was a year of firsts in relation to running . . .

First track session – in January I ventured down to Spring Hall for my first track session, although it was incredibly hard it was enjoyable and I really liked the drills and a different type of running. I will be back to track more often!

First away run – if there's a pub at the end of the run and the promise of food I'm there. I've particularly enjoyed these runs where we venture a little further away and get to run some different routes before having some good pub grub after. These runs have taken me to several new pubs in the area!

First marathon – it still seems a bit surreal that I actually ran the Paris Marathon in April. Without the support and advice from Lions I'd have never made it round. Can't believe I've got to do it all again in April at London as I qualified for a good for age place, and then again in May for the Rob Burrows Leeds Marathon – I must be mad, especially as most of you know, I don't like running!!!



First fell race – May Day bank holiday and I decided to sign up to the Coiners Race. The 1pm start tempted me as I could still enjoy my Sunday night out. When I say I don't like running, I really don't like running anything other than a flat tarmac route so was not sure what to expect. It had everything, steep climbs, bogs, and a fast downhill finish – well everyone else was finishing fast overtaking me!! It was an experience, and it wasn't my last fell race, I tackled a few more including the awful climb of Blackstone Edge.

First Calderdale Way Relay – I convinced Claire to sign up and then a space came on the ladies team but it meant leg 3. I didn't know why when people asked what leg I was doing they'd laugh when I said 3, till we did a recce and was introduced to that hill! So on the day to say we were a little nervous was an understatement. We didn't want to let the other ladies down, but as soon as we made it up to the tops we could relax and enjoy the view and the rest of the route. We laughed

with other teams on the way up how horrible the hill was! It was a great day, well organised and great to see so many participate. To top it off we won third place!

First Championship – seeing everyone win their trophies at the presentation dinner and being a tad competitive there was no way I wasn't entering. Since my India trip in summer I struggled to get back race fit but still turned up to most races, mainly to show my face and moan! Steve does a great job organising and it's a great way to do lots of different local races. I still need to master my race tactics and what strategy works for me; there's always next year right?! I just need to remember to check the distance and start time, I still have nightmares of running to the start of Otley 10 thinking it was a 10k not 10 hilly miles!

First Cross Country Winter League – I let Paula convince me cross country would be fun, what else would I rather be doing on a Sunday morning than running through mud in wet cold conditions! Two races in and I've not fallen yet, and I don't hate it, what do they say – practice makes perfect, so let's say I'm practicing and hopefully I'll stay on my feet for the remaining races!

All in all I have thoroughly enjoyed the past year being part of the club and am proud to run in a Lions vest! Although you may not believe it if you see me running – I do like to moan a little!

There is something for every runner at Lions and am thankful to all those who work tirelessly to keep the club running. That and the support from fellow runners is priceless and why I would recommend Stainland Lions to anyone!

Here's to 2023 and running some more . . . maybe!

I am now leaving my role as Ladies Captain as I have too many commitments with work, etc., and want to be able to concentrate on my role as a club coach. I have loved having the opportunity to give something back to the club and sit on the committee, something I have never done before, and be able to see all the hard work that goes on behind the scenes in the day-to-day running of Stainland Lions. Unfortunately, no one has come forward to become the Ladies Captain. Helen has many other commitments and is willing to remain as Vice-Captain and support the new lady in this role. Please have a think about it and contact me to ask any questions, I will certainly support anyone who takes over. Whether you are an established member or a new member it is a role that, yes, does take some time and energy but it is a fabulous way to get to know people, feel involved and help the club. Please consider it, you will not regret it.

Thanks to all those that have been so willing to contribute to the Newsletter over the last years when I have asked you. I have really loved to read your news and stories.

Coaching Corner with Colin Duffield

Stainland Lions Coaching Team

Hello all Lions,

With apologies to those who attended the AGM, they will have heard most of this before.

We thought it might be a good start to the year to bring you news from the coaching team. This will include who we are, what we have planned, and how to get in touch with us.

