



Tim Walker

From The Chair

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

Susan Cash

Race Reports

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

Various

Contributors

Championship update. PB Corner. Our 'Meet the Member' interview.

From the Chair

Tim Walker



Well what a busy few weeks it's been since the last issue of Lions Tale, is it only just a month from the last issue?

It's been a few weeks of highs and lows for the Lions, the highlights for me being the Annual Dinner and our Cross Country race. The Dinner was another fabulous evening with you all out in your finery; it was great to hear of all your achievements over the year and a privilege to hand out trophies to lots of very worthy recipients.

After the dinner there was just enough time to hang up the suit before we got on with the Cross Country Race. Boy did you lot do the Club proud. It was a fantastic race and given the fact it was put together in 12 days, with 2 changes of route, with just a box a marshal bibs is remarkable. The highlight of the day though was the raffle Steve Boyer organised afterwards, which was billed as "The Mother of all Raffles". It was really humbling to see how all the clubs in the league were so generous, not just in the prizes they donated but their offers of help and support too. Special praise must also go to Gail, who after organising the dinner on Friday was there bright and early Sunday morning setting up the biggest tombola you've ever seen and selling all those most valuable of raffle tickets.

The Championship started to get interesting last month too (well for me anyway!) with the Red Hot Toddy and Thirsk 10. It was really great to see the marathoners come out to Todmorden to include the Red Hot Toddy in their long training runs. Then we all headed up to Thirsk for a great 10 mile race, I'd never done this one before but I absolutely loved it, flat and fast with a great out and back so you could cheer on the Lions in front and behind you. 10 miles is my favorite distance and after many years of not being that competitive in the Championship I claimed top points in Division 4 – Danny Stafford I'm coming after you!!

Then as we thought things were heading in the right direction after the flood, pestilence came along in the form of Coronavirus and we had the awful task of essentially shutting down the Club to prevent the spread of this awful disease. I'm grateful to the committee for the very professional way that things were sorted out so quickly, without any fuss or drama. When all this is over we'll all be in need of a good old get together; it will have to be a cold buffet only though as I'm taking no risks with fire by suggesting a barbeque!

As I write this I should have been running the Manchester Marathon for the third time, I had a terrible run last year. Ran great for the first 16 miles, then the wheels fell off and I dragged myself to 22 miles where I threw in the towel – I started walking back. After about 15 minutes of walking I got a tap on my shoulder and Roy Lunt was there "Come on Pal, lets get through this together" he told me. Roy was also having a nightmare of a race, so we stuck together and helped each other for that last "It's only a parkrun to go!" We knew we could finish but all hopes of a respectable time were dashed – our one goal was to be running when we went past the Stainland Lions cheerleaders "Making Some Noise" on the home straight!! I wouldn't say we sprinted that last 400m but I think we put on a respectable jog. So thank you Roy for giving me support when I needed it. Please can we all continue to look out for each other over the coming weeks and if someone needs that tap on the shoulder to get them through these tough times remember "Lets get through this together"

Stay safe everyone



Lions Publicity Officer

Susan Cash



Summary of Race Reports from February & March

6 February 2020: *This weekend saw Jim Harris complete his first ultramarathon, a trio of Lions win age category prizes at the Mickleden Straddle (race number one of the club's fell racing championship) and some excellent results at Dewsbury 10K.*

Pendle Way in a Day Ultramarathon

Three Lions tackled the Pendle Way in a Day Ultramarathon on Saturday. The route comprises a full circuit of the Pendle Way of approximately 42 miles with 6,100 feet of climbing, with an alternative option of approximately 30 miles with 4,500 feet of climbing. Starting from the Pendle Heritage Centre in Barrowford, the race is run along moorland trails and finishes with Pendle Hill, quite a sting in the tail for exhausted runners to tackle at the end of the race and in the dark!

Genevieve Thompson, who only got her place at the last minute, completed the 30 mile route in 8:17:20 and was relieved not to have been blown off the hill, saying afterwards "It could not have been any windier". Meanwhile, seasoned ultra-runner James Penson completed the 42 mile route in 11:27:00, accompanied by Jim Harris who was making his ultramarathon debut and who finished in 11:30:30, declaring with some understatement that conditions on the hill had been "inclement".

Mickleden Straddle

The club fell racing championships got underway on Sunday with the Mickleden Straddle, a 14½ mile race with 2,431 feet of climbing. Difficult high-level moorland terrain and the potential for severe weather conditions make the Straddle a serious winter challenge. The Woodhead Mountain Rescue Team were on hand to ensure everyone returned safely off the fells.

