



Tim Walker

From The Chair

A bit of rambling from our Chair, with a lowdown of what has been happening in July.

Susan Cash

Race Reports

A summary of race reports from July & August 2021.

Various

Contributors

Championship update; Ladies Captains Reports, Running After 50 with Colin Duffield, and Kevin's Lakeland 100 blog & more.

From the Chair

Tim Walker



Well what a couple of months it been. At last things seem to be back to normal with races galore, Parkruns, and even a social event for us all to enjoy.

The summer months are usually a time when running takes a bit of a back seat for me. I really don't like running in the heat and the temptation to sit in the garden with a cold one is just so hard to resist. However, I did make more of an effort this year and have enjoyed some great races.

Some of my favorite summer events are our internal Club runs; I love the mystery of the Summer Handicap, although with Karen now in charge of these events some of that has been lost as you just know a serious amount of hillage will be involved! I also love that anyone can win this event, even the sweeper, it would appear, is in with a chance! Then there is the Hare & Tortoise; simple idea but somehow not so easy to explain. The usual routes along to Sowerby Bridge – flat for the tortoises, or to Siddal – also flat for the tortoises – were abandoned this year in favour of Stainland – not flat by any stretch of the imagination! As usual we all lined up in speed order then some adjustments were made and we were paired up. I was a slow Hare paired up with a speedy Tortoise (Hayley Kelly) and so slogged my way up to Stainland keeping the speedies just in sight on the horizon. Running down Coldwells, knowing that at some point you are going to have to turn around and run back up it was absolute torture – thanks Karen! Just as I got to the Sonoco Plant, Ray Mooney passed me coming the other way, then hallelujah Hayley appears from around the corner having put in a fantastic effort up Saddleworth Road, so I turned around and ran back in the direction I came. Then in my exhausted, some may say delusional state, I had the thought that now Ray was leading the race and I was in second place, this was a once in a lifetime opportunity! So the slog back up Coldwells was tackled with a bit more gusto and determination with the thought that I might actually be able to catch Ray on the long downhill. Anyway my hopes were soon dashed as John Bannister, Gabby and Loraine came flying past me. I met Hayley in West Vale as agreed and she'd obviously had plenty of time to catch her breath waiting, as she set off at such a lick I really struggled to keep up. All credit to Ray who held on to take the victory with Aly Brook as his Tortoise, well done both.

We've also had the pleasure of some coaching sessions by England Athletics Coach, Graeme Woodward, over the past few weeks. These concentrated on different topics, VO2 Max, Uphill Technique and Lactate Threshold, which all sounded a bit technical and for serious runners. However, Graeme's expertise and delivery were brilliant and I'm sure that everyone who attended learnt something and went away with a few ideas to try no matter how good a runner they were.

On the social side we had a fantastic Family Fun Day organized by Gail. Unfortunately, the weather did put a bit of a dampener on things as it wasn't the balmy summer afternoon we'd hoped for. We're not made of sugar though, so undeterred we put up the new marquee and gazebos, the chuckle brothers (Byron and Jonny Boy) maned the barbeque, Joanne knocked up some wonderful salads, and in true Lions spirit we just got on with it. The kids had a ball on the bucking bronco and the bigger kids did strange games with jelly! Steve Hallam and I got to do some long overdue presentations so all in all it was a great day and brought everyone together which was the main thing.

Finally with the autumn marathons just around the corner I'd like to wish everyone the best of luck, make all the training pay off, but most importantly enjoy the day – we are all behind you cheering you on.

Lions Publicity Officer

Susan Cash



Summary of Race Reports from July

8 July 2021: A busy week of racing, culminating in Darren Reece completing an Ironman.

Cragg Vale Fell Race

Stephen Hall finished sixth at Cragg Vale Fell Race, an evening race run over a distance of 4 miles and with 800 feet of climbing. Conditions on the night were hot and humid, but it was mercifully midge-free, and the tracks were all fairly dry apart from the first section through the swamp of Sunderland Pasture. 100 runners took part, and – inevitably! - Aileen Baldwin won her age category.

Results: Stephen Hall 28:41, Mark Pottinger 33:20, Leon Severn 35:18, Damien Pearson 36:21, Andy Earnshaw 37:20, Martin O'Brien 39:08, David Culpan 41:43, Aileen Baldwin 42:51, Zoe Russell 50:32

Mizuno Endure 24 Leeds

Gareth Knight and Danny Stafford completed the grueling Mizuno Endure 24 Leeds together in 21:08:49. They were the fifth placed two man team. Mizuno Endure is a 24 hour race that is run in a relay over a 5 mile loop in teams of between 2 - 8 runners. Not for the faint-hearted!



Diane, Helen, Wendy & Graham @ Harrogate 10k

Harrogate 10K

Two dozen Lions ran Harrogate 10K on Sunday. The race attracted a field of 750 runners, and there was a happy atmosphere on the day, with everyone delighted to be back racing at a large-scale event. Starting from Harrogate Squash Club, the route followed quiet roads and trails through the scenic Crimple Valley. The total ascent was 525 feet, with the aptly named Crimple Killer hill at the end, which was particularly draining in the hot and humid conditions before thunderstorms broke out later in the day. Simon Rawnsley was first Lion, and Liz Norman continued her excellent run of form, to finish first female Lion and 3rd in her age category. There were age category honours too for Lorraine Naylor and Lin Devine. Hayley Kelly performed well, crossing the line in sub-60 minutes on her Lions debut. The race was a counter in the

club championship, which has for the most part been taking place virtually for the last sixteen months. The next race in the competition is the Pendle Trail on Sunday 17th July.

