



# The Lion's Tale

The monthly newsletter of Stainland Lions Running Club  
May and June 2015

## From The Chair

### BUMPER EDITION

2 months have passed by and it's hard to believe what has been packed in to them. Picking up from March's crazy corner James Penson did indeed complete the Marathon De sables and loved it, tracking him live on the system was a bit stalkerish but exciting, big kudos to James an amazing achievement.

**LONDON MARATHON:** - All I can say is WOW!! The buzz around the club was immense and I think we all did a few miles with the runners mentally that day urging them on to their own success. The results were amazing, Tanya and "very fast Ed" were indeed amazing and very fast, but the London marathon, I think, brings glory in all forms, the euphoria afterwards was palpable and I cannot say enough times how proud I am of each and every one of our runners showing grit and determination through all their training, pushing themselves to places brought pain and hurt, and yet still thoroughly enjoying the whole experience. YIPPEE AND WELL DONE.



### HUDDERSFIELD MARATHON:

A different guise but what a course, hills, hills and more hills, twice round, that really takes some determination and again success, smiles and jubilation. A few Lions tested the waters with one lap, surely gearing themselves up for the double lap next year, why wouldn't you want to run up Steele (Teale) Lane twice?? Pondering again perhaps they were the sensible ones and they produced some great times too. Myself and Graham Teale rode round the course on our bikes shouting words of encouragement so a great day was had by all.

### BLUEBELL!!

It all seemed to be going well, Sandy and myself had somehow muddled our way through to the day quite confident that we had remembered (nearly) everything. Trooper lane still been closed on the day had been sorted, teams were in place and everyone rallied on the Saturday to get things set up, desperately trying to pretend it wasn't raining. Then overnight I think Noah and his Ark must have visited, it absolutely belted it down so the first task at 7:30 in the morning was to send our willing "volunteer" John Hirst in to the river to test the depth and strength of the current. Hmm! as he went in it was thigh high on him and pulling him gently downstream, "It will be ok" I uttered, Sandy gave me a sideways glance and reminded me it was his signature on the Risk Assessment documents, so I conceded that perhaps it would be unwise, drowning and flowing down river wasn't one of the available options on the report.

River Crossing cancelled!! New marshals needed! Ok don't panic! The teams swung in to action and marshals were redirected, instructions given out to runners and away to the start. Football match!! Where did that come from, they were none too happy but we just got on with the start, we had paid our money for those minutes on the pitch. Off they went, poor Ben got about 50 yards in and pulled up with a hamstring injury leaving his buddy Gav forlorn and confused, "go Gav, do it for both of you" I yelled and off he swept in to the woods. End water station set up; finish team in place waiting patiently for the returning runners. Gav was not the first back!! He was grumpy muttering about dammed tarmac loving runners. Ben to the rescue, seen with a comforting arm around Gav's shoulders giving him words of wisdom no doubt, then Gav returned to us, warmed by Ben's words and apologetic about his previous grumpiness, all was well again.

The runners came in thick and fast, I think saying “ohh that extra mile on the tarmac was lovely” at least that’s how I translated it. Smiling, everyone was smiling, rumours about a couple of “loose” runners in Bluebell Woods were cast aside, St John’s ambulance earned their fee patching various runners up and I must say major thanks to them and their paramedic friends for making sure our lovely Sandra was ok at the end. So everyone was back, the (extremely) scrumptious cakes were consumed and prizes given out.

Sandy was a brilliant Race Director (though the phrase “book holiday next year in May”) may have crossed his mind, all the teams, helpers, volunteers, bakers and support crews were FANTASTIC, it couldn’t be held without a major team effort and once again we did it and received some fantastic feedback.

There is a block on any annual leave for bank holiday weekend for next year though!!

