



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 summary of race reports from May 2021.

Various

Contributors

Captains' Updates, Coaching Corner, Calderdale Way Relay Results & Pictures; Summer Handicap & Diary Dates.

From the Chair

Tim Walker



Well, it looks like summer has finally arrived, just in time for the start of Autumn Marathon training!!! I always said that I'd never do an autumn marathon as I couldn't face the training over the summer, I'd much rather be sat in the garden with a cold one! However, covid scuppered that plan so my April 2020 Manchester marathon is now hopefully going ahead on 10th October and my "training" has started - I'm currently up to 6 miles so I'll only have to wing the last 20 - wish me luck.

Talking of marathons, we finally got confirmation of the Club's allocation of places in the October London Marathon and held the draw for the 2 places we have in the race. I'm pleased to say that our VLM Virgin is Chris Hall who'll be joined on the starting line by Wendy Paulson - I hope you are both feeling more motivated than I am?

This last month saw us staging the second Virtual Calderdale Way Relay and what a fantastic weekend this turned out to be. Maria did a fantastic job with the organisation and with Leon's input the teams were almost equal - well the original version was but then you all went and got injured so much reshuffling had to be done. By requesting a small donation for entering this year we also managed to raise £460 for Calder Valley Search and Rescue which is fantastic.

The other news this month is that we have been busy shopping to replace all the kit we lost in last year's floods. We now have a new container at Heath which John Hirst very kindly sourced and delivered for us - thank you so much John. We will need to paint the container and do some work to clean and rack it out internally so we will be looking for help with this. We also have a fancy new lightweight river crossing set up on order so once the guys have sorted this out, it will need testing to make sure it can cope with 500 Bluebell runners next Spring.

That's all from me for now - feel free to give me motivational input if you see me struggling along the canal!

Lions Publicity Officer

Susan Cash



Summary of Race Reports from May

Staveley - Kentmere Trail

Mags Beever was 3rd Lady and winner of her age category in this scenic 18K trail run. Part of the Lakeland Trail series, the beautiful undulating route along the Kentmere Valley takes in spectacular views of the southern Lakeland Fells. Lorraine Naylor and Sally Caton ran strongly too, with Lorraine finishing second in her age category.

Results: Mags Beever 1:26:35, Sally Caton 1:45:12, Lorraine Naylor 1:50:05

Blackstone Edge Fell Race



Almost two hundred runners tackled this year's Blackstone Edge fell race. Four Lions were amongst the field, enjoying glorious evening sunshine in perfect running conditions.

Results: James Penson 39:09, Andrew Earnshaw 45:51, Martin O'Brien 46:00, David Culpan 48:29

York 5K Race Series – Race 2

The York 5K Race Series is a monthly series of races which attracts runners across the north of England and sees some impressive results. The course comprises five 1K loops of an outdoor cycle track. Gavin Foster ran sub-17 minutes for a 5K personal best, and Mags Beever won her age category.

Results: Gavin Foster 16:56, Mags Beever 19:17, Gavin Dodd 19:57

Harewood House Trail Half Marathon

Gareth Knight and Danny Stafford ran well in muddy conditions at the Harewood House Trail Half Marathon on Saturday. The rain stayed away on the day, and the magnificent red kites which live on the Harewood Estate could be seen wheeling overhead during the race.

Results: Gareth Knight 1:47:19, Danny Stafford 1:48:58

The Windmill 6



The Windmill 6, an undulating road race around the windmills on the top of Spicer Hill, is race one in the South Huddersfield Trail and Road Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. The route is an anti-clockwise loop with breathtaking views across Penistone and surrounding areas. Tony Mott was first Lion to finish.

Results: Tony Mott 45:11, Sue Cash 53:39, Tracy Mott 58:03

Virtual Calderdale Way Relay

With lockdown partially lifted but most races still on hold for now, the Lions organised a 2nd Virtual Calderdale Way Relay following the huge success of their similar event last year.