Results: Simon Rawnsley 46:30, Liz Norman (3rd FV40) 48:28, Steve Hallam 48:53, Maria Harron 50:10, Paul Patrick 50:13, Kevin Jaggar 51:00, Lorraine Naylor (3rd FV50) 51:41, Gareth Duckworth 53:31, Lin Devine (2nd FV60) 58:33, Caroline Ford 58:34, Joanne Cooke 59:14, Paul Butterfield 59:25, Susan Cash 59:27, Hayley Kelly 59:32, Richard Brewster 59:49, Beverley Day 1:01:35, Graham Robertshaw 1:02:33, Manjit Ahir 1:06:05, Helen Shenton 1:08:39, Patricia Hallowell 1:09:45, Diane Thornley 1:10:30, Wendy Paulson 1:10:32, Alex Whyte 1:12:43, Peter Cawdron 1:15:26, Anne Cawdron 1:16:56

Edenfield Fell Race

100 runners took part in Sunday's Edenfield Fell Race organised by Rossendale Harriers. The 10.3K route near Bury included over 1,000 feet of climbing. It was the second fell race in one week for Martin O'Brien and David Culpan, who are making up for lost time after the lockdown. David said afterwards that he had enjoyed the route and was pleased to get a 1 second course PB.

Results: Martin O'Brien 1:05:29, David Culpan 1:07:55

Bolton Ironman

Last but very much not least this week, Darren Reece and Melissa Vincent competed in the Bolton Ironman on Sunday in horrendous monsoon conditions. Darren finished in a heroic 13:53:57, while Melissa completed the swim and one 60 mile lap of the bike section. The ironman comprises a 2.4 mile lake swim in Pennington Flash, a 112 mile hilly bike ride through Lancashire and a full marathon. There were a huge number of DNFs on the day.

22 July 2021: With Covid restrictions now largely lifted, the racing calendar is looking a lot healthier, with plenty of action both on the roads and on the fells.

Bridestones Fell Race

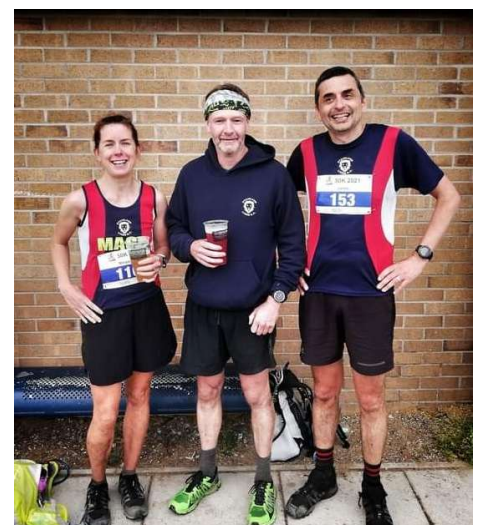
Martin O'Brien was the Lions' sole representative at the short, local Bridestones Fell Race organised by Todmorden Harriers. Martin completed the route in 50:11 and finished second in his age category.

Heights Ultra Trail

Several Lions took part in the Heights Ultra Trail 50K and its sister event the Heights Ultra Trail 10K. Both races started in dense fog and drizzle, and the routes took runners over boggy terrain and (in the case of the 50K) through rivers. Mags Beever was 3rd Lady in the 50K. In the 10K, Heather Moffat won her age category and Michelle Rogerson finished 3rd in hers.

Results (50K): Andy Baird 5:43:06, Mags Beever 6:13:52, Jim Harris 6:42:52

Results (10K): Michelle Rogerson 55:39, Heather Moffat 58:44, Paul Armitage 64:27, Amjid Khan 66:37, and Susan Cash 69:03



Mags, Andy & Jim – Heights Ultra Trail 50k

Ilkley Half Marathon

Gaby & Helen @ Ilkley Half

Lucy Collins led the way for the Lions at Ilkley Half Marathon, finishing in fourth place. The well attended event was held in sunny conditions on the undulating roads of the Wharfe Valley.

Results: Lucy Collins 1:27:43, Gaby Ferris 1:42:48, John Ingles 1:44:51, Helen Armitage 1:46:31

Stocks Lane Stinger

Five Lions took on the Stocks Lane Stinger, a tough 10K around the beautiful Luddenden Valley with 600 feet of climbing. Starting at the top of Stocks Lane, runners headed out around the valley and back to the bottom of Stocks Lane. The last mile is the “stinger”, a sharp uphill pull with a gradient of over 17% in parts. Damian Pearson was first Lion, and there was a hat-trick of age category wins for Martin O’Brien, David Culpan and Dick Spendlove.

Results: Damian Pearson 52:13, Martin O’Brien 55:55, David Culpan 56:04, Dick Spendlove 58:20, Ray Mooney 61:02

Widdop Fell Race

Four Lions tackled this year’s Widdop Fell Race. The race is a classic high moorland route along interesting paths with a few tussocks and chest high bracken thrown in!

Results: James Penson 1:07:00, Martin O’Brien 1:18:33, Tim Walker 1:31:56, Aileen Baldwin 1:35:50

Alderman’s Ascent Fell Race

Damian Pearson was the sole Lion at the Alderman’s Ascent Fell Race in Saddleworth, clocking a time of 67:13. The race attracted a high-quality field because it was a Fell Runners Association 2021 English Championship race and a selection race for the England World Mountain Running team. The 8.5K route, which included over 1,200 feet of climbing, took runners up to the 'Pots and Pans' monument before heading out to Shaw Rocks (highest point) and turning back towards Alderman's Hill for the finish.

Pendle Trail Race

There was blazing sunshine to match the blistering performances at Saturday’s Pendle Trail Race on Saturday. The Lions were out in force, battling for points in the club’s championship competition, for which the race was a counter. Club members commented on how good it felt to be able to take part in events like this again, after months of racing virtually. Fraser Ambrose impressed again for the men, finishing 6th overall. A couple of minutes back, Liz Norman finished 1st Lady and 7th overall. Both, like the heatwave this week, are on fire at the moment! Other notable performances came from Sally Caton who was 3rd Lady, and from Raymond Mooney who had a storming run to finish high up the field.



