



# The Lions Tale

Stainland monthly newsletter



Tim Walker

### From The Chair

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

Susan Cash

### Race Reports

A summary of race reports from June 2021.

Various

### Contributors

Championship update; Ladies & Men's Captains Reports,

# From the Chair

## Tim Walker



Finally, we seem to be getting back to some sort of normality, albeit with some sensible caution!

This last month we have seen a return to proper racing, you know the thing “Ready, Steady.....Go!” The virtual races filled a gap and kept us all going but boy were they hard work. Then we had the staggered starts which were an improvement as you actually got to meet people. But there’s nothing like being in a race and knowing that the if you pass the person in front, you’ll gain a place and there is no danger of the race winner thundering past you at any moment as their “wave” started 30 minutes after yours!

My first race was last week, and I chose a real toughie - Widdop Fell Race. I’ve wanted to do this race for years as our eldest did the junior race years ago and was 1st Under 16, The Ridge, is also one of my favourite pubs! So, when I saw entries open and there was no danger of us being on holiday as usually happens, I signed up. The race is a lovely 7-mile blast over the tops of the Pennines but conditions under foot are tussocky to say the least and then the cherry on the cake is the last half mile where anyone less than 5’11” gets buried in bracken - how they find their way through I’ll never know. Having said all that, I loved it and would recommend it to anyone as the scenery is just stunning.

We then had the Pendle Trail race which was a lovely run round the foot of Pendle Hill, it was a scorching hot day but so lovely to see so many Lions vests out in action. Special mention must go to Liz Norman who had a fantastic run finishing as first lady - fantastic effort Liz.

To cap things off we had the Clubs Summer Handicap last night. Karen organised things brilliantly and chose a typical “Karen” route - more up than down. It was fantastic to see so many folks back at Heath not just racing but helping make sure everything went so smoothly; given the hot weather a water station was arranged by Byron and John Hirst with almost zero notice. For some this was their first experience of a Club race and judging by the smiles on their faces I’m sure it won’t be their last. I’m sure a full report will be out in next month's Lions Tale but bring on the Hare and Tortoise is all I can say!!

To cap off the return to normality of the last couple of weeks parkrun returns tomorrow morning. I won’t be going down to Welholme Park in the morning as I think they are likely to be overrun with people eager to get their weekly fix, so I’ll wait a week or two for things to settle down. I will however do the final staging of my own Hipper-Hove Edge parkrun which has kept me going for the last 16 months - I do still hold the course record by the way, so I’m hoping to retain this as the event is consigned to history!!

# Lions Publicity Officer

## Susan Cash



### Summary of Race Reports from June

**17 June 2021:** *This week's highlights include 1st Lady (and 3rd place overall) at the Settle Saunter for Lucy Collins, 3rd Lady at the School Run for Sally Caton and a fantastic showing from the club at the Bradford Millennium Way Relay.*

#### Kielder Dark Skies Marathon

The official Kielder Dark Skies Marathon has been postponed until next year, but race organisers gave runners the option of running a virtual version of the race this year. Keen to test their marathon legs, five hardy Lions headed up to Northumberland to give it a go. Kielder is far from an easy choice for a marathon, let alone a first attempt at one, so Ally Audsley and Laura Goodwin both did amazingly well to complete their marathon debuts there, accompanied by seasoned marathon racers Sarah Lunt, Karen Thorne and Roy Lunt, all of whom finished in around six hours.

Speaking after the race, Roy said *"It was the hottest weekend of the year so far, so it was never going to be easy, but it was worth it for the scenery alone. Just think of Scammonden Dam but 9 times bigger and you get the idea!"*

#### Saddleworth Runners Cake Race

Martin O'Brien completed the Saddleworth Runners Cake Race in 1:31:56. The Cake Race is a 10 mile fell race with 1700 feet of climbing over an interesting moorland course. The route is predominantly on flagged paths, tracks and trails, with the challenge of going over the top of the Pennines and back following the route the horses from the canal barges would once have taken to get over the hills while the barges were being "legged" through Standedge Tunnel.

#### Shepherds Crook Fell Race

Two Lions were amongst the field of 79 runners who took part in the inaugural 8-mile Shepherds Crook Fell Race near Burnley. Jim Harris crossed the line in 1:32:13 closely followed by Ray Mooney in 1:43:13.