The race followed the usual CWR format, with pairs of runners tackling some of Calderdale's toughest off road routes, but with suitable modifications to ensure compliance with the current rules.

86 Lions took part across seven teams, raising over £450 for Calder Valley Search & Rescue.

Organiser Maria Harron did a fantastic job of co-ordinating the event, which provided a good opportunity to get a large majority of the club together and to create a competitive spirit.

The winning team were Team F:

- John Bassinder and Martin Wood
- David Culpan and Martin O'Brien
- Will Rushworth and Gavin Foster
- Paul Alexander and James Penson
- Gaby Ferris and Helen Armitage
- Gail Fawcett and Trish Hallowell

Fingers crossed the actual event can go ahead in September this year!



Team	Leg 1 - 10.55m	Leg 2 - 8.46m	Leg 3 - 4.8m	Leg 4 - 9.36m	Leg 5 - 7.55m	Leg 6 - 10.6m	Total
A	Tony Pinnington Tim Walker 2:04:55	Steve Hallam Ian Johnson 1:45:40	Andrew Laird Boidy Joanne Kitcher 57:41	Ray Mooney Johnny Stainland 2:00:14	Caroline Ford Graham Robertshaw 1:47:02	Ally Audsley Gina Anderson Keeble 2:01:04	6 - 10:36:36
B	Mark Pigford Neil Bee 2:06:46	Maria Harron Michelle Rogerson 1:58:15	Joanne Hirst Sarah Hirst 1:55:58	Tony Mott Jim Harris 1:40:11	Catherine McHugh Liz Hallam 1:41:00	Paul Butterfield Jan West 2:08:08	7 - 11:30:18
C	Lance Parker Kevin Jagger 1:47:05	John Rushworth Michelle Rushby 1:50:13	Manjit Ahjar Joanne Cooke 1:20:15	Amanda Camenzuli Sally Caton 2:00:36	Laura Goodwin Ann Marie Uilyott 1:27:21	Stefanie Hopkins Danielle Hirst 1:34:12	3 - 9:59:42
D	Chris Hall Craig Miller 1:30:43	Andy Baird Leon Severn 1:23:03	Alleen Baldwin Paul Armitage 1:10:20	Gav Dodd Fraser Ambrose 1:45:56	Karen Thorne Sarah Lunt 1:42:43	Debbie Grunhut-Hinds Wendy Paulson 2:38:47	5 - 10:35:32
E	Liz Norman David Collins 1:52:35	Paula Pickersgill Sandy Gee 1:44:05	Paula Statham-Drake John Hirst 1:17:27	Rick Crabtree Mark Pottinger 1:24:44	Tracy Mott Catherine Victoria 2:17:00	Christine Cliffe Emma Riley 1:58:34	4 - 10:34:25
F	John Bassinder Martin Wood 1:50:33	Dave Culpan Martin O'Brien 1:20:40	Will Rushworth Gavin Foster 0:41:03	Paul Alexander James Penson 1:28:49	Gaby Ferris Helen Armitage 1:19:21	Gail Fawcett Trish Hollowell 2:49:44	1 - 9:30:10
G	Steven Crowther Cat Daniel 2:01:17	Paul Patrick Kevin Robinson 1:25:26	Helen Shenton Diane Thornley 1:20:15	1 - Becki Watson 1 - Aly Brook 2:22:02 2 - Rikki Hammond 2 - Julie Field 2:10:01	Danny Stafford Gareth Knight 1:11:22	Sean Thompson Mags Beever 1:32:52	2 - 9:47:13



Ladies Captain's Report

Maria Harron



I cannot believe a month has gone passed since the last report and it is great to see the sun out on a bank holiday weekend. We still have not seen many races but it is good to see that some are opening up for entries now later in the year. It is fab we have the virtual events, club championship, YVAA and so many other challenges that are happening to keep us busy and motivated to get out and run.