Results: Fraser Ambrose 39:44, Liz Norman 42:09, Clayton Cutter 42:29, Martin O'Brien 43:24, Gerry Banham 44:19, Sally Caton 45:19, Kevin Jaggar 45:26, David Culpan 45:52, Lorraine Naylor 47:01, Raymond Mooney 47:02, Steve Hallam 47:07, Tim Walker 48:50, Heather Moffat 50:02, Rebecca Gvozdenko 52:24, Christine Cliffe 53:12, Hayley Kelly 53: 27, Paula Pickersgill 56:31, Sandy Gee 56:36, Susan Cash 57:27, Paul Butterfield 57: 50, Beverley Day 59:04, Jenny Walker 61:56, Patricia Hollowell 62:18, Gail Fawcett 79:18

Fountains 10K

Rebecca O'Neill coped well with the extremely hot weather at Fountains 10K, clocking 55:11. The mixed terrain route started from the village of Grantley, near Ripon and followed quiet country roads, off-road trails and scenic moorland within Nidderdale.

Toss O'Coin

The Toss O' Coin, a hilly mixed terrain race based at the Toss O' Coin pub, is race number four in the South Huddersfield Trail and Road Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. Two Lions competed at the event, which took place shortly before midday on Sunday, one of the hottest days of the year. The race is a counter in the club championship, but most Lions are opting to run the route as a virtual race this year, avoiding the need to run in such hot conditions. Anthony Mott was first Lion and won his age category, finishing in 7th place overall. The next race in the South Huddersfield Trail and Road Series will be the Shepley 10K on Sunday 12th September. The next race in the club championship is the Hopwood Trot on Wednesday 4th August.

Results: Anthony Mott 46:56, Paul Corns 53:10

Vale of York 10

Despite searing heat, Gavin Foster ran a personal best at the Vale of York 10 on Tuesday evening. Mags Beever also ran well to finish 3rd in her age category.

Results: Gavin Foster 59:30, Jamie Westwood 1:07:23, Mags Beever 1:07:46, Gavin Dodd 1:12:33

29 July 2021: This week's highlights were a fantastic win by Dick Spendlove at the Northern Masters Track Championship and a couple of epic Lakeland ultra-marathons.

Northern Masters 5000m Track Championship



In a red hot performance to match the weather, Richard Spendlove finished 1st M75 and 3rd M70 in the Northern Masters 5000m Track Championship over in Ashton-under-Lyne.

His time was 22 minutes 48 seconds. This is the 3rd fastest time in the UK for M75 in 2021.

Richard, who last competed on the track way back in 1992, was delighted with his win, and mused afterwards that given a slightly cooler temperature, he might yet be able to knock another 3 or 4 seconds off his time.

Summer Handicap Race

The Lions' annual Summer Handicap race took place on Thursday, on another hot and humid night with rumbling thunder overhead. 35 runners took part, and there were many more Lions out marshalling the course and helping with the organisation on the day too. Before setting off, the runners inspected a map of the route and then predicted their finish time (no watches allowed during the race!), before tackling the hills and trails up to Norland and back via the riverbank path. Proving that the last shall be first and the first shall be last, the winner was race sweeper Anne Cawdron, whose finish time differed from her pre-race estimate by just 10 seconds.

		Predicted Time	Finish Time	Difference
1	Fraser Ambrose	47:50	44:12	03:38
2	Sean Thompson	50:00	44:32	05:28
3	Tony Mott	48:01	47:27	00:34
4	Arthur Stelmachowski	56:38	47:34	09:40
5	Gerry Banham	55:00	48:11	06:49
6	Helen Armitage	52:00	49:35	02:25
7	Martin Wood	52:00	50:18	01:42
8	Gareth Knight	52:47	50:42	02:50
9	Gareth Duckworth	55:00	51:03	03:57
10	Steve Hallam	55:12	51:16	03:56
11	Julie Field	52:22	52:12	02:10
12	Michelle Rogerson	57:07	52:18	04:49
13	Danny Stafford	53:35	52:23	01:12
14	Richard Crombie	54:01	53:31	00:30
15	Mark Preston	55:00	54:01	00:59
16	Tim Walker	58:58	54:23	04:35
17	Rebecca Gvozdenko	62:00	55:23	06:37
18	Gary Barnes	62:05	55:42	06:23
19	Ian Hoskins	56:42	57:00	00:18
20	Paul Armitage	68:32	60:00	08:32
21	Richard Brewster	58:30	60:29	01:59
22	Brian Conroy	62:30	61:09	01:21

23	Lorraine Naylor	54:22	61:47	07:25
24	Hayley Kelly	64:33	61:47	02:46
25	John Rushworth	57:47	63:23	05:36
26	Sandy Gee	61:05	63:38	02:33
27	Jonathan Taylor	63:30	64:28	00:58
28	Rikki Hammond	62:03	64:56	02:53
29	Claire Guest	72:00	66:32	05:28
30	Aileen Baldwin	59:07	66:41	07:34
31	Peter Cawdron	73:02	75:02	02:00
32	Judith Greenwood	72:30	82:27	09:57
33	Jackie Barker	74:59	82:29	07:30
34	Richard Lambert	75:27	82:50	07:23
35	Anne Cawdron	83:00	82:50	00.10

Pinhaw Trail Race

David Culpan ran the Pinhaw Trail on Friday night from Earby village near Burnley. The race, which is a counter in the Burnley & Pendle Grand Prix, is a straightforward out and back route up to the summit of Pinhaw. The route is run over 5.1 miles with 870 feet of climbing. David crossed the line in 47.37, finishing in 107th place.

Turnslack Fell Race

Three Lions ran this year's Turnslack Fell Race. The participants braved extremely hot weather, tussocks galore and almost 1,800 feet of climbing over 8 miles of open moorland. It was a tough course, and not all the competitors completed the race.

Results: Raymond Mooney 1:47:49, Zoe Russell 2:11:11, Damian Pearson DNF

Denholme Duddle

Catherine O'Shaughnessey, Roy Lunt, Karen Thorne and Sarah Lunt took part in the Denholme Duddle, a 17 mile adventure run on the moors above Oxenhope. Official times were not recorded for the event, but the Lions all finished within approximately four hours.