Leon Severn was first Lion, and Aileen Baldwin, Martin O'Brien and Rikki Hammond all put in strong performances to win their age categories. The second race in the fell championship will be this coming Saturday at Windy Hill in Littleborough.

Results: Leon Severn 2:16:44, Andy Baird 2:31:37, Martin O'Brien 2:38:08, David Culpan 2:41:15, Paul Patrick 2:56:31, Rikki Hammond 2:58:18, Aileen Baldwin 3:05:57, Ray Mooney 3:11:38, Steve Boyer 3:14:37, Angela Lee 3:14:38

Leon Severn leading the pack at Mickleden Straddle (photo: Jamie Rutherford Photography)



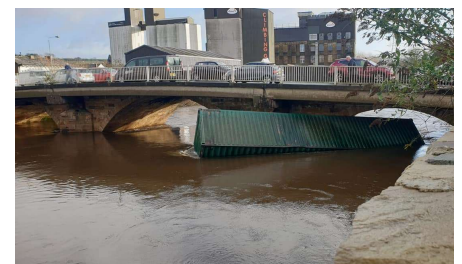
Dewsbury 10K



Ten Lions took part in Sunday's Dewsbury 10K, notching up a fistful of personal bests and other successes. Starting and finishing in Dewsbury town centre, the straightforward out and back route on flat roads is popular with PB hunters and attracted a field of over 2,000 runners. Jonathan Collins was first Lion home, while Gavin Dodd was delighted to run his fastest 10K since 2014 and his second ever sub-40. John Bannister, Steve Hallam, Gillian Jago and Gail Schofield all ran personal bests, with Steve Hallam going sub 45 for the first time and Gillian Jago and Gail Schofield each going sub-50 for the first time.

Results: Jonathan Collins 38:38, Gavin Dodd 39:57, Sally Caton 42:58, John Bannister 43:14, Stefanie Hopkins 44:06, Steve Hallam 44:31, Paul Corns 45:05, Jan King 47:08, Gillian Jago 49:40, Gail Schofield 49:44

13 February 2020: *This weekend saw the racing calendar almost completely wiped out by Storm Ciara. The club's headquarters at Heath Rugby Club were severely flooded, and the only thing moving at race pace on Sunday was the club's shipping container, which hurtled along the River Calder from Heath to Brighouse and featured prominently in local TV news footage. The container covered the four mile distance in around 24 hours, which may sound slow but is actually pretty competitive by shipping container standards. It made good progress at first, before its sedentary lifestyle and complete lack of training got the better of it and it "hit the wall" at Elland. After stopping to rest against Elland Bridge for several hours, it struggled on to Brighouse, where it had to be helped over the finish line. It remains on the riverbank at Brighouse, vowing never to race again and contemplating how it is going to make the return journey.*



Windy Hill Fell Race

Windy Hill fell race took place on Saturday before the worst of the weather hit. The race was counter number two in the club's fell racing championship. Eleven Lions took on the 9 mile route on the rolling hills above Littleborough. The race traversed the Old Roman Road at Blackstone Edge, a good deal of muddy Pennine moorland and Windy Hill itself, affording the runners a bird's eye view of Hollingworth Lake. James Penson was first Lion home, earning maximum championship points.

The third race in the championship will take place on Sunday 1st March at Hoppits Hill near Mirfield.

Results: James Penson 1:16:10, Damian Pearson 1:22:29, Andy Baird 1:22:44, Martin O'Brien 1:26:28, David Culpan 1:29:05, Liz Norman 1:33:48, Rikki Hammond 1:41:17, Steve Boyer 1:41:20, Angela Lee 1:41:40, Andrew Falkingbridge 1:45:24, Sharon Marlor-Gage 1:50:36

20 February 2020: Many of the Lions were in Llandudno for the club's annual weekend away (see cover photo) where they almost got blown off the Great Orme, but there was plenty of race action nearer to home too. The stand-out result was Mags Beaver winning the women's race at the Liversedge Half Marathon.

Liversedge Half Marathon

Liversedge Half Marathon went ahead on Sunday despite dire warnings about Storm Dennis. The magnificent Mags Beaver stormed to victory in the women's race, finishing two minutes ahead of her nearest rival. Both Mags and Darren Young finished in the top twenty overall. Darren won his age category, and Jan King was second in his.



Results: Darren Young 1:26:07, Margaret Beever 1:27:09, Leon Severn 1:35:47, Derek Parrington 1:36:01, Paul Corns 1:48:31, Tim Walker 1:58:16, Jan King 1:59:05, Paula Pickersgill 2:06:41, Sandy Gee 2:09:41, Alex Whyte 2:21:24, Jenny Walker 2:21:24

Barcelona Half Marathon

Gillian Jago ran well in the sunshine at the Barcelona Half Marathon, clocking a new personal best of 1:48:08.