THANK YOU EVERYONE X

There have been so many races with great performances, Bunny runs, gallops round Guiseley, Baildon Boundary way, Trailed around the Lakeland Trails, triathaloned, scorched around Sowerby, a massive Lion turnout for the Overgate 10K which provided an “undulating” course and strong competition between divisions, The Leeds Half marathon and the Blackpool Half marathon also saw a pride of Lions taking part. The White Peak Half Marathon saw Diane Waite gain a club record F50 in 1:39:12, well done Diane. Three more marathons have taken place, The Three Peaks marathon which saw 3 Lions taking on this tough off road course and then 5 Lions took on the flat tarmac at Manchester with Richard Brown sliding a M50 club record in.

Tanya Seager, I could write a whole section on this lovely lady, not only is she an immense runner she is genuinely modest with it and always so supportive of the rest of the Club, in the last week Tanya has gained a Park Run PB of 17:15 and was first lady home at Ilkley Trail Race setting a new course record. Amazing!



#### CALDERDALE WAY RELAY:

The day dawned and Paula had done a fantastic job of jiggling the teams about, even up to the day before the race. Off we went, some had sunny starts, some had much colder conditions, our start at leg 5 was particularly chilly and felt more like the December CWR. The baton was clutched and our A team did a mega job of escorting it round and finishing in a fantastic 6<sup>th</sup> place. Team B produced some great times and even with a few last minute additions and route guessing (Adam and David as there was no time to reccie and neither new the actual route), managed a great result. All the other teams had a great day out with some cracking runs, Mark and Steph were enjoying it so much they decided to re route the leg and take in some different places than mentioned on the route description and I think were joined, or they joined, some other teams on the re route, true inter club spirit! The coasters are in place and thoughts of which leg we would all prefer next year drift through our minds. Well done to everyone who took part.

#### WINDEMERE MARATHON:

Whilst we were all jolly along the CWR, Carol, Clive, Sarah and Roy chose the Lake District as their choice of scenery. A beautiful but hilly marathon, they all managed to finish in great times. Alan was support crew and I’m sure he will tell lots of tales of a lovely weekend. Well done to you all.

#### HARE AND TORTOISE:

Never seen so many Hares and tortoises in one place, what a fantastic sight. There was some general unruliness in the initial line up with everyone declaring their Toirtioism, Colin was seen grappling with Tanya and Sean Thompson at the Harey end of the lineup, just left them to it, 34 teams were declared, set off and 34 returned - SUCCESS! Congratulations to Tanya and Joanne Walker, who was dragged along smelly mile literally by Tanya, on a storming finish to take the coveted prize with Sandra and Mark closely behind. Huge thanks to John Bassinder and all that helped on the night.

#### BEGINNERS COURSE:

The beginners’ course is nearly at an end now and has been fantastically organised by David and Rachel, this week saw participation in the river crossing and I think all enjoyed it as it was a lovely evening, nothing like Bluebell Day at all!

#### LDWA 100:

This year saw the 100 starting from the Preston area, 100 miles of fields, mud, stiles, climbs and roads, all self navigating and carrying full kit with a time of 48 hours to completed this grueling event. Myself, Jimmy Smith, Lesley, Linda, Virginia and Reg were marshaling at the 85 mile check point from 3:00pm Sunday to 3:00am Monday morning. Our very modest Sandy Gee took part and was super speedy cruising round the course in 31hrs 41 minutes, absolutely phenomenal. The sights we saw at our checkpoint did make you question why anyone would put themselves through this. Grown men and women in tears, unable to focus on anything, glazed looks, feet that would grace any "footy" horror movie. But utter and complete respect for each and everyone of them, the mental challenge of these events cannot be stated strongly enough. I know how I felt at the end of 50 miles so to double that is almost unthinkable. The last person finished in 47 hrs: 30 mins. I have found myself perusing next year's 100, just a little thought so far!

Sandy does these each year and never makes a song and dance about it, he just quietly gets on with it, he is truly one inspirational, lovely man. WELL DONE SANDY!