Lakeland 100 and Lakeland 50

Kevin Robinson took on the massive challenge of the Lakeland 100 for a second time this weekend. The 105 mile ultramarathon over rough terrain in the Lake District is considered the greatest ultra-running challenge in Europe. There's a massive 23,000 feet of ascent – including the summit of every hill you've ever heard of in the Lakes. Kevin finished in 34 hours 19 minutes. Speaking after the race, he said "That was epic! I had hoped to be able to run a time somewhere near my 2019 time of 27:37 but the weather had other ideas. I'm not good in the heat, and when the race started the heat was epic! My time is incomparably slower than my last time but it was one heck of an adventure!" Only around half of the competitors finished the race.

Maria Harron ran the Lakeland 50, which she described as "the craziest run of my life". Maria finished in just under 14 hours and said afterwards that it was the experience of a lifetime to be able to race such a huge distance through the hills in the heat and the pitch dark.

This week's highlights include a win for Mags Beever at the Roundhay Park Half Marathon and a strong showing from the club at the Tour of Norland Moor.

John Carr 5K

Building on his recent success at the Northern Masters 5000m Track Championship where he finished 1st M75 in 22:48, Richard Spendlove performed even better at the John Carr 5K at Saltaire, to finish 1st M70 in 22.42. Richard is running exceptionally well at the moment – his track time was the 3rd fastest in the UK for M75 in 2021, but to be able to replicate (and improve on) this in a mixed terrain race is noteworthy and bodes well for further possible improvements on the track.

Wholan Nook Trail Race

David Culpan was the sole Lion at the Wholan Nook Trail Race, a 5½ miler from Rossendale Sailing Club with 660 feet of ascent. David finished in the middle of the pack in 47:39. The race is a counter in the popular Burnley & Pendle Grand Prix.

Worsthorne Moor Trail Race

Another counter in the Burnley & Pendle Grand Prix, Worsthorne Moor Trail Race is a 7 miler which this year attracted three Lions, with Martin O'Brien the first to finish for the club. Results: Martin O'Brien 58:12, Ray Mooney 63:32, David Culpan 63:42

Isle of Man Marathon

Gareth Knight finished 14th in the Isle of Man Marathon in 3:43:36. The undulating two lap course started and finished in Ramsey, and there were only 36 participants. Gareth described it as “scenic but lonely” as, once he'd completed the first mile or so, he didn't see a single other runner for the next 25 miles until he got to the finish line! There were over 400 runners doing the one lap half marathon on the same day, but Gareth didn't see any of them either as they set off half an hour after the full marathoners.

Rochdale 10K

A trio of Lions headed over to Springfield Park in Rochdale for the popular midweek Rochdale 10K. Mark Preston was first Lion. Results: Mark Preston 50:47, Jonathan Pybus 54:53, Debbie Hinds 66:35.

Inferno 10K

Billed more like a blockbuster film than a race as “The Inferno - Edale's Ring of Hell Marathon series - featuring Ultra, Half Marathon & 10K!”, the Inferno is a difficult adventure race over challenging terrain in the Peak District. The race follows sheep tracks and muddy paths and features technically demanding rocky descents and a climb up a waterfall. Lioness Genevieve Thompson had originally signed up for the Ultra version (34 miles) but ruled herself out of this shortly before race day on account of a niggling injury. The event organisers persuaded her instead to do the 10K. Even this is far from straightforward – as the cut off time of SIX HOURS suggests – being significantly longer than the advertised distance at just under 8 miles and including a massive 2,644 feet of climbing. Genevieve agreed to do the 10K and was running well until, about three miles in, she found herself in a group of runners who were well and truly lost on the moors. The race route markers had petered out entirely, and the group had to resort to following some walkers until they eventually made it down to the finish line four hours later.

Piethorne 10K

Three Lions took on the Piethorne 10K around Piethorne and Ogden Reservoirs on Sunday. The circular route took in local bridleways and footpaths near Hollingworth Lake. Jim Harris was the first Lion home, and Rikki Hammond finished second in her age category. Results: Jim Harris 56:11, Raymond Mooney 61:13, Rikki Hammond 66:35

**Vitality Big Half Marathon**

Gillian Jago, coming back from injury, ran well to finish the Vitality Big Half Marathon in London on Sunday in 1:57:42. The race route goes through the four London boroughs of Tower Hamlets, Southwark, Lewisham and Greenwich.

Roundhay Park Half Marathon

Mags Beever was 1st Lady and 12th overall at Sunday's Leeds Running Festival Roundhay Park Half Marathon, clocking 1:29:22. There were 200 participants.

Tour of Norland Moor

The Lions had three runners in the top ten at this year's Tour of Norland Moor, with Fraser Ambrose the highest placed in 5th place overall. Derek Parrington, Martin O'Brien and Aileen Baldwin all won their respective age categories. The route starts at Copley Cricket Club and climbs steeply up to the moor, climbing 800 feet in 6 miles. The race was a counter in the Lions Club Championship. The next race in the competition will be the Wetherby 10K on Sunday 5th September.

Results: Fraser Ambrose 46:03, Cameron Rushworth 46:10, Derek Parrington 48:31, Damien Pearson 49:28, Martin O'Brien 52:06, Martin Wood 53:01, Aileen Baldwin 55:49, John Ingles 55:56, Hayley Kelly 58:17, Rebecca Gvozdenko 59:22, Laura Goodwin 1:00:09, John Rushworth 1:00:22, Zoe Russell 1:04:11, Paul Armitage 1:04:26, Paula Pickersgill 1:06:15, Gail Fawcett 1:30:10



Usain's PB Corner

Gavin Foster – 59:30 at the Vale of York 10 (that's 10 miles not 10k!)