**Great North West Half Marathon**

A fast and flat course around the coastal front of Blackpool, the Great North West Half Marathon is billed as an ideal warm up race for anyone training for a Spring marathon. Clayton Cutter was the Lions' sole representative, completing the course in 1:34:07.

Lancaster Valentines 10K

The organisers of the Lancaster Valentines 10K gave out heart-shaped medals to all finishers and (somewhat implausibly) described the race route as "romantic".

Results: Caroline Ford 61:15, Diane Thornley 61:15, Helen Shenton 61:15, Wendy Paulson 69:10

27 February 2020: *After the excitement of the club's annual dinner and prize giving on Friday night, it was back to business at the weekend for a busy two days of racing. Highlights this week were 2nd place for Matthew Pierson at Canalathlon and a fantastic finale to the West Yorkshire Winter League season with the home race hosted by the Lions at West Vale.*

Stainland Cross Country

Just a week after the club's shipping container full of race kit was washed away in the floods, Stainland Lions successfully hosted the final race of the 2019/20 West Yorkshire Winter League cross country series on Sunday. Many of the other local running clubs were kind enough to lend items of kit and donate generous raffle prizes as well as turning out in huge numbers to support the event. The raffle raised over £1,000 to help with the clean up at Heath Rugby Club, which is also the Lions' HQ. Conditions on the day were extremely wet and muddy, and the legendary log flume feature on the course was in full spate and freezing cold. Andrew Worster took the overall win for Todmorden Harriers, while Faye Birkby of Pudsey Pacers was 1st Lady, closely followed by Lucy Collins and Margaret Beever from the host club.



Cross Country Captain Tim Walker thanked all the runners and volunteers for making the event such a success and said: "Great performances from Lucy Collins and Margaret Beever finishing 2nd and 3rd in the Ladies, not far behind Dan Marsden who was first Lion home. Well done all on another great Winter League season."

In the series as a whole, the Stainland teams finished:

- Men - 6th
- Ladies - 2nd
- Overall - 4th
- Vets - 3rd
- Super Vets - 7th

Canalathon

Four Lions completed Sunday's Cannonball Events' 20 mile Canalathon in testing conditions. Runners had to contend with heavy rain, wind, mud and standing water, as well as lengthy diversions along Burnley Road because of towpath closures. Matthew Pierson finished in second place overall, and Virginia Lewin came second in her age category. Virginia, who was the oldest person taking part in the race, reported afterwards that she had "survived with only mild hypothermia".

Results: Matthew Pierson 2:17:54, Rick Crabtree 2:44:44, Gillian Jago 3:10:30, Virginia Lewin 4:16:26

Huddersfield 10K

Over in Huddersfield, seven Lions raced the hilly Huddersfield 10K. Starting from Huddersfield Rugby Club at Lockwood, the route climbed steadily up to the village of Netherton, then crossed the beautiful Magdale valley before a long steady descent back to the rugby club. Stuart McCormick was first Lion home. Judith Greenwood was second in her age category, while Diane Waite and Lesley Henderson were third in theirs.

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Results: Stuart McCormick 46:04, Amjid Khan 51:48, Jan King 56:31, Diane Waite 57:48, Beverley Day 62:59, Judith Greenwood 69:57, Lesley Henderson 70:06.



Finally, after months of persistent heavy rain and gales, the weather was bright and crisp this weekend, and the Lions were able to enjoy some better racing conditions.

Hoppits Hill

There were some great performances at Hoppits Hill in Mirfield, race number 3 in the Lions fell racing championship. David Culpan had an exceptional run to finish just three seconds behind first Lion Andy Baird, and Liz Norman's hard work in the muddy conditions saw her finish well up the field.

Results: Andy Baird 29:07, David Culpan 29:10, Martin O'Brien 30:21, Paul Patrick 31:43, Liz Norman 32:03, Aileen Baldwin 33:18, Steve Boyer 34:06, Ray Mooney 34:28, Angela Lee 40:30, Sharon Marlor-Gage 40:31



Liz Norman working hard at Hoppits Hill

Ron Hill Accrington 10K

Rebecca O'Neill was the only Lion at this year's Ron Hill Accrington 10K. The race is named in honour of Accrington born Ron Hill, who won the Commonwealth Games and European Championship marathons. He is also well known for his "run streak", when he ran every single day for over 50 years. Rebecca was 7th lady, clocking 48:07 and finishing 2nd in her age category.