#### SOCIALISING:

Now to even all the craziness out we need to ensure we keep hydrating and carb loading so don't forget to check out the upcoming social events, the social team put a lot of hard work into organising these so try and take this part particularly seriously and ensure you attend as many as possible, it is all part of the "training"!

As part of the social activities Tony Mott has provided some "beginner friendly" bike rides out. On the first one he declared a "no injuries guaranteed" message, Steve Boyer was already missing from the ride due to an "unfortunate" incident on a biking holiday, Mr. Mott was present at this but was not implicated, which saw Steve's shoulder departing from the joint and bone parting slightly, resulting in an operation and compulsory rest period, During the aforementioned bike ride on a beautiful sunny day it was witnessed that Maggie had a couple of bruises and scratches, Graham came to grief on a shale track and left half of his skin there and Coiln had a tumble and said "I've hurt my knee". Onwards and upwards though, a wonderful day out in great company. Graham's leg went a bit septic and Colin still complained about his sore knee when out running then week after. Many have tried and many have failed but its official MR MOTT BROKE THE PRESIDENT!! Colin's knee was apparently hanging by a few ligaments to the rest of his leg, he was plastered up and confined to quarters', poor Christine I don't think she was impressed by a full time husband. But good news Colin is free again so we will try and not break him again as it appears he is not, as previously thought, invincible.

Tony has since redeemed himself with another bike ride which saw everyone back safely after a lovely day out, though my front brake stopped working half way round causing me to return early. I had mentioned a funny noise from them to Tony at the start of the ride "it will be ok, don't worry, just a bit of grit" he said, Is Tony taking the committee down one by one? Have we angered him somehow??

Seriously these days are great and always fun so look out for any more coming up.

At the time I write this three of our super "crazy" ladies are preparing to take part in the OUTLAW HALF IRONMAN on 31.5.15. Tracy Mott, Catherine Bednall and Catherine O'Shaugnessy have put in some strong and determined training for this event, learning three disciplines to this standard is awe inspiring, I know they will be absolutely amazing and I am looking forward to the full report and giddiness of their success.

Looking forward, the divisions are already heating up and even with a couple of our favourite races having been withdrawn it is going to be one heck of a summer. The track race saw a record number taking part and again competitive throughout the field, mumbling was heard about the show of speed and fitness and probably new "plans" formulated in people's minds ready for the second race in September.

The diversity of the Club is immense, there are others that add in the odd 50 miler quietly and under the radar , tough mudders and other slightly crazy things, we all share in each other's success and are in awe of the different challenges we tackle, I don't think there is anything that is actually beyond our members and I look forward to the ever growing "craziness".

#### COMINGUP:

Downhill 10K with Stadium Runner Fun Bus.

Beginners away run on the "free if you're lucky" train

CHECK OUT THE DIARY ON OUR NEW WEBSITE TO KEEP UP TO DATE WITH EVENTS.

Exhausted now!! Looking forward to next month's adventures.

Karen x



## Matthew's Race Results Service

### **Bunny Run Race 1 - Tuesday 31st March 2015**

Tristan Sheard - 00:20:03|34th  
Martin Wood - 00:23:00|95th  
Paul Patrick - 00:23:09|102nd  
Aileen Baldwin - 00:25:09|139th  
Rachel Crossland - 00:25:24|143rd  
Steve Crowther - 00:26:01|156th  
John Ingles - 00:26:15|159th

### **Bunny Run Race 2 - Tuesday 7th April 2015**

Tristan Sheard - 00:18:54|44th  
Martin Wood - 00:21:33|108th  
Paul Patrick - 00:22:03|120th  
Rachel Crossland - 00:23:16|151st  
John Ingles - 00:23:35|155th  
Aileen Baldwin - 00:23:43|161st  
Steve Crowther - 00:25:12|199th