Parkrun PB's

24th July:

Clayton Cutter – 20:00 @ Huddersfield

Paul Corns – 21:01 @ Huddersfield

31st July:

Beverley Day – 26:38 @ Huddersfield

Michael Fox – 26:56 @ Huddersfield

7th August:

Heather Moffatt – 24:34 @ Huddersfield

Ray Mooney – 25:04 @ Huddersfield

14th August:

John Bannister -20:43 @ Halifax

Richard Brewster – 26:27 @ Halifax

Genevieve Thompson – 27:16 @ Halifax

Tony Pinnington – 23:26 @ Huddersfield

Claire Alletson – 26:08 @ Huddersfield

21st August:

Richard Brewster – 25:56 @ Huddersfield

Gavin Foster – 17:48 @ Brighouse

Rebecca Gvozdenko – 26:18 @ Halifax

28th August:

Mags Beever – 18:42 @ Huddersfield

Claire Alletson – 25:37 @ Huddersfield

Rebecca Gvozdenko – 25:45 @ Halifax

Beverley Day – 26:39 @ Brighouse

Melissa Vincent – 30:47 @ Locke Park, Barnsley

Tony Pinnington – 22:31 @ Morecambe

Club Championship Update

Steve Hallam



Run Harrogate 10K - 4th July

First time as a championship event, this race started and finished from the Great Yorkshire Showground and followed an undulating route around the picturesque Crimple Valley, mainly of tarmac or hard surface with an off-road section (mainly uphill!) around miles 2-3 along unmade tracks and footpaths. There then followed a long steady descent for a couple of miles before a severely abrupt climb near the end, which probably took everyone by surprise!

Overall, this was an enjoyable event, even in the relatively warm weather. Another Covid-compliant staggered start made for a stress free getaway. 782 entrants started, of which there were 25 Lions - A decent turnout.

It was good to see Hayley Kelly making her championship debut, with a solid start finishing in 59:32. Once again Liz Norman had a stormer, finishing in 48:28 and second Lion home, nailing 3rd place (from 51) in the FV40 category. Meanwhile, Lorraine Naylor got 3rd in the FV50's (out of 60) in 51:41. One other notable performance - Lin Devine (not in this year's championship) finished 2nd FV60 (out of 24) in 58:33. From a fairly large field, these are impressive results.



Pendle Trail Race - 17th July

Over to East Lancashire for this one, with the awesome Pendle Hill in the near distance providing a breath-taking backdrop for this interesting route, starting from the main car park in the pretty village of Barley.

Again, this was the first time we ran this race as a Championship event and it didn't disappoint, with 24 Lions taking part. Well, except that I went the wrong way at 2 miles in and inadvertently took Dave Culpan with me! Where are the marshals when you need them?

Despite a 10am start, the sun was already kicking out some mid-summer heat and unusually it significantly dented my own performance. Other Lions didn't seem to be too bothered though and this was reflected in some great results, including Ray Mooney, Gerry Banham, Martin O'Brien, Kevin Jagger and Rebecca Gvozdenko, who all performed well despite the oppressive heat.

First Lion back was the ever improving Fraser Ambrose in 39:44, and once again, second Lion and first lady was Liz Norman in 42:09.



Toss o' Coin Route

Hopefully, this will be last planned virtual route for this year as Covid restriction are now almost completely lifted. In the end, 20 Lions took part with Dave Culpan and Martin O'Brien achieving some of the best results on this multi-terrain run featuring a lung busting bloody great hill, whichever way you chose to run it!

Gary Barnes made a great start for his Championship debut, gaining a solid 65.6 points, securing a place in Division 4 for the rest of the year. Despite not featuring in this year's competition, Tony Mott would have been the highest performer if he had signed up! (Still not too late Tony!)

..... and parkruns are back!

Every weekend from now until the end of the year, you can practice your 5K time at Huddersfield, Halifax or Brighouse for qualifying championship points. As always, consistency and persistence are most likely to give you optimum results. So far, over 40 of you have already attempted at least one parkrun. Make it a regular thing and get to meet up with some of your club mates for additional friendly competition, banter and chat!

Happy Running, try your best but don't over do it!

Ladies Captain's Report

Maria Harron



Wow, where did July and August go? I will start with a welcome to Jane Cole and Jenny Marshall who have recently become Stainland Lions members; I am sure you will be well looked after and we look forward to seeing you at different training nights and races in the future!

It's so good to see that races are really starting up again with Parkruns too. I know there is a separate Race Report in the newsletter but I want to mention the category winners in some recent races; well done ladies, you're doing us proud:

Harrogate 10k:	Liz Norman - 3 rd F40 Lorraine Naylor - 3 rd F50 Lin Devine - 2 nd F60
Pendle Trail:	Liz Norman – 1 st Lady Sally Caton – 3 rd Lady Lorraine Naylor - 1 st F50
Heights Ultra Trail 50k:	Mags Beever – 3 rd Lady
Heights Ultra 10k:	Michelle Rogerson - 3 rd F40 Heather Moffat - 1 st F50
Hopwood Trot:	Lorraine Naylor – 2 nd F50 Heather Moffatt – 3 rd F50 Helen Armitage – 1 st F55 Jenny Walker – 3 rd F55
Norland Moor Trail:	Zoe Russell – 1 st F45 Aileen Baldwin – 1 st F65
Piethorne Trail 10k:	Rikki Hammond – 2 nd F55



A particular shout out to Liz Norman who has been running really well, congratulations on your achievements! I'm really sorry if I have missed some races out or missed some category winners but well-done ladies, let's keep getting out there and RACING!

An update on all our ladies doing the LEJOG challenge who are all making progress on their 874 mile virtual run from Land's End to John O'Groats. A huge well done to Lin Devine who has completed the challenge in July. There is still plenty of time to complete the remaining miles, keep going!

- Helen Shenton 460 miles
- Dawn Medlock 569 miles
- Bev Day 740 miles
- Manjit Ahlar 717 miles
- Joanne Cooke 776 miles
- Wendy Paulson 825 miles
- Jan West 851 miles
- Lin Devine 874 miles – Finished
- Catherine McHugh 874 miles - Finished

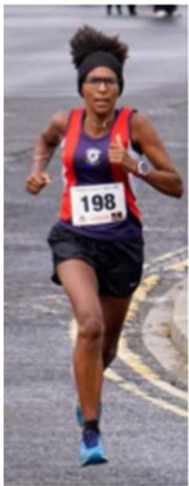
Anne Marie Ulyott has 738 miles done of the scenic route of LEJOG (1083 miles), well on track to finish!