Norton Nine

Hosted by Askern District Running Club (the self-proclaimed “greatest running club in DN6”), the Norton Nine is a nine miler over a rural and undulating course. The race is extremely popular, with people returning year after year. Starting in Norton near Malton, the race very quickly gets out into the North Yorkshire countryside and winds its way through scenic villages on quiet roads. Diane Waite was the sole Lion present, completing the route in 1:26:10.

Vitality Big Half



Meanwhile, down in That London, Gavin Dodd was at The Vitality Big Half. This prestigious half marathon attracts an international field, and the winner - Ethiopia's Kenenisa Bekele - broke Mo Farah's course record on the day with a time of one hour and 22 seconds. The route starts by Tower Bridge and finishes at the iconic Cutty Sark. Gavin, who has been running very well this year, crossed the line in 1:30:47.

The Lions turned out in large numbers for this weekend's Red Hot Toddy, race number 3 in the club championship.

Red Hot Toddy

Darren Reece was first Lion home in 8th place at Sunday's Red Hot Toddy 10K, with Gavin Foster close behind in 10th. Maria Harron had a good day at the office, finishing first Lioness, winner of her age category and member of the winning Stainland Lions Ladies Team (along with Zoe Greenhow and Helen Armitage) who bagged the Ladies team prize. Zoe and Helen also picked up age category wins for their performances, as did Martin O'Brien. The race was counter number 3 in the club championship. Speaking after the race, championship manager Steve Hallam commented: “A great turnout of 51 Lions made the Red Hot Toddy a fantastic representation of our club, complete with some terrific performances, especially from those in Division 3, who all seemed to perform especially well with the hilly terrain. With Thirsk 10 now only 6 days away, the momentum for this years' competition builds nicely.”



Darren Reece leading the Lions out at the Red Hot Toddy
(Photo by Woodentops)

Results: Darren Reece 39:02, Gavin Foster 39.32, Chris Hall 43.19, James Penson 43.46, Leon Severn 44.05, Gareth Knight 45.28, Simon Rawnsley 46.55, Maria Harron 47.37, David Farrar 47.50, Zoe Greenhow 48.54, David Collins 49.09, Paul Corns 49.14, Martin O'Brien 49.35, Helen Armitage 49.44, Steve Hallam 49.53, John Ingles 50.42, Michelle Rogerson 50.57, Ian Hoskins 51.28, Danny Stafford 53.49, Tim Walker 55.20, Jan King 55.35, Gail Schofield 56.09, Angela Lee 56.41, Paul Butterfield 57.09, Paula Pickersgill 57.17, Sue Cash 57.53, Karen Thorne 58.36, Mark Preston 58.47, Christine Cliffe 59.07, Sharon Marlor-Gage 59.15, Alan Gibson 59.34, Zoe Russell 59.43, Catherine McHugh 59.45, Beverley Day 60.53, John Hirst 61.59, Sarah Lunt 63.26, Richard Brewster 63.31, Dawn Medlock 63.42, Phil Richards 63.44, Catherine O'Shaughnessy 64.12, Jenny Walker 65.40, Carol Lord 67.47, Lesley Henderson 69.21, Judith Greenwood 70.17, Alex Whyte 70.24, Trish Hallowell 70.44, Melissa Vincent 71.01, Jackie Barker 72.50, Jess Crawshaw 77.24, Abi Bouckley 77.26, Gail Fawcett 78.10

Saddleworth Ten Reservoirs

The Saddleworth Ten Reservoirs is a challenging, high moorland route around Saddleworth Moor visiting ten local reservoirs. Each participant has to self-navigate around the route, visiting each checkpoint in the correct order. The route is so tough that whisky is provided at the water stations! Andy Baird ran the course in 5:38:00, while Sandy Gee speed-walked it in 8:38:00. Andy described the route as "brutal, with knee deep bogs, rock climbing, strong winds and snowy climbs."

Ian Roberts Memorial Fell Race

Five Lions took part in the Ian Roberts memorial fell race from Marsden Cricket Club. There was a record turnout of over 150 runners this year. The route is 6.7 miles long with 1,200 feet of climbing mainly on moorland tracks and paths over Marsden Moor. The race takes in Swellands Dam, Black Moss and Standedge at 1,400 feet, and features a very sharp and steep eroded drop into Butterly Clough to finish the legs off at the end. The weather was cold and blustery but nothing like the snow-storms and blizzards from the 2019 race. In fact, the sun came out for a short while, before a huge hail-storm arrived just in time to blitz the later runners. David Culpan was first Lion home followed by Steve Boyer, Rikki Hammond, Aileen Baldwin and Ray Mooney. Aileen was going well near the end and aiming to overtake Steve Boyer for second spot when she lost her shoe in a bog!