#### Long Distance Walkers Association 100 Mile Challenge

Sandy Gee and Jimmy Smith both completed this year's LDWA 100-mile challenge. The annual 100 miler is the LDWA's flagship event, and this year was held in a virtual format, with participants free to choose their own route. The challenge is to complete the distance in less than 48 hours, which means carrying on through the night. Sandy chose a particularly hilly route for the challenge, starting with the entire Calderdale Way and finishing with the Bluebell Trail which includes the notorious climb up Trooper Lane.

#### Duddon Valley Fell Race

Jim Harris completed the 10-mile version of the Duddon Valley Fell Race in 2:26:31. The route includes 3,000 feet of climbing in the Cumbrian Fells.

**The School Run**

Sally Caton @ School Run

The School Run, a hilly trail race based at the foot of Holme Moss, is race number two in the South Huddersfield Trail and Road Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. Eight Lions competed in Saturday's race. Fraser Ambrose was first Lion in 5th place overall, and Sally Caton was 3rd Lady and won her age category. Tony Mott finished in the top ten. The next race in the series will be the Holme Valley 5 Miler on Friday 25th June.

Results: Fraser Ambrose 51:41, Tony Mott 53:49, Sally Caton 57:41, Roy Lunt 59:40, Michelle Rogerson 62:35, Ian Hoskins 64:38, Paul Butterfield 71:15, Tracy Mott 79:17

**The Settle Saunter**

Lucy Collins had a brilliant run at the Settle Saunter half marathon to finish 1st Lady (and in 3rd place overall). There were 109 finishers. Helen Hudson also completed the route as a walk.

Results: Lucy Collins 1:55:18, Martin O'Brien 2:08:55, David Culpan 2:19:51

**Bradford Millennium Way Relay**

There was a fantastic showing from the Lions at the Bradford Millennium Way Relay organised by Saltaire Striders. The relay took place over 5 legs, and 10 Lions took part. Some great efforts on the day resulted in a respectable 24th place finish.

The Lions team comprised:

- Andy Baird and Andrew Earnshaw, leg 1
- Leon Severn and James Penson, leg 2
- Sean Thompson and Margaret Beever, leg 3
- Danny Stafford and Gareth Knight, leg 4
- Gerry Banham and Jim Harris, leg 5

**24 June 2021: This week, two amazing Lions completed ultramarathons, and Gerry Banham raced 10K in his walking boots.**



### **Hadrian's Wall 70 Mile Ultramarathon**

Ken Chilcott was celebrating this week after successfully completing the Hadrian's Wall ultramarathon. Ken ran the 70-mile route, which takes runners the length of Hadrian's Wall from Carlisle to Gateshead, in two days. He celebrated with a well-deserved cupcake afterwards.

### **Spine Sprint Ultramarathon**

Genevieve Thompson completed an ultramarathon this weekend too, conquering the mighty Spine Race in 14 hours 58 minutes. The brutal route along the "spine" of the Pennines includes over 7,500 feet of climbing and covers 46 miles, all of it on difficult off-road terrain. Speaking after the race, Genevieve declared it the hardest event she has ever done, adding *"I have never been in so much pain during or after a race."*

### **Lancaster Races Father's Day 10K**

Gerry Banham made a last-minute decision to enter the Lancaster Races Father's Day 10K on Sunday, despite not having his running kit with him. Undeterred, he somehow managed to race round in his walking boots in 47:07.

# Club Championship Update

## Steve Hallam



..... and finally, we get do a proper race in the Club Championship!

The Eccup 10 brought back that familiar race day experience, where you start your preparations several days in advance of the race itself. It's been a while since I had to consciously consider:

- At least 2 rest days prior to a longer race.
- Definitely no alcohol the day/night before (I'd like to say the day before that as well, but somehow failed!)
- Assembling all race kit on Saturday and making sure I had all the paraphernalia that I take with me.
- Rise early enough to consume substantial breakfast, travel to North Leeds, trying to arrive approximately one hour before start time.

This event is often baking hot at this time of the year but, fortunately, this year it was cool, cloudy with no rain, providing perfect conditions for racing.

Stainland was quite well represented with a total of 24 Lions turning out, with all 7 divisions involved. Notable performances from Daz Young who was first Lion home in 1:05:01, Liz Norman, who just keeps improving in 1:13:17 and Claire Haigh making her championship debut in 1:34:05.