Anne Cawdron is on her South West Coastal Path challenge and has now run 564 miles, only 66 miles to go!

I know I have mentioned the importance of track one or two times before and I will probably mention it again and again, but the benefits of it are amazing and it really is good fun. So instead of mentioning it again I asked Gabby Ferris to write something about track. Gaby is very dedicated when it comes to attending track sessions on a Wednesday night, she is part of the furniture there and brilliantly qualified to talk about the sessions; so here it is

Why I Love Track

By Gaby Ferris, Age 50 and 5 weeks



The reason I love track is because

A, there are no hills;

B, there is no mud.

The End.

But seriously

If aliens landed at Spring Hall on a Wednesday between 6.30pm and 8pm chances are I would be a very reliable star witness! I try very hard not to miss the weekly track session. It is something I look forward to and it gives me a much-needed mid-week training kick up the bum.

Track is not easy, but it is worth it.

For me it's hard to do a 'no cheating, no slacking' speed work session on my own. Running with a group at track helps me to stay consistent and strong throughout and gives me the determination when the going gets tough. There's

nothing like finishing a full-on fast session with your running friends, knowing that you have helped each other get the job done.

Some of my non-running 'friends' think that track is just running in circles. They are wrong (we actually run in ovals!) and there is so much more to track.

A typical track session usually consists of three parts. We warm up, we run hard, and we cool down. After a couple of chatty loops round the track we start the warm-up drills. (A confession; the first time I turned up for track I thought the warm-up was THE session. A few lunges, high knees, and some short sprints and, "See ya, we're done!" I was wrong!). To a curious bystander the warm-up drills probably look a little odd but there is method in these moves and madness. We learn the how and why of muscle movement in the form of stretching, skips and strides. We hop and we jump. We twist and turn. We all give it a go. We're in it together and it doesn't matter if we miss a step, forget our left from right or don't always know our arses from our elbows. We laugh, practice, repeat and sometimes we even get better. This all helps with preventing injury, improving form, technique, and efficiency.

Next comes my favourite bit . . . the flat and the fast. Every week sees a different but equally *challenging* session . . . but please don't let that C word put you off!

Fartlek, relays, fast one-lappers to several steadier times and a bit round the tartan track. The summer months tend to involve the shorter reps. As the weather cools we go longer. A gentle word of advice – when Coach P sets the session DO NOT answer back. DO NOT sigh. DO NOT even make eye contact. Any back chat, bartering or batting of the eyes may result in an extra rep or two being added to your session. 😊 Accept your fate coz you can do it; coz you can do it well and coz you will definitely reap the benefit.

All sessions come with instructions, i.e. how far and how many times. Recoveries are included.

I'll say it again . . . it is better to track train with others. Group dynamics lighten the load. It helps to have a mathematician amongst the group, someone who will convert the laps and reps into real time, quick time. A motivator is a must; the person who reminds us we're over halfway there, have one lap to go, or are coming up to our final bend. Get yourself a pacer. The runner who keeps everyone in check when we've gone off like giddy kippers or who picks it up when they know we have that little bit more to give.

Once we're done, we slow down and cool down. We track trot, telling each other well done and 'that was hard work'. It's reassuring to hear that EVERYONE found it tough. We all wondered how we were going to get past the 4th rep or keep running until the whistle blows. We stretch some more and shake it off like a jellyfish! We feel good. We feel better than good.

It doesn't matter what your average pace per mile is or your parkrun PB. Speedy or steady. It's an all-inclusive group. We have a coach for every learning style, a talented mix or wisdom, tough love, endless enthusiasm, and support. And with three new coaches in training, there'll be even more of this along with new ideas and learning. If you want to train for a particular distance or race, track sessions can be geared to this. I am always impressed watching the marathoners getting stronger and quicker as they build in speed to their training plans. Someone once said (can't remember who, but it stayed with me) that running regularly with someone that is slightly faster than you is very good for getting better. I have certainly found this to be true at track. I used to wonder if I would ever keep up with him, her, this person or that group. It's pretty ace when you find you can.

So . . . come to track. Turn up, stick with it and you will see progression and improvement. You will fix your form and think about your technique. Your strength and stamina will skyrocket, and maybe the next time you race you'll nail that killer sprint finish.

There is so much happening and it is great to see new Lions out enjoying new experiences of attending races, ladies getting category prizes at races, ladies pushing distances that they have not done before, lots of marathon training going on, and the social running is beginning to happen a little more at club runs every week. Keep going ladies, keep running!

Coaching Corner

Arm action is very important in running technique. Practice keeping your arms at 90°, keep arms tucked into your body and move your arms backwards and forwards imagining you are banging nails into the wall behind you with your elbows. Keep hands relaxed and pointing in the direction of where you are running (not across your body). Practice doing this slowly when waiting for the kettle to boil or when you have a moment to think about how to improve as a runner!

Lakeland100 - July 2021

Kevin Robinson

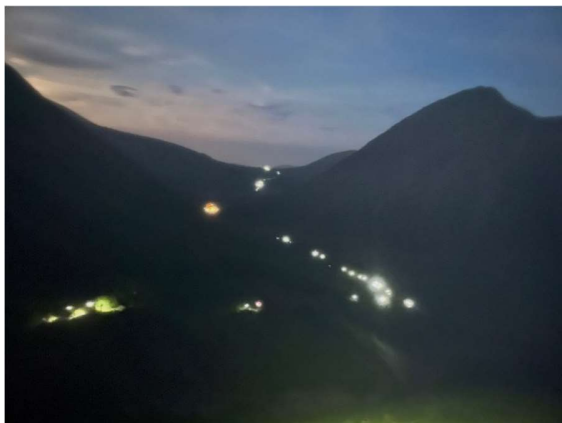


Reaching July 2021 in a state to be on the start line has been a challenge to say the least. A very stressful year, family emergencies, global pandemic, busiest year ever for my mountain rescue team, pressure at work. Something had to give and that came in the form of a running injury. By the time I started the race I was back together physically, though far away from top form but mentally not anywhere near my normal self. This was my second Lakeland 100, having had a fantastic time in 2019 I was really looking forward to this. It was also a make or break test as to whether I would be ready for the Dragon's Back in September.