The Stainland Lions Coaching Team are here to help you get the best out of your running and get the best out of yourself. We're a resource for all members and our input is equally applicable to a new or steady runner as it is to any of the 'fasties'. We're all qualified and accredited coaches with English Athletics. Some of us also have an additional interest and qualifications in Strength and Conditioning training.

We know that some of you will just want to go for a run and enjoy your time with like-minded friends, and that's fine and absolutely a fantastic reason to be a Lion. Others will have ambition to run further or faster, and that's where we should be able to help.

We organise the Monday hills and the Wednesday track as 'standard' training sessions. In the last year we've also had occasional extra offers of different sessions concentrating on off road running, improving VO2 max, and Strength and Conditioning. These sessions were well attended, and we'll be doing them again in 2023. We also regularly contribute to the newsletter with articles about a specific elements of training and can help with individual training plans when you're preparing for specific races.

We'd be really interested to understand what else you might want from us.

It might be you're a LiRF and want to understand more about progressing to coaching, it might be help building running into your week. It could even be some kind of social evening with a coaching presentation (some of us have done these before and it's not as dull as it sounds). Hopefully you have other ideas, as long as it's legal and anatomically feasible, please let us know.

And here are our mugshots:

Gavin Dodd



Colin Duffield



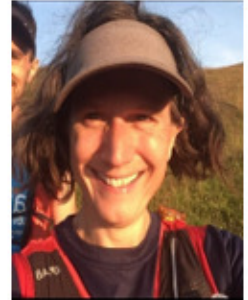
Helen Armitage



Leon Severn



Maria Harron



As mentioned, we're around on Mondays and Wednesdays if you want a chat. We're also visible on Thursdays, and at club races etc. We can also be reached by Facebook Messenger, carrier pigeon or any other of the normal channels.

In the Lion's Den with Gavin Dodd

Phil Moyles – My Running Journey and More

When did you start running?

I have always been a bit of a Duracell bunny from an early age. My mom and dad even took me to the doctors once because I never ate much but would run around the playground more than any other kid, I just seemed to have lots of energy.

At school I was more adapted to athletic things like sport and football. Running was my favourite thing to do! I remember that my class had all the old smokers and people who didn't really want to do sport and when it came to the Interform Athletics me and another lad called Scott decided to share all the activities between ourselves and we only went on to win the bloody thing. 😊

What made you join Stainland?

I had been a footballer for a club called Midgley Utd for over 20 years and my glittering career (not) was coming to an end. I had been doing the local parkruns for some time and bumped into Chris Hall who talked me into joining the Lions. I turned up that following Wednesday at track to be welcomed by the likes of Mark Pigford and Andy Baird and never looked back.



Favourite Race / Distance?

My favourite race would be probably GNR, I have done this 4 times now and with a PB of 1 hour 27 minutes. Although my strengths are short distance like 10k and Parkruns, and I was always known for my speed as a kid, so I'm not built for the hilly / long distance things like marathons. Although I have run London back in 2008 (before Stainland) and Manchester, where I missed the start and spent 6 miles chasing down the 3 hour pacer only for the wheels to completely fall off. Then

there was Yorkshire Three Peaks, when I turned up with a full suitcase of packed lunch, 4 litres of water, and 2 changes of clothes, only to be told we were running the whole thing and not walking it! 😞



Go to Running Shoes / Make / Model?

I have always been a massive Nike fan from a young lad, and the majority of my gear is Nike in some fashion. I usually run with the Nike Vomero but have just bought some of the Vapour Flys and do love them. I have just read the story of Nike from the founder called Phil Knight, called Shoe Dog, which is an amazing read to how he started selling Japanese shoes out of his Dad's garage to the biggest sports brand in the world – check it out.

Favourite Drink?

This one is a bit boring really, I love Cherry 7UP. I'm not always a bore but I am more of a social drinker than a few drinks at home; feel best having a few with my family and friends.

Favourite Concert?

People who know me know that music is my second passion and I love going to concerts. I love all kinds of music but love something to get my pulse racing like The Prodigy, Foo Fighters, or Biffy Clyro, to name a few. I love going to Glastonbury which will be my third time this coming year; it's the most magical place on the planet.