### **Bunny Run Race 3 - Tuesday 14th April 2015**

Tristan Sheard - 00:18:54|42nd  
Martin Wood - 00:21:22|106th  
Kevin Jagger - 00:21:49|112th  
Paul Patrick - 00:22:06|123rd  
Rachel Crossland - 00:23:11|144th  
John Ingles - 00:23:13|146th  
Aileen Baldwin - 00:23:27|151st  
Helen Hudson - 00:24:44|183rd  
Steve Crowther - 00:24:50|186th

### **Guiseley Gallop 10K - Sunday 5th April 2015**

Damien Pearson - 00:43:24|M|46th  
Aileen Baldwin - 00:51:25|F60|180th  
Helen Fay - 00:52:15|F50|194th  
Paul Armitage - 01:04:33|M50|425th

### **Baildon Boundary Way - Sunday 12th April 2015**

Craig Phillips - 01:45:44|86th  
Andrew Laird-Boldy - 01:49:42|111th  
John Ingles - 01:52:19|128th  
Aileen Baldwin - 01:55:30|146th  
Helen Fay - 01:56:20|155th  
Helen Hudson - 02:00:04|182nd

### **Manchester Marathon - Sunday 19th April 2015**

Simon Rawnsley - 03:00:36|M45|518th  
Richard Brown - 03:06:42|M50|695th **CR**  
Ben Moran - 03:10:53|M|870th  
Paul McCormick - 03:23:14|M45|1577th  
Damien Pearson - 03:38:07|M|2541st

### **Three Peaks Marathon - Saturday 25th April 2015**

Dan Marden - 04:11:26|M|270th  
Helen Hudson - 05:18:54|F40|679th  
Aileen Baldwin - 05:43:03|F60|697th

### **Huddersfield Kirklees 10k - Saturday 2 May 2015**

Michael Greer - 47.48mins

## Matthew's Race Results Service

### **Overgate 10K - Sunday 19th April 2015**

Mark Pottinger - 00:38:46|M35  
Jonathan Collins - 00:38:58|M35  
Sean Thompson - 00:40:17|M45  
Adam Scratcherd - 00:40:27|M  
Craig Phillips - 00:44:19|M  
John Hirst - 00:44:45|M50  
Jim Harris - 00:45:46|M40  
Paula Statham - 00:46:45|F  
Helen Fay - 00:47:23|F50  
Andrew Earnshaw - 00:47:24|M35  
Rochelle Drake - 00:47:27|F  
Gaby Ferris - 00:47:36|F40  
Aileen Baldwin - 00:47:38|F60  
Louise Pottinger - 00:48:10|F35  
Matthew Gadd - 00:48:25|M  
Andrew Mackrill - 00:48:36|M35  
Michael Dunning - 00:49:01|M40  
Steven Crowther - 00:50:17|M45  
Robert Evans - 00:50:57|M45  
Michael Greer - 00:51:09|M35  
Tania Blackburn - 00:51:17|F45  
Nick Thompson - 00:51:26|M  
Emma Thompson - 00:51:33|F35  
Gareth Duckworth - 00:52:58|M40  
Mark Preston - 00:54:10|M50  
Dawn Medlock - 00:55:35|F50  
Iain Threlkeld - 00:56:04|M40  
Paul Armitage - 00:56:14|M50  
John Rushworth - 00:56:17|M45  
Joanne Cooke - 00:56:42|F40  
Ray Mooney - 00:57:06|M50  
Angela Goulden - 00:58:12|F50  
Debbie Hyde - 00:58:21|F  
Richard Crombie - 00:58:22|M35  
Paula Pickersgill - 00:58:34|F45  
Kimberly Ison - 00:59:01|F  
James Davey - 00:59:46|M70  
Jenny Walker - 01:01:39|F50  
Denise Nicholson - 01:02:59|F45  
David Wetherell - 01:03:10|M55  
Sarah Lunt - 01:03:30|F40  
Mark Halliday - 01:03:54  
Carol Lord - 01:04:07|F50  
Emma Aveyard - 01:04:30|F40  
Anne Cawdron - 01:04:33|F55  
Brian Crowther - 01:05:12|M70  
Kate Onyskiw - 01:05:14|F  
Alex Whyte - 01:05:16|M40  
Gary Nicholson - 01:05:19|M50  
Helen Whitworth - 01:05:42|F40  
Mel Shaw - 01:05:53|F40  
Richard Lambert - 01:06:42|M55  
Karen Appleyard - 01:08:02|F40  
Clare Brear - 01:08:48|F45  
Anne-Marie Killeen - 01:13:27|F50  
Sandra Robertshaw - 01:15:23|F50