The race starts on Friday night at 6pm. The weather forecast was for 26c! I'm not good in the heat! On the start line my watch was measuring over 30c! I set off at an easy pace, very aware of my timings from 2019. Checkpoint 1 I was 5 minutes down – that was good. Checkpoint 2 – 10-15 minutes down. I was trying to keep my effort down and manage my temperature but, it was no good, I was sweating out of every pore getting hotter and hotter. I was drinking a lot of water with electrolytes but I could feel my stomach going, nausea setting in! My walking uphill was getting slower. I hit a flat section just as a friend came by; we had a great chat, then she left me on the next hill as I couldn't maintain pace without my core temperature going too high.

Before Checkpoint 4 I was already feeling broken! That's about 20 miles into a 105 mile race! As I hit the climb out of Wasdale my pace dropped and dropped further, I was walking only, it was dark but I couldn't cool down. I was still sweating a lot.

I felt so low, so disappointed in myself to be considering dropping out so early in the race. In 2020 I only had two races, a DFF at the Winter Spine and completed the Hardmoors 60; if I dropped out of this one it would be two DNFs out of three races.



I feared for my beard I grew my beard while climbing in the Alps and told myself that I can keep it as long as I am, in my opinion, a mountain man! If I was to DNF I'd have to shave off my beard fear can be a strong motivator!

I saw someone ahead of me who was also struggling; we buddied up to look after each other. Although my pace did not increase I started feeling better very slowly. I was drinking little and often, I was nibbling on food trying to get my stomach to settle. We went through Buttermere Checkpoint together. A lot of our talk was about where would be a better place to drop out. We were both pretty broken but we made it to Braithwaite where my buddy dropped out. I have the

policy to never quit in a Checkpoint unless there's a serious physical injury.

I left the Checkpoint around 3am and cold wind cut through me into my t-shirt that was soaked with sweat. I shivered and immediately thought "wow, I'm cold, brilliant, first time I've been cold in weeks!". I instantly felt better and started running. My legs felt great and the next few miles are flat and I was flying along passing people. The rest of the dark hours were similar. I felt like myself; I really enjoyed the next few hours.

When the sun came up we even had some cloud so the temperature did not immediately rise. I caught back up to my good friend, Gary, and met Sophie; I had a chat with Gary then pushed on. After a while Sophie caught me back up and we ran together off and on until Dalemain. Before Dalemain we went through Dockray Checkpoint, run by the Hardmoors team; I always look forward to seeing Jon and Shirley, especially this time. I went up to Jon, who's quite a big guy – "Jon, just the man I've been waiting to see. Can you do me a favour?" I asked, "Can you take me behind the tent and kick the crap out of me and tell me to stop running like a pile of crap!" Jon looked confused, laughed but he didn't oblige me! On we pushed to Dalemain. Amazingly Sophie was stopping at here to express milk for her baby you meet truly amazing people on these races. I changed socks, applied sunblock, applied glide to my back where my pack was rubbing on my sweaty t-shirt; switched battery packs and re-stocked food; ate, drank and walked out of there. My legs were stiff and didn't want to run. I walked, trying to wake them up, trying to get going – it was properly hot again by now and I was struggling more than ever.

Thinking back over the next sections everything is blurry and mixed up in my head. The 50 mile runners had joined the course now and I remember a stream of them passing me by. At some point Sophie caught up and we ran together on the nice grassy section and down the descent towards Haweswater. The descent then gets steeper and I just couldn't take it. I let the group go that I had been with; I slowed to a walk and struggled. It was one of the worst places to be in this state as there follows a 4.5km section of narrow trod where it's difficult for people to pass. I was trying to let people pass but I was like a roadblock; it was embarrassing. The heat was crushing me, I was certain that the next Checkpoint would be my last.



After an eternity I reached Mardale Head, I found some shade to sit down to eat and drink. A few other people were quitting here. I butted into their conversations to ask if anyone wanted to buddy up; Chris said yes so, more quickly than I really wanted, we set off into the heat again. Now I was completely focused on just one more Checkpoint. I had messaged

at some point to my wife saying “I’m totally fried in the heat. Probably won’t manage to finish” and then “I’ve buddied up again, hobbling on”. The first of these two messages I also forwarded to my running buddy Kim. Chris and I had a good chat and we got each other through to Kentmere.

I had got ahead of Chris through some busy stiles so was coming into the Checkpoint when someone ran towards me in an orange jumper it was Kim! She hugged me and told me that I wasn’t allowed to quit. I saw her for about 30 seconds but I thought about it over the following minutes and realised that Kim would have had about a 5 hour round trip to tell me not to quit! I had no choice now friends are amazing!

Chris and I pushed on towards Ambleside; it got dark and the temperature started to drop; I started feeling better. I took my time at Ambleside, again eating, drinking, and used the facilities – I was able to run again. I was catching a lot of people up who had passed me earlier. I had a short stop in Chapel Stile and when I got there did not stop at all in Tilberthwaite.

Onwards to the finish. I actually ran some of the downhill towards the finish faster than in 2019. I passed at least 15 other 100 mile runners in those last two sections. I finished in 34 hours 19 minutes. Nearly 7 hours slower than in 2019.



There is a lot to reflect on; too much of my running has become thinking about the future rather than being in the moment. In 2019 I was in the moment all the time as I did not know the course and I ran what I think is my best race ever.