Stan Bradshaw Pendle Round

Paul Patrick was the only Lion at this year's Stan Bradshaw Pendle Round, completing the course in 1:44:29. The race is run on and around Pendle Hill, with just under 2,000 feet of climbing in 10½ miles. Ongoing peat restoration works resulted in this year's route having to be altered from its usual course.

Chocathlon

Debbie Hinds finished in 8th place overall and was 3rd Lady at the Chocathlon Mini, a short race round Marsden featuring large numbers of chocolate goodies for all participants. Debbie's official time was 38:30. Jonathon Pybus did the 9km version finishing in 4th place with a time of 52:58.

Firefighters Two Up Duathlon

Finally, Lions on bikes! In the Firefighters Two Up Duathlon, Tony Mott and Mark Pottinger (aka Motty & Potty) clocked up a total time of 2:31:14 for their 4 mile trail run, 25 mile bike ride and second 4 mile trail run, while Sally MacGregor and John Rushworth finished the course in 3:37:24.

The race calendar was beset my more Biblical bad luck this weekend. With the flood waters only just receding in the Calder Valley, the global pestilence of coronavirus swept in instead, causing the cancellation of almost all the weekend's races. It now seems overwhelmingly likely that all races will be off for the foreseeable future. High profile casualties include the forthcoming London and Manchester Marathons, for which many of the club's members had been training hard over the winter, as well as a huge number of smaller local events that running clubs and local organisations work very hard throughout the year to put on.

Thirsk 10

Thirsk 10 was one of the few races to go ahead on Sunday. There was a large turnout of Lions because the race was a counter in the club championship, and there were some great performances on the day, including several personal bests and no fewer than three new club records:

- Darren Reece was the first M40 to dip under an hour, clocking 58:54 to beat the previous club record of 1:00:12 held by club coach Mark Pigford.
- Paul Hiley knocked 22 seconds off David Roberts' previous M50 record to come in at 1:04:45.
- Derek Parrington was the first M55 to go under 70 minutes, finishing in a fantastic time of 1:08:39. This beat John Bannister's previous record by almost two minutes. John also beat his own record, but Derek was a little further up the road.

Maria Harron had another great day, finishing first Lioness, 3rd F45 in the Vets Championship for which Thirsk 10 was a counter, and member of the winning Stainland Lions Ladies Team (along with Zoe Greenhow and Gillian Jago) who bagged the Ladies team prize.

Results: Darren Reece 58:54 Gavin Foster 59:38, Paul Hiley 1:04:45, Simon Rawnsley 1:06:53, Gav Dodd 1:07:16, Richard Crombie 1:07:45, Derek Parrington 1:08:39, Gareth Knight 1:08:49, John Bannister 1:09:23, Tony Mott 1:09:56, Maria Harron 1:11:41, David Farrar 1:12:53, Zoe Greenhow 1:13:53, Steve Hallam 1:14:03, Paul Corns 1:14:44, Gerry Banham 1:14:50, Helen Armitage 1:16:07, Tim Walker 1:18:42, Gillian Jago 1:19:44, Danny Stafford 1:23:12, Gordon Murray 1:25:34, Paul Butterfield 1:27:05, John Rushworth 1:33:13, Richard Brewster 1:34:54, John Hirst 1:35:55, Dawn Medlock 1:36:11, Philip Richards 1:36:36, Jenny Walker 1:42:12, Trish Hallowell 1:48:59, Melissa Vincent 1:50:09, Jackie Barker 1:54:47, Judith Greenwood 1:58:14, Gail Fawcett 2:04:04



Celebrating a successful Thirsk 10 – Gavin Todd, Richard Crombie, Danny Stafford, Gareth Knight & Gavin Foster

Ras Yr Aran

David Culpan was in action on the fells at the weekend, taking on the 10.6 mile Ras Yr Aran in Snowdonia. The race was the 1st qualifying British Championship race of the season and included 3,400 feet of climbing up and down Wales's highest peak. Conditions for the 300 runners were slippery and treacherous with low cloud and poor visibility, quite a contrast to last year's warm and dry weather. David got round safely in 2:35:03.

Team OA Urban Night Series

Lions Jim Harris, Richard Crombie and Andrew Earnshaw teamed up to win the latest round of the Team OA Urban Night Series. The challenge was to find ten checkpoints (in the dark) and collect as many points as possible whilst running a hilly six mile route round Golcar, with a cut off time of one hour. Andrew Earnshaw's local knowledge came into its own, helping the team to pick up the maximum 10 points on the way to their win.

Knowsley Safari Park 10K

Coronavirus was just one of a number of potential killers on the loose at the new Knowsley Safari Park 10K. They have lions and tigers just mingling with the public there, so a virus is the least of your worries. The race organisers said that they didn't want any "cheetahs" though. The flat fast route gave runners an opportunity to (a) go for a pb and (b) build up their resistance to a whole range of novel wild animal pathogens.