The club pulled together in spectacular fashion for our virtual Calderdale Way Relay. Seven teams, many miles, a few wrong turns and more than £400 raised for CVSR which is just fantastic. It was lovely to see so many ladies trying it for the first time and even better that they said they would do it again! So well done to Becki Watson, Debbie Grunhut-Hinds, Manjit Ahir, Liz Hallam, Aly Brook, Laura Goodwin, Catherine O'Shaughnessy and Anne Marie Ulllyott! There may be more first time ladies and I am sorry if I have missed you off. Get out there and recce some more legs ready for the real event!

"It was my first time taking part. During the reccies I thought 'never again', the race itself wasn't too bad and now it's over, course I would do it again."

"I loved it. First time for me and will definitely do it again."

Good to see a few more ladies trying out the track sessions on a Wednesday evening, Liz Norman, Sarah and Hollie Lunt to name a few. Remember track is fully inclusive for all running abilities and we have a lot of fun amongst the hard work! It will make you stronger and faster.

The hill sessions are being regularly attended and it is good to see so many there on a Monday night in all sorts of weathers!

Congratulations to Lioness Wendy Paulson for her club ballot place for the London Marathon. She has been working at track every week under the guidance of Coach Graham. Good luck in your training Wendy!

Ladies doing the Lands' End to John O'Groats challenge are making good progress, a few are injured (speedy recovery to you) but otherwise here is how they are getting on:

- Diane Thornley 300+ miles
- Helen Shenton 358 miles
- Christine Cliffe 400 miles
- Dawn Medlock 440 miles
- Joanne Cooke 470 miles
- Bev Day 480 miles
- Wendy Paulson 489 miles
- Jan West 600 miles
- Lin Devine 640 miles
- Catherine McHugh 738 miles

I have suggested to some of them that they join Anne Marie Ulllyott on her scenic route of 1083 miles as they are well on target for doing the 874 miles and I have to say that no one has jumped at the chance of the extra challenge yet! 😊. Anne Marie is also on target with 459 miles done, almost halfway already!

Anne Cawdron is currently on South West Coast Path doing some of her virtual challenge for real in the sunshine of the South West, lovely photos of her on the Coastal Path adding to her current total of 322 miles.

Keep going everyone!

Virtual races have been happening with Karen Thorne, Sarah Lunt and Alison Audsley completing their Kielder Dark Skies Marathon this weekend in the sunshine. I believe the race had been cancelled (surprise, surprise) but they decided to complete the training anyway by doing the distance. Sounds like the support crew were fantastic with various drink/snack stations, lots of cheering and kept them going throughout! Well done to Alison, her first marathon!

The virtual Edinburgh was also completed this weekend by Trish Hallowell along with a running support team along the way (Gail Fawcett and Anne Marie Ulllyott). Well done Trish, a great achievement.

Ladies, it is great to see so many things going on. It is brilliant to see the weather changing for us and races beginning to happen. I have been talking to various ladies about what they might like to do within the club in the future and there are a few great ideas that we can think about but it would be good to hear from anyone who has some ideas. So if you do then please come and chat with me (or vice-captain Helen Armitage) or make contact through Facebook, Messenger or the Forum etc. It would be good to know your thoughts and we can work out how we can move forward.

Enjoy the sunshine everyone and keep running!

Maria's Coaching Corner

Stand on one leg when you can during the day to help with balance and to strengthen leg muscles. Use your core and stand tall. Swap to the other leg.

Further challenge: stand on one leg and do some mini squats by bending your knee without losing your balance.

Men's Captain's Report

Leon Severn



Hello fellow Lions,

Better late than never, here's my introduction as Men's Captain . . . honoured to be the captain and try keep this great club moving forward, carrying on the good work of our predecessors.

The Club, even with what has been going on, or not going on, is to me, in good shape! With our virtual challengers and virtual club championships it feels like we've had just as much, if not more participation than ever before, and involvement from a few names that maybe don't pop up as often as they might like, so it's reassuring as one of the captains to see that everyone has been able to get involved.