## Matthew's Race Results Service

### **Huddersfield Half Marathon - Sunday 19th April**

Andrew Laird Boldy - 01:54:04|M45|45th  
Mark Speight - 01:58:50|M50|60th  
Paul Corns - 02:01:35|M45|65th  
Ranjit Uppal - 02:02:38|M40|68th

### **Huddersfield Marathon - Sunday 19th April 2015**

David Roberts - 03:23:58|M50|4th  
Sandy Gee - 04:16:26|M55|26th  
Catherine O'shaughnessy - 04:16:43|F40|27th

### **London Marathon - Sunday 26th April 2015**

Ed Hyland - 02:49:43|M|753rd CR  
Tanya Seager - 02:55:45|F40|1250th CR  
Matt Higham - 02:58:29|M45|1591st  
Mark Pigford - 02:58:53|M45|1668th  
David Hutchings - 02:59:44|M45|1848th  
Sean Thompson - 03:01:35|M45|2029th  
Ryan Thompson - 03:05:08|M|2402nd  
Margaret Beever - 03:07:25|F35|2639th  
Craig Miller - 03:09:03|M45|2834th  
Sally Caton - 03:12:28|F40|3268th  
Rachel Cullen - 03:17:17|F|3993rd  
Susan Gledhill - 03:25:55|F40|5315th  
Maria Harron - 03:26:44|F40|5474th  
Amanda Zito - 03:28:13|F45|5818th  
Tony Mott - 3:34:36|M|7078th  
Tim Walker - 04:01:28|M50|14389th  
John Thompson - 04:04:19|M55|15049th  
John Hirst - 04:08:44|M45|16103rd  
David Rushworth - 04:27:58|M45|21170th  
Cheryl Carter - 04:29:06|F|21540th  
Alison Pearson - 04:39:58|F50|24295th  
Simon Gadd - 04:52:07|F50|27007th

### **Blackpool Half Marathon - Sunday 26th April 2015**

Craig Phillips - 01:31:59|M|50th  
Rebecca O'Neill - 01:52:04|F40|300th  
Joanne Cooke - 01:56:59|F40|394th  
Dawn Medlock - 01:57:14|F50|399th

### **Leeds Half Marathon - Sunday 10th May**

Craig Phillips - 01:33:33|M|395th  
Paula Statham - 01:42:48|F|1113rd  
Andrew Mackrill - 01:49:56|M35|1871st  
Ranjit Uppal - 01:50:01|M40|1882nd  
Michael Dunning - 01:50:51|M40|1989th  
Nick Thompson - 01:56:45|M|2735th  
Jennifer Harris - 02:05:24|F|3882nd  
Jayne Talbot - 02:06:56|F35|4068th  
Sally McGregor - 02:10:51|F35|4470th  
Anne Cawdron - 02:15:03|F55|4883rd  
Lizanne Leggett - 02:16:03|F45|4965th  
Mark Halliday - 02:22:16|M40|5422nd  
Anna Greaves - 02:25:40|F40|5643rd  
Helen Whitworth - 02:29:54|F40|5864th  
Stephanie Hull - 02:30:15|F45|5880th  
Jeanette Campbell - 02:51:01|F55|6429th