Results: Caroline Ford 59:42, Joanne Cooke 1:00:46, Lin Devine 1:01:55, Diane Thornley 1:02:57, Helen Shenton 1:02:57, Wendy Paulson 1:07:54





PB Corner

February/March Park Run PB Corner

1st February:

Halifax: Bethany Horrocks knocked a brilliant 1 min 52 seconds off her previous Halifax time taking her to 27:17.

Brighouse: Beverley Day continued her PB streak by knocking 36 seconds off, taking her Brighouse time to 28:09.

8th February:

Halifax: Abi Howarth knocked an amazing 2 mins 17 seconds off her 2017 Halifax time, taking her to 29:26.

15th February:

Halifax: Danny Stafford knocked 36 seconds off his previous Halifax time taking him to 24:14.

Huddersfield: Abi Howarth celebrated her 100th Parkrun.

29th February:

Halifax 'Reverse' Course: Fraser Ambrose knocked 16 seconds off taking him to 22:23; Steve Boyer knocked 5 seconds off his 2016 time taking him to 27:44, and Beverley Day knocked 18 seconds off, taking her time to 28:27. Bill Lee celebrated his 50th Parkrun.

7th March:

Halifax: Alan Gibson knocked 19 seconds off his previous Halifax time, taking him to 28:18.

14th March:

Halifax: Beverley Day knocked a further 57 seconds off her previous Halifax time, taking her to 27:30 and her 4th PB in a row.

Other Races:

Dewsbury 10k: John Bannister 43:14, Steve Hallam 44:31, Gillian Jago (again!) 49:40, and Gail Schofield 49:44. With an honourable mention for Gavin Dodd whose time of 39:57 was only his second ever sub-40 and his fastest time since 2014).

Barcelona Half Marathon: Gillian Jago (yet again!) 1:48:08, taking well over a minute off her previous PB set at the Four Villages Half Marathon in January.

Club Championship Update

Steve Hallam



Championship Update - February / March 2020

Well, we never imagined that this season would effectively be suspended until further notice, due to coronavirus! So what does this mean for us? Quite honestly, I really don't know at this stage. It's currently the last day of March and we are one full week into national lockdown, with no real understanding of when normal life will resume, therefore I can't provide a realistic answer. What I can say, is that as soon as we are able, we will see what sense we can make of the remainder of the year and propose something appropriate.

Since the previous update, we have managed to get two more championship events completed - The Red Hot Toddy 10K and the Thirsk 10 miler.

There was a decent turnout of 51 Lions at Todmorden on 8th March. The original Hot Toddy race used to be one of the last events of the year and typically held on the last Sunday in December. However, since the Boxing Day floods of 2015, it was abandoned and re-branded as "Red Hot", following a completely different route and made up to a full 10K. The old route was only 5.8 miles but still had a significant long hill from Walsden up to the summit near the Shepherds Rest pub. The current route starts in Calder Vale park, with approximately one mile of flat running around the park's tarmac paths before heading up to a lung busting climb of over 400 feet on the second mile. Thankfully, the route then flattens out a bit, before a long, fast descent back into Tod, finishing back in the park.

First Lion back was Darren Reece in 39:02, closely followed by Gavin Foster, 30 seconds later. First female lion was Maria Harron who has started the year in fine form. Zoe Greenhow also had a great run, narrowly nudging Helen Armitage off the top spot in Division 3. Martin O'Brien, who performs best on the fells, also had a storming road race on this occasion. Maria, Zoe, Helen and Martin all came first in their age categories, from a total field of 270. Paul Butterfield performed well, continuing his recent good form to finish first in Division 5. Other notable performances came from Beverley Day and Judith Greenwood.



Thirsk 10 on 15th March was our last chance of an official race before the current movement restrictions started to fully kick in.

33 Lions made the trip up to North Yorkshire to run this flat, fast 10 mile race on mainly rural roads. This is generally an event with a large field taking part and this year was no exception with 962 finishers. Conditions were fine and dry but with a stiff south-easterly wind making the middle section tough in places. However, this did not detract from some very fast performances with Gavin Foster and Darren Reece both completing the course in under an hour.

A great turnout from Division one with all easily coming in under 70 minutes, led by Paul Hiley. John Bannister even beat his own previous club M55 record from Vale of York 10 last year! Zoe Greenhow demonstrated her competitive edge once again with a fantastic 1:13:53 chip time finish.