My difficult year

Many of you may not realise that on 2nd December 2020 (my daughter's birthday) that I was given the worst news you can imagine that I was diagnosed with Cancer. I had my own journey to recovery to beat this awful disease, only in May earlier that year running up Stocks Lane 6 times to raise money for Overgate Hospice.



The day of my operation will always be instilled in my memory bank as the scariest day of my life and wondering if you're ever going to wake up from the 8.5 hour operation to remove this bad thing growing inside me, and spending Xmas in an Ultra Green ward with no visitors and nobody to see due to the Covid pandemic which had also just landed.

I had always thought that this wouldn't happen to me; I never smoked or taken drugs, and always looked after myself and prided myself to always be the fittest lad on the street; well things were about to change.

Once the operation had come and gone the next chapter was getting my body strong for six weeks of Radiotherapy, which made the operation seem a complete doddle.

But after the why me's, and the pain and suffering, it was time to get my mind into the right place and build that physical and mental strength I had since I was that Duracell bunny.

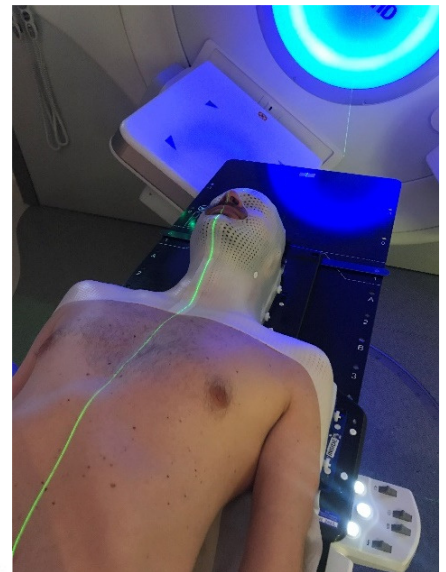
The time when the team of people getting me back on the road and not been able to walk let alone run was incredibly difficult, as I was told to just complete Netflix when all I wanted to do was run and do the things I loved but burning off the calories that were there to keep me strong.

I was extremely lucky though, I have a wife who is a Neuro Physio who kicked me back into shape, and her best mate is a Speech Therapist which also got me to speak again.

When I was allowed to put my running trainers back on, I was told to do 1 mile and walk back, and to do this for a few weeks until I could do this ok; then 2 miles, and so on. Happy to say that it's taken me the best part of two years to get back to some kind of good fitness but just happy to be back running and seeing my friendly Lions on the way.

I look back at my journey throughout this and it makes me realise a few things which are, how lucky I am that I was able to overcome this, and I tried to keep a positive mindset throughout the process which helped me and made me who I am today.

The smallest things in life become the most important things in your life, like taking my daughter Sophia to school, going for a run, or just being with my family and friends. I cherish every single minute.



The amount of love, support, gifts of friends and the small walks with my Stainland family will never leave me and will never forget and thank the ones who were by my side (you know who you are).

Today I just live for loving life and spending time with everyone I see and come across. My future is very bright and I'm looking forward to getting back into the mix.

Thanks for listening to my story and I hope things may help others. Looking forward to seeing you all in 2023.





**February 2023:**

Friday 24th – Lions Annual Presentation Dinner, Berties, Elland (see Facebook page for details)

May 2023:

Thursday 4th – Beginners Course.

Sunday 7th – Bluebell Trail.

June 2023:

Saturday 24th – 35th Anniversary Celebrations.

July 2023:

Thursday 27th – Summer Handicap.

September 2023:

Sunday 17th – Stainland Trail.