## Matthew's Race Results Service

### **Bluebell Trail 10 Mile - Sunday 3rd May 2015**

Gavin Mulholland - 01:10:07|M40|2nd  
Richard Hand - 01:18:17|M35|4th  
Jonathan Collins - 01:19:01|M35|7th  
Ashley Cavalier - 01:24:15|M|16th  
Derek Parrington - 01:27:07|M50|24th  
Dave Webb - 01:30:55|M40|37th  
Lyndsay Oldfield - 01:34:55|F|55th  
Paula Statham - 01:37:07|F|66th  
James Harris - 01:38:41|M40|80th  
Rochelle Drake - 01:40:23|F|96th  
Kevin Jagger - 01:41:44|M45|102nd  
Andy Earnshaw - 01:42:13|M35|104th  
Paul Corns - 01:42:52|M45|110th  
Helen Hudson - 01:44:04|F45|117th  
Aileen Baldwin - 01:45:40|F60|125th  
David Culpan - 01:46:47|M50|137th  
Emma Thompson - 01:47:03|F35|141st  
Andrew Mackrill - 01:47:07|M35|142nd  
Moirra Alderson - 01:48:38|F40|154th  
Fiona Howarth - 01:49:25|F|156th  
Steven Crowther - 01:50:58|M45|168th  
Mark Speight - 01:52:57|M50|180th  
Jonathan Pybus - 01:53:14|M40|186th  
Caroline Ford - 01:53:39|F35|189th  
Graham Teal - 01:53:48|M50|190th  
Ranjit Uppal - 01:54:47|M40|200th  
Catherine O'shaughnessy - 01:58:39|F40|230th  
Roy Lunt - 02:01:05|M40|251st  
Joanne Cooke - 02:01:24|F40|254th  
Steve Boyer - 02:05:04|M50|275th  
John Rushworth - 02:05:44|M45|281st  
Louise Elliot - 02:07:43|F|291st  
Angela Goulden - 02:11:45|F50|308th  
Robert Arnold - 02:15:02|M55|324th  
Chris Howarth - 02:15:10|M40|326th  
Sarah Lunt - 02:19:23|F40|341st  
Sue Shepherd - 02:19:40|F55|342nd  
Judith Greenwood - 02:25:39|F65|358th  
Lesley Henderson - 02:25:39|F65|359th  
Alex Whyte - 02:26:15|F40|362nd  
Stephanie Hull - 02:30:41|F45|375th  
Jackie Barker - 02:33:08|F60|380th  
Sandra Robertshaw - 02:54:11|F50|394th

### **John Carr 5K Race 1 - Wednesday 6th May 2015**

Sean Thompson - 00:18:25|M45|864th  
Rachel Cullen - 00:20:14|F35|211st  
Gavin Dodd - 00:20:47|M40|225th

## Club Championships

by Mark Preston

Once again we have had a record turnout for the club championships. We now have 7 divisions. There are a large number of new runners this year, some of which are relatively new to running & very new to racing & some of which have made big improvements in a short space of time when they start racing.



Whilst every effort is made to get everyone into the correct division it is becoming increasingly challenging. For the first time ever I have moved a couple of people up to new divisions. Both of which were more than happy to do so.

It's been a strange year in terms of the events too, with a couple of long standing races being withdrawn during the year & other events switching months. There may be more to come, who knows.

The competition in all divisions has been as fierce as ever. Mark Pottinger with 4 wins is looking good in Division 1, but Ed Hyland has won both the events he has entered so far. Tanya Seager with a truly astonishing 17:15 at Huddersfield Park Run in May is on blistering form & regularly competing with the top men in the club.

Division 2 is looking very difficult to predict. Paul McCormick with 3 wins is clearly going to be a contender as is Craig Phillips with 2. Leon Severn is the only runner to do a sub 20:00 park run so far this year, so could also be in the mix. The ever competitive John Bassinder is always hard to beat, but hasn't managed to race much this year. If Andrew Laird-Boldy & Tony Mott can stay injury free they should be in the mix too.