Tim Walker and Gillian Jago battled it out for Division 4 glory, with Tim finally winning out in 1:18:42 with Gillian close behind approximately a minute later, also beating her previous 10 mile PB by around 7 minutes! Paul Butterfield had another great run, whilst John Rushworth led the way for Division 6, with Trish Hallowell finishing first in Division 7.

There has been some encouraging feedback regarding the new scoring system, with many people now able to see the potential of scoring more points from their better performances.

We will all now have to see how long the current restrictions last and affect the rest of the 2020 racing calendar, before we can decide how to continue and/or amend the programme. Until then, keep running as and where possible and try not to lose your competitive edge! The Club Championship WILL return at some point.

'Meet the Member' with our Roving Interviewer Gavin Dodd



Each month we will pounce on an unsuspecting Lion and ask them to tell all if you have any good questions for future interviews, please get in touch.

Name:

Mags Beever

Age:

Prefer not to state this . . .

Occupation:

Senior Financial Operations
Manager.

**How long have you been
running?**

I did do XC and track racing when I was at school but then didn't really get back into it till I was 25, when travelling in Australia; my twin sister Angela and I decided to sign up for the Great North



Run. It was probably my worst ever race, where I only trained up to 8 miles but was determined to get round without walking. The last couple of miles was torture, resulting in me ending up in the First Aid tent suffering from major cramp, being sick everywhere, nasty blisters and feeling like I had the worst hangover head ever; but as most of you will be familiar with, all this was soon forgotten as I continued to run.

When and why did you join Stainland?

Following on from above in 2005, winter was approaching and I felt uneasy about running in the dark on my own, so thought about joining a running club; a friend then suggested Stainland, so I ventured down to one Thursday night training session and haven't looked back since.

Best moment in running?

Achieving a sub 3 hour marathon at the 2017 London Marathon.

Favourite Race?

I have a couple; London Marathon defo for the goose pimples, support and sights, and then the Lakeland Staverley Trail Race and Hebdon 15 as great off-roaders with amazing views. The Hutchinson Downhill 10k club race is also one close to my heart.

What piece of kit could you not live without?

Guess it would need to be trainers, as wouldn't get very far without them! Do also love my Garmin watch to keep track on how I'm doing.

Favourite Film?

Don't really have one – but love Home Alone at Christmas time.

Favourite Song?

Footloose.

Favourite Drink?

Mojito if going posh, but generally wine.

Favourite Food?

Mexican and Halloumi cheese.

Best piece of advice you would pass on to your fellow runners?

When times get tough, how you train your mental mind will help you through it. One of the things I say to myself (as advised by the late Hutchie) is “stay strong” which I find keeps me going. Also if you pick up an injury don't always panic that it will be long term, as a good rest can often repair things quicker than you think.

Surprising fact about you?

I have Irish parents.

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

Hard one this although in my younger days I would have been desperate for Kylie Minogue to call round!

Has anyone particularly inspired/helped your running journey?

During my journey to achieving a sub-3 Marathon time, I did look to fellow lady runners Lucy Collins and Tanya Seagar from the club who had already achieved this feat, for tips on what worked well for them, to help me replicate their achievements – one of them was to ensure I do race pace during the long training runs.

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

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

My Marathon Journey by Becki Watson



Due to the unforeseen postponement of the London Marathon, we will catch up again with Becki once training restarts soon (fingers crossed!)



- Pendle (Fell Championship Race):** Saturday 4th April 2020 – 4.5 miles with 1500ft of ascent. **CANCELLED**
- Flat Caps 10k (Championship Race):** Sunday 5th April 2020 – Sowerby Bridge Cricket Club, HX6 1AN. **POSTPONED.**
- Bunny Runs Haworth (Qualifies for both the Club Championship and Fell Championship):** Tuesday 7th, 14th and 21st April 2020 - 3 miles with 328ft of ascent. **ALL CANCELLED**
- Wardle Skyline (Fell Championship Race):** Saturday 11th April 2020 – 7 miles with 1250ft of ascent. **CANCELLED**
- YVAA Honley:** Sunday 19th April 2020. **SUSPENDED**
- Coniston (Fell Championship Race):** Saturday 2nd May 2020 – 9 miles with 3500ft of ascent. **CANCELLED**
- Orchan Rocks (Fell Championship Race):** 5th May 2020 – 3.4 miles with 919ft of ascent. **CANCELLED**
- Coiners Fell Race (Qualifies for both the Club Championship and Fell Championship):** Friday 8th May 2020 – Mytholmroyd Community Centre. **CANCELLED**
- Bluebell Trail:** Sunday 10th May 2020 – 10.00am from Heath Rugby Club. **POSTPONED TO SUNDAY 20TH SEPTEMBER 2020**
- Calderdale Way Relay** – Sunday 17th May – details to follow. **CANCELLED**
- Blackstone Edge (Fell Championship Race):** Wednesday 20th May 2020 – 3.5 miles with 1200ft of ascent.
- Helvellyn & Dodds (Fell Championship Race):** Sunday 24th May 2020 – 15 miles with 4386ft of ascent.
- YVAA Kirstall:** Tuesday 26th May 2020. **SUSPENDED**
- Northowrun (Championship Race):** Sunday 31st May 2020. **POSTPONED**
- The School Run (Championship Race):** Saturday 6th June 2020 – Holme School, HD9 2QQ. **DATE NOW PROVISIONAL & PENDING CONFIRMATION.**