West Yorkshire Winter League 2022/23 Dates:

- 12th February 2023 – Pudsey
- 26th February 2023 – Stainland

2023 Championship Races:

- Sunday 12th March – Thirsk 10, Thirsk Racecourse.
- Sunday 26th March – Wilmslow Half Marathon, Wilmslow RUFC.
- Sunday 2nd April – Brun Valley 10k, Thompson Park, Burnley.
- Saturday 8th April – Wardle Skyline Fell Race, Wardle Square, Off A58 Rochdale/Littleborough Road.
- Sunday 4th June – Northowrun 5, Northowram Sports & Activity Club.
- Sunday 11th June – Marsden 10, Victoria Street, Marsden.
- Wednesday 14th June – Joe Percy Invitation 10k, Storthes Hall, Huddersfield.
- Friday 7th July – Holme Valley 5 Miler, Holmbridge Church Hall, Holmfirth.
- Wednesday 19th July – Hepworth Trail Race, Hepworth Football Club.
- Wednesday 2nd August – Hopwood Trot, Hopwood College Sports Pavilion.
- Sunday 20th August – Piethorne Trail, Bulls Head, Rochdale.
- Sunday 3rd September – Tholthorpe 10k, The Village Green, Tholthorpe, York.
- Sunday 30th September – Stairway to Heaven, Holmbridge Church Hall, Holmfirth.
- Sunday (Mid October T.B.C) Holmfirth 10k, Hade Edge Bank Hall.
- Sunday 29th October – Bronte Way Fell Race, Aisled Barn, Trawden, Colne.
- Sunday 5th November – Guy Fawkes 10, Ripley Castle.

- Sunday (November T.B.C) – Clowne Half Marathon, Chesterfield.
- Saturday (December T.B.C.) – Ambles Revenge, Waggon & Horses, Oxspring.

2023 Fell Championship Races:

- Saturday 4th February – Wadsworth Trog (19.3 miles)
- Sunday 12th February – Windy Hill (11.8 miles)
- Sunday 19th February – Midgeley Moor (5 miles)
- Sunday 26th March – Don Morrison Memorial Edale Skyline (21.1 miles)
- Saturday 8th April – Wardle Skyline (7 miles) **also in Club Championship**
- Tuesday 4th April – Bunny Run (3 miles) tbc
- Tuesday 11th April – Bunny Run (3 miles) tbc
- Tuesday 18th April – Bunny Run (3 miles) tbc
- Tuesday 25th April – Orchan Rocks (3.4 miles)
- Saturday 29th April – The Cake Race (9.9 miles)
- Monday 1st May – Coiners (6.7 miles)
- Tuesday 9th May – Jack Bloor (5.2 miles)
- Saturday 27th May – Hutton Roof (6.8 miles)
- Monday 29th May – Austwick Amble (8.1 miles)
- Wednesday 28th June – Cragg Vale (4 miles)
- Saturday 1st July - Heptonstall Festival (5.9 miles)
- Tuesday 1st August - Crow Hill Reverse (5 miles)
- Wednesday 9th August - Pilgrims Cross (6.6 miles)
- Sunday 20th August – Piethorne (6.2 miles) **also in Club Championship**
- September – Thievelly Pike (4.3 miles) tbc
- Sunday 10th September – Yorkshireman Full (26.1 miles)
- Sunday 10th September – Yorkshireman Half (14.9 miles)
- Sunday 29th October – Bronte Way (7.5 miles) **also in Club Championship**
- Saturday 9th December – Moors the Merrier (21.1 miles)

There will be more details of the Fell Racing Championship in next month's newsletter, but in the meantime . . .

"I'm new to fell racing, which races would you recommend?"

Well 2022's dashing, wise champion James Penson says: *"Any 3 short ones, a couple of mediums, and if you find your whistle wet, then a longer one like The Yorkshireman Half or Lost Shepherd is a cracking way to have taken part in the championship, but if you are not sure, just pick a few and see how you go – no pressure."*

If you want to be in with a shout of a Trophy or just want to be a part of the greater good, I would plump for:

1. A Bunny Run (CS)
2. Coiners (BM)
3. The Lost Shepherd (BL)
4. Bronte Way (BM)
5. Piethorne (BS)
6. Crow Hill Reverse (BS)

If you have a duff race during the season, and we've all done it (especially Jim and Leon), it's good to have a back-up plan – Piethorne (BS) and Bronte Way (BM) are beltors. Quote *“Do the difficult things while they are easy and do great things while they are small. A journey of a thousand steps must begin with a single step”* Lao Tzu.

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