I'm sure when the time comes, Maria and I should hopefully have no issues calling on people when we need them. After all, it's all about that team spirit, so all I can ask at the moment is for more of the same please!

Given that Maria and I are both new to the role, we're keen to hear what you want or potentially put new ideas out there about what we can do as a Club? Mags Beever has already mentioned Vets Athletics next year, and we are going to look into this. Matthew Pierson has asked about Northern Athletics competitions, so again we are going to look into this. We aren't trying to take the club in new directions, or recreate the wheel, just to listen to our members and see how we can best promote our club in local or national competition, whilst remaining as exclusive as possible.

Now to individual performances; not to go into too much detail, given Sue puts a lot of effort into her reports. From last month we had Stephen Hall and Ed Hyland complete a 100 mile two-lap Calderdale Way challenge. He wrote a really good blog about his experiences here: <https://www.hallsdecorators.co.uk/double-calderdale-way/>

Gavin Foster, fresh from a half marathon PB at Tatton Park in April, continued his good form with a 5k PB in York at the end of May. He's running well and looks in good form for an autumn marathon.

New training partner Will Rushworth will also be keen to record some PB's this coming summer / autumn. Will certainly be one to watch.

As will Paul Corns, whose recent virtual challenges have shown he's coming on leaps and bounds. Keep it up Paul, it's great to see the effort reaping rewards.



The Fell Races appear to be back as well, and I keep seeing the dynamic duo of Dave Culpan & Martin O'Brien on every fell race line up at the minutes. They've clearly missed the tussocks & bogs. It was excellent to see so many Lions taking part in the local Blackshaw Edge Fell Race. The look on their faces at the top of the hill was a site, and the language as colourful as the sunset when I mentioned it looked easy!

I cannot finish without mentioning Mathew Pierson's absolutely sensational 10k time the other month. It's great to see somebody of that caliber wearing a Lion's vest and producing such impressive results.

However, each and every time I see a Lion in their vest and producing a PB or completing a new challenge, supporting others in their own personal challenges, it always makes me proud. It's a great club to be a part of and as captain hopefully we'll have many more successes to be shouting about!

Hopefully see more of you on club runs and races now that things are starting to open up again.

Upcoming Club Races

Karen Thorne Race Co-ordinator



SAVE THE DATE

As we approach the end of lockdown we can start to look forward to bringing back a couple of our favourite Club races.

SUMMER HANDICAP - THURSDAY 15TH JULY 2021 FROM HEATH RUGBY CLUB:

Guess your time, closest to the time wins a shiny trophy! This is a race for everyone; in my first year at the club I didn't really understand what it was about and I ended up winning the trophy!

A course, usually around 6 miles, will be pre prepared and will be "announced" on the night with a map and written instructions. **No timing devices whatsoever can be worn; a "safe bag" will be held to store said devices if they "accidentally" come along.**

All club members can come along no matter what your normal run group is. The deliberations start at the club as to how long it will take to run the course, the estimated times will be noted and exchanged for a number. Everyone will set off together (Covid restrictions permitting) and race the marshalled course. Finish times will be recorded, then the calculations completed and the winner declared.

Hot tips!!

- Go with your gut.
- Don't assume you have suddenly become 5 minutes a mile slower you will automatically fall into your natural pace.
- Last minute changes on your estimated times rarely end well.

Overall this is for fun!! It will be our first proper get together as a club so please come along and have a great evening catching up with friends and running the local area with the possibility of silverware at the end.

The Hare and Tortoise Race is planned for the 12th August further details will be announce nearer that date.

**June 2021:**

27th – Eccup 10 mile (Championship)

July 2021:

4th – Run Harrogate 10k (Championship)

15th – Stainland Lions Summer Handicap

17th – Pendle Trail 5m (Championship)

August 2021:

12th – Hare & Tortoise (subject to confirmation)

22nd – Norland Moor 10k Trail Race (Championship)

September 2021:

5th – Wetherby 10k (Championship)

12th – Vale of York Half Marathon (Championship)

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