- Bridestones (Fell Championship Race):** Tuesday 9th June 2020 – 4.7 miles with 1230ft of ascent.
- Marsden 10 Mile (Championship Race):** Sunday 14th June 2020. **CANCELLED**
- Ogden Midsummer Madness (Fell Championship Race):** Wednesday 24th June 2020 – 3.1 miles with 1000ft of ascent.
- Chrome Hill (Fell Championship Race):** Saturday 27th June 2020 – 4 miles with 700ft of ascent.
- Kinder Trog (Fell Championship Race):** Sunday 28th June 2020 – 16 miles with 3500ft of ascent.
- Stoodley Pike (Fell Championship Race):** Tuesday 7th July 2020 – 3.1 miles with 700ft of ascent.
- YVAA Pudsey:** Tuesday 14th July 2020.
- Widdop (Fell Championship Race):** Wednesday 15th July 2020 – 7 miles with 1200ft of ascent.
- Pendle Trail Race (Championship Race):** Sunday 19th July 2020 – Barley Village Hall, Burnley.
- YVAA Stainland:** Wednesday 22nd July 2020.
- YVAA Saltaire:** Tuesday 28th July 2020.
- YVAA Halifax:** Wednesday 5th August 2020.
- Saddleworth Round (Fell Championship Race):** Sunday 9th August 2020 – 17 miles with 3300ft of ascent.
- Blackshaw Head Fete (Fell Championship Race):** Saturday 5th September 2020 – 5.5 miles with 900ft of ascent.
- Kirkwood Hospice (Championship Race):** Sunday 6th September 2020 – Leeds Road Playing Fields, HD2 1YY.
- Lost Shepherd (Fell Championship Race):** Saturday 12th September 2020 – 15 miles with 2700ft of ascent.
- Yorkshireman Full and Half Marathon:** Sunday 13th September 2020.
- Lantern Pike (Fell Championship Race):** Saturday 19th September 2020.
- Stairway to Heaven (Championship Race):** Sunday 26th September 2020 – Holmbridge Church Hall, HD9 2NQ.
- St. Aidan's Half Marathon (Championship Race):** Sunday 11th October 2020 – RSBP St. Aidan's, LS26 8AL.
- YVAA Horsforth:** Sunday 11th October 2020.
- Bronte Way Fell Race (Qualifies for both Club Championship & Fell Championship):** Sunday 25th October 2020 – Wycoller, Haworth.
- Race You To The Summit (Fell Championship Race):** Saturday 31st October 2020 – 4.3 miles with 853ft of ascent.
- Guy Fawkes 10 mile (Championship Race):** Sunday 1st November 2020 – Ripley Castle.
- Soyland Moor (Fell Championship Race):** Sunday 8th November 2020 – 13.7 miles with 1300ft of ascent.
- YVAA Spenborough:** Sunday 8th November 2020.
- Wadsworth Half Trog (Fell Championship Race):** Sunday 15th November 2020 – 9.3 miles with 1350ft of ascent.
- Lee Mill Relay (Fell Championship Race):** Sunday 29th November 2020 – 6.2 miles with 1100ft of ascent.
- Mytholmroyd (Fell Championship Race):** Sunday 6th December 2020 – 6.2 miles with 1800ft of ascent.
- Travellers 6 (Championship Race):** December 2020 (TBC) – Pie Hall, Denby Dale, HD8 8RX.

THIS WILL REMAIN IN THE NEWSLETTER – NEW DATES WILL BE ADDED BY REQUEST. EVENTS WILL REMAIN ON THE LIST UNTIL THEY PASS.

PLEASE SEND DETAILS OF ANY DATES THAT YOU WOULD LIKE TO ADD TO THE LIST.

WE WANT TO KNOW ABOUT YOUR ACHIEVEMENTS FOR THE NEWSLETTER - SMALL OR GREAT, THEY ARE ALL IMPORTANT. PLEASE ALSO LET US KNOW WHAT YOU WOULD LIKE TO SEE IN THE NEWSLETTER GOING FORWARD