I really liked the staggered Covid compliant start, which meant no frustrating early congestion. In my opinion, this should continue into the future for all races!



### **On the last day of June, we also finally “enjoyed” an organised 3K Track Race**

This was in addition to the “Own Route” version, which of course will still be valid for the rest of 2021. However, the track version gives you the opportunity to run with other club members, with all the support and encouragement that should help get you through this intense but satisfying distance.

On the night, Fraser Ambrose led the way in an impressive 11:05. Tony Pinnington had a decent run in 13:20 and Rebecca Gvodenko made her championship debut with a solid 15:15 - great start.

If you want to increase your championship results, I would definitely recommend doing a 3K. Because it’s scored against a 10 minute benchmark, it is possibly to achieve a good score with most reasonable attempts.

If you can’t get to any of the actual track 3K races, try the canal towpath or the track at Leeds Road, Huddersfield, which always seems to be open to all and sundry.

### **Toss o’ Coin Route**

This scenic run located in the Holme Valley can provide another opportunity for increasing your points total. So far, the participation levels have been disappointing. However, there is still the official race to come (which I know some Lions have entered) and for virtual attempts, the qualifying period has now been extended until 31st July. Don’t leave it too late!

More complete rambling nonsense from me to come next month

# Ladies Captain's Report

## Maria Harron



We are halfway through the year and we finally have races happening and more races to look forward to. I managed to get myself on a start line last weekend for Harrogate 10k and it was so exciting to experience the race nerves, collect a race number and see so many other Lions wearing their vests! The race was fab too but the whole atmosphere and feeling doing something 'normal' was amazing.

As usual there has been lots of running going on, I love looking at Strava and seeing what everyone is up to. With the better weather lots of ladies have taken full advantage of being able to run off road or have been coming back to club runs now that restrictions are easing. In the last few months we have been able to welcome some new ladies to the club: Rebekah Gvozdenko, Claire Haigh, Beth Pollard, Hayley Kelly, Claire Greenwood and Alison Bamford. Rebekah Gvozdenko has been regularly coming to track recently and has signed up to the club championship with her first race being the 3k track race. A tough one to start with but will help her to work towards her target of a half marathon in the autumn. Becki Watson has been attending track too as part of her London marathon plan. Mark Pigford has planned the track sessions to assist with those runners doing autumn marathons so have a think about whether you could give it a try as part of your training plan. I was pleased to meet Claire Haigh, Hayley Kelly and Claire Greenwood at their weekly hill session a few weeks back. Good to see they are taking full advantage of the opportunities that the Lions have to offer to help with their weekly training.

Being at the end of the June and halfway through the year we need to congratulate Catherine McHugh who has already made it to John O'Groats in her LEJOG challenge before July had even started! I have suggested that she now runs back before New Year's Day, she's not so sure but I think she could do it! With the other ladies doing the challenge there are still a few injuries but fantastic progress still from the ladies and they are making good progress:

- Helen Shenton 390 miles
- Dawn Medlock 544 miles
- Joanne Cooke 575 miles
- Bev Day 576 miles
- Wendy Paulson 593 miles
- Jan West 701 miles
- Lin Devine 800 miles
- Catherine McHugh 874 miles - Finished

Anne Marie Ulyott has 550 miles done of the scenic route of LEJOG (1083 miles), well on track to finish!

Anne Cawdron has been lucky enough to go on holiday and do some of her South West Coast Path challenge on the South West Coast Path and has now run 405 miles. Fantastic running everyone.

With all these miles being run it is important for all of us to look after ourselves and, for me, the discovery of yoga has been very beneficial to me as runner. I started yoga in January 2019 when our fellow Lion, Diane Waite, started up a 10-week beginner class as part of her training to become a yoga teacher. I will be honest and say that I signed up to help her out as a friend as I knew nothing about yoga and did not think it would be able to help me run better. I was so wrong



about that and I have been attending Diane's classes every week since then, I really look forward to the session every week. I asked Diane if she would write something for you all to read and maybe you could have a think about whether yoga is something you would consider trying . . .

## About Me - Diane Waite

I joined Stainland Lions in 1999 at the age of 35, so have been a runner and member of the Club for 22 years. Realising after a few years of pounding the streets that I needed to do something more than simply lace up my trainers and head out onto the tarmac to look after my body I decided to have a bash at yoga.