Only about 6-8 weeks before the race I had, with help from a friend, re-discovered running with natural form and posture. A mix of a shoulder injury and stress had really destroyed my form. The race made me realise that I’m in a decent place; I covered 105 miles in the Lake District without injury; but I’m not ready for the Dragon’s Back – I have deferred this to 2022.

The Spine Race in January 2022 and Dragon’s Back in September 2022 are my only “A” races for the next year or so.

Running After Fifty

By Colin Duffield

Running after Fifty

As a coach, one of my interests has been older athletes and how best to help them to get the most out of their running.

The over 50s are the fastest growing sector in running. Go along to any club's training night and you're likely to be rubbing shoulders with people of a certain age who may have been around several blocks. So as coaches and athletes, shouldn't we be recognising this and planning our running and training programmes accordingly?

Many athletes and coaches would throw their hands in the air and argue that proven training principles will apply regardless of age, gender, or ability. They would of course be right but imagine building a house. The proven principle of building walls and a roof would always be roughly the same. However, type of house, position, use and construction materials, would change how those walls were built and what method of roof construction you employed. Similarly, principles of training are pretty universal, but methods and programmes must change along with the context and athlete concerned.

If you are a veteran athlete, let's start by agreeing to be honest and laying out some uncomfortable truths that you probably will already know. Don't let these truths upset you to the point you can't read on, and rest assured that ultimately my viewpoint is positive. You just have to trust me.

So, our physical peak is between 20-35 years of age, with men seeming to top out at a slightly younger age than women. After this point, the potential of the fantastic machine that is our bodies starts to decline. For instance, our Vo2 Max (our ability to use oxygen) declines by roughly 10% each decade. Similarly our muscles become less efficient, particularly the ones vital for the generating power when running fast. Also, our bodies recover more slowly to the stress of hard training. In addition to this natural and predictable decline, those of us who have been running for some time will inevitably be carrying long standing injury, imbalance, or weakness that can stop us in our tracks periodically if we don't plan our running in an appropriate way. Also, female athletes will have the menopause to further complicate things.

Depressed yet?

The first thing we can learn to do is to accept all of the above, because there is no opt out. If we ignore it and pretend we're 22, we'll get away with it for a while but not for long, certainly not forever. The list of runners I have known that paid no respect to advancing years, and now are no longer runners, sadly runs into several pages.

So what am I suggesting us golden oldies do?

Firstly, the good news for us mediocre runners is that we're not starting from a point where we're getting 100% out of our bodies. Studies have concluded that elite runners who squeeze out all their potential when young are hit harder by decline. Those of us who never really achieved more than say, 75%, of our potential can maintain that performance for longer as with proper training we can increase our relative performance. If I can use 90% of my 50 year old potential may just be the same as the 75% of my 30 year old potential, which is all I ever managed. Try getting your head around that.

However, regardless of whether you run to improve and compete, or if you run for the sheer pleasure of it and don't overly concern yourself with performance, you need to respect your body, understand it, and learn to make it work for you.

As younger people we may be able to just run, and then run again the next day, 'eat, sleep run repeat' is a popular mantra in these days of slogans, where our lives are lived as if on an advert for running shoes. Veteran athletes will almost certainly not be able to do that in any genuine way. We need to think more about our bodies and what we're asking them to do. Most of us know that strength training, core work, pilates and yoga would do us good, and we probably know we should have always been doing it. For the veteran, doing these things, looking after our power, stability, flexibility and balance may just be the things that keeps us running.

There is a wealth of material and resources readily available to help us do this, the internet is rich in tutorials and videos that cost nothing. Look them up and have a go, but as with all these things I believe that YouTube tutorials and the like may not be the answer. It's often beneficial to have someone observing you and telling you if you're doing it right. This is in the same way that I think that I'm a great dancer, but as the video footage of my moves on the dancefloor at a friend's wedding proves, we don't always really know how we're moving our bodies. The same can be true of this stuff. So I'd suggest in the first instance maybe look up a class, instructor, or suitable physio. Get help to do it right to get the dividends.

So, what kind of running and training?

Is it all steady miles on the canal bank or can we delve into the world of intervals, hills, and speed training? The good news is that you can, but I'd suggest moulding these sessions for yourself. Understand possibilities and limitations. Don't try and match your performance from 20 years ago. You won't be able to. So do the quality sessions, maybe a couple of times a week and stop before you've overdone it. Remember, anyone doing a relatively intense session only gets benefit when the quality's there. If you've reached your limit and you're running like the proverbial bag of spanners, you're teaching yourself to run like a bag of spanners and destroying any hope of further training in the days after. But conversely, don't think you can't push yourself at all, and make the session too easy. It's all baby bear's porridge.

So two quality sessions a week leaves five more days to play and recover. So do your long run, have a chatty run with a friend and find the real joy that brings, perhaps mix it up and get on your bike, but also rest. Everyone will be different with their level of tolerance but a general principle is that you'll need more rest and recovery as you get older. Don't see your running in isolation, but in the context of your weekly activity that will include all sorts of other things that might overload you if you're not careful. Listen to your body, recover, re-set and give yourself breaks. Your body will thank you for it, you'll run for longer, and if you get it right you'll find the equilibrium and avoid the boom-bust cycle of over training and injury it's so easy to fall into.

Also, it's worth having a brief word with yourself about diet. Extra weight matters and isn't just going to slow you down, it's also adding to the amount of damage you're doing to your joints. So commit to controlling the alcohol and fatty stuff, get some lean protein and antioxidant fruit and veg. We all know this but there comes a time when we need to acknowledge it.

So, by the way of a conclusion, accept reality, strengthen and stretch your body, regularly check and adjust your training and respect the effect of diet. Then take a step back and understand that the overwhelming message is to see running as a part of a healthy and strong way of living and if we get this right the benefits of continuing to run easily outweigh any damage or risk.

And you'll always look better in lycra than your inactive peers.



October 2021:

3rd – Bridlington Half Marathon (Championship)

17th – Lindley 10k (Championship)

November 2021:

7th – Guy Fawkes 10 mile road race (Championship)

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