I quickly fell in love with all aspects of yoga and eventually signed up for a three-year foundation degree and qualified as a British Wheel of Yoga Teacher and have been running yoga classes for the last two and a half years.



Running is one of the most popular recreational sports in the world and you don't need me to extol its virtues; but why do so many of us believe all we have to do is rock up in our trainers and start running and that our bodies will just simply respond, night after night, week after week!

### Why Chose Yoga?

As runners it's all too easy to ignore discomfort, niggly muscles and sort joints until that is it becomes too late and we're knocking on the physio's door? Isn't it better to work on prevention rather than cure?

For me yoga became the perfect solution. Stretching relieved tension and soreness in my hardworking muscles, working on my flexibility helped me to open my joints, enabling me to maintain my full range of movement and working on my balance helped with my ankle issues. I gradually became more aware of the individuality of my body and learned to listen to what it was telling me, and I discovered how to treat it with kindness and compassion; after all, isn't it better to inhabit a looser free body than a tense and bound up one?

Running puts strain on our joints and muscles, so why not invest some time and effort in learning how to care for them so that you can prolong your running career as much as possible.

I plan to run an Induction to Yoga for runners at a local venue at the end of August or early September; it will be a two-hour session and cost £25 each (as numbers will be limited). As runners the largest muscle groups which take a hammering are the quadriceps, hamstrings, glutes and psoas (hip flexors), so I will be targeting these areas as well as looking at balance and ending the session with a guided muscle relaxation. My aim is to give you some insight and tools to how yoga can help you manage your running body better and help keep it in optimum condition.

You can check me out at Diane Waite Yoga or on Facebook. If you are interested in the Introduction to Yoga session, please email me at [dianewaite.yoga@gmail.com](mailto:dianewaite.yoga@gmail.com), and I will advise you as soon as the date and venue are confirmed.





I was very proud to be part of the handing over of the £470 cheque to Calder Valley Search and Rescue Team, which we raised from our virtual Calderdale Way Relay. Ben Carter is a Lion but also part of the CVSR Team and he arranged for another member of his team to be at Heath so we could present the cheque to him.

Thank you to those members of the winning team F and committee members for coming to Heath for the photo (left to right): Martin O'Brien, Colin Hughes, John Bassinder, Tim Walker, James Penson, Me, Paul Alexander, Gaby Ferris, Helen Armitage, Dave Culpan, Gail Fawcett, JP from CVSR and Ben Carter.

I have asked Ladies Vice-Captain, Helen Armitage, to contribute a report on an off-road / hill session led by one of our Stainland Lion coaches . . . .

A few weeks ago Colin Duffield, who is a qualified running coach, offered to take some off road coaching sessions. So one Sunday morning I went along to the first session at Stainland Park and thoroughly enjoyed it.

The hills group were keen to have a go at this as an alternative hill session, so last Monday our hills group met at Stainland Park for an off-road/hill session with Colin. We started off with a couple of laps of the park to get us warmed up and then we went through a number of different drills such as hopping and jumping to improve our stability and balance, as well as advice on how to improve at downhill running, and drills designed to improve our overall running technique. The drills were all things we could practice at home for continual improvement. Then we moved on to an undulating circular route which we ran a few times with the aim being of putting the drills into practice.

It's not quite that easy to change how you run but luckily Colin was able to give us some individual pointers of things to work on and to keep in our thoughts when we are out running. They may sound quite simple, like lift your head up when you run and use your arms properly, but they are things we often forget to do and then we start to fall into bad habits. So having someone to pick up on this was a great reminder of how we could be running more efficiently.

Having spoken to the rest of the group, everyone enjoyed the session and felt it had been of benefit so I would encourage anyone to give this a try if they get a chance.

*By Helen Armitage*

Well done ladies, I am looking forward to hearing what you are all doing next month with even more races beginning to happen and more miles to be run. Remember to have a think about ideas of what you would like to be happening with the Club now that restrictions are properly easing and let myself or Helen know your ideas.

Keep running everyone whatever the weather (it's currently pouring down as I write this report) and keep smiling!

## Coaching Corner

Jumping and hopping will help with Agility, Balance and Coordination which are the ABC fundamental skills that we need for running. So dig out from the depths of your cupboard or invest in a skipping rope and do a few minutes of jumping whenever you can. Don't worry if you don't have a skipping rope but you have young kids (or big kids) do some jumping with them! If you have no kids, pretend to be a kid and do some jumping, hopping, skipping – or learn to do hopscotch!



## Men's Captain's Report Leon Severn



Hello Lions,

Well June has been a good month for many of us with the return of actual races, and they were coming at us thick and fast. I'm sure Sue Cash will have a full report for us all to read as usual. I managed to fit two races in – the Bradford Millennium Way Relay and Cragg Vale Fell Race.

The first being a team relay event. I was doubtful if we would get a team given the time away from the Club for many of us, and the potential logistical issues of travelling across Bradford; however, we managed to put forward a team, and I'm pleased we did! I was partnered with James Penson, who somehow convinced me that running back to the car (via a shortcut/making it up) was a good idea! The conditions on race day were red hot and, after a tough 9 miles through Bronte country, I can tell you the shortcut back to the car was horrendous! Next time we'll leave a car at the end James!

All that took part agreed that this was a great race, and we are definitely putting this event on the calendar for next year. It would be great if we could get a couple more teams as well. I'm convinced people would like this just as much as the Calderdale Way Relay, if not more! Team relays are brilliant for people to get involved with and really go a long way to putting the name of our Club out there amongst other clubs.

The second was the Cragg Vale Fell Race, organised by Calder Valley Fell Runners. It's the first time since 2019 where I've felt the lactic acid in your legs and tightening of your chest as you climb up a hillside, only to sprint back down 20 minutes later. It hurt but it felt good. Although I can't say I enjoyed the Wharfedale Harrier runner barking at me as he ran down behind me . . . but yeah, that's how he runs . . .! It was also good to see Ed Hyland and Stephen Hall in their new vests (!!!!).

I think it is worth acknowledging the contribution both have made to Stainland Lions in the last couple of years. Both have improved so much and helped us produce some of our best performances as a club. Ed Hyland's London 2017 performance is our marathon club record (2.35). The result in 2016 will stand out more to me though, as I was told William Hill had given odds on him to go sub 2.40 for the first time. I always remember asking him if he could and he said yes so confidently. He did. I won my bet. Stephen Hall was part of the Lions tour to Amsterdam where he produced a PB of 2.48 in the marathon (and announced Alison was having a baby live to everyone in the Olympic Stadium), only to go and better it in London, getting 2.44 in 2019. I know he's chasing sub 2.40 which, given his determination, I am sure he will get it (hopefully in a Lions vest for a road event!). He has also been a great supporter of our events with his sponsorship through his business, something that is greatly appreciated by the Club, and hopefully will continue.

Both will be an asset to their new club. All we ask is they remember who we are once the West Yorkshire Winter League comes back around and bring a couple of new friends with them. There has been a link between our two clubs for a long time, so I don't see this as the end, just a continuation of that link we share.

I can see a lot of people starting to get a few races in, which is good; and the championship events are now real events rather than virtual events. Eccup produced some great performances from the men, especially Steve Hallam, who is flying in Division 2. The men are in a four-way tussle at the top of the division but I have a feeling Liz Norman is the one to watch . . . she isn't going to let them have it easy I don't think!

Club nights are starting to get busier as well as the races that are coming up. Everything is starting to look up again. I don't know about you but it is exciting and it's good to see more cracking performances. Looking forward to getting down to a few more Club nights, getting involved with a few different groups, and taking part in a couple more events in the Lions vest!



**August 2021:**

- 7<sup>th</sup> – Family Fun Day & 2020 Championship Award Presentation: From 3pm (awards ceremony will start early evening)
- 12<sup>th</sup> – Hare & Tortoise (Subject to confirmation)
- 22<sup>nd</sup> – Norland Moor 10k Trail Race (Championship)

**September 2021:**

- 5<sup>th</sup> – Wetherby 10k (Championship)
- 12<sup>th</sup> – Vale of York Half Marathon (Championship)

**October 2021:**

- 3<sup>rd</sup> – Bridlington Half Marathon (Championship)
- 17<sup>th</sup> – Lindley 10k (Championship)

**November 2021:**

- 7<sup>th</sup> – 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.**

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