As was the case last year there is a side bet going on in Division 3. I believe the cash will be awarded for the first three places this time. With 3 wins each for John Hirst & the rapidly improving Andy Earnshaw, they are both looking like firm favourites. Another massive improver this year is Rochelle Drake in Division 4, more of an offroad specialist but also showing excellent form on the roads. It's certainly not a foregone conclusion with Graham Teal, Nick Thompson, Michael Dunning & the ever youthful Brian Conroy all doing well.

With 7 events gone & 6 different winners Division 5 is proving to be the second most competitive of all. Iain Threlkeld is the inform runner, but I'm convinced this division won't be decided until the very last race of the year.

Division 6 is also looking like a bit of a dog fight with newer runners Kim Ison & Debbie Hyde competing well against the old guard.

Continued on page 7



7 different winners over 7 races in Division 7 is nice to see. Again we have a clutch of new runners competing against the more established ones. My advice would be to do as many events as you can. I've been in the championships since 2003 & the only time I have ever had maximum points is when I was the only one in my division to turn up.

The Halifax Park Run is now part of the championships. You get a 5% reduction on your time to make it comparable with the Huddersfield Park Run & at the same time you are supporting our own Steph Hull who is Co Race Director of the event. Enjoy the friendly competition.

### **Askern 10k by Alan Gibson**

While the runners and championship riders whizzed around the Springhall track, myself and Diane Waite made our way down to the sunny, cool and windy South Yorkshire for the Askern 10k - raced over a flat swift tarmac course Diane bounced home in 268th Place in a credible 45:30 and I had a more scenic saunter arriving back home in 593rd Place and 57:09.

The race delayed for 15 mins due to the late 'on the nighters entrants' encourage by the casting evenings rays - Askern 2015 had a record attendee of over 900 entries.

## **NIGGLING INJURIES ?**

**HAVE YOU INJURED YOURSELF RECENTLY, OR ARE YOU CARRYING AN OLD INJURY WHICH MAY BE HAMPERING YOUR FITNESS?**

**Contact Hal Lepic for mobile;-**



**Sports Massage/Therapy  
Deep Tissue Manipulation  
Swedish Massage  
REIKI Healing**

**VTCT QUALIFIED SPORTS MASSEUR/THERAPIST  
TRADITIONAL USUI & SHAMBALLA REIKI MASTER/TEACHER**

**For appointments or further information,  
please call;- 07706 199 665 or e-mail;- [hlepic@yahoo.co.uk](mailto:hlepic@yahoo.co.uk)**

These profiles are published in "The Lion's Tail" – Our monthly newsletter.  
You are not obliged to complete it if you don't want to but it is a nice way to introduce yourself to the rest of the club.

## New Member Profile



Name: Jan King  
Age: 63  
Occupation: Retired  
Email Address: jan@janeking8.wanadoo.co.uk.

When did you start running and why?

approx 2002 following a chat with my G.P!  
enough said.

What made you join Stainland Lions?

I want to knock 6mins off my marathon p.b in 2016. Thought training with Stainland Lions winter 2015/2016 would help

Tell us something funny, embarrassing or secret about yourself

No chance.

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy?

Pauline may see this so I prefer not to answer.

What is your worst habit, behaviour or vice?

Too many to list.

Favourites:

Food: I am a good all rounded  
Drink: see above  
Pastime (apart from Running): Playing with my grand children  
Book: rarely read  
Film: Magnificent Seven !!  
Music: The Robert Cray Band - 60's R+B/Soul

Talents & skills (own up to what you are good at, electricians, plumbers, cooks, car mechanics, landscape gardeners etc):

What are your running plans for the coming year (goals, races etc)?

2015 p.b's at 10k and half marathon

2016 see above

Please feel completely free to ignore any questions you don't want to answer and add any that you do. Email the completed profile to [webmaster@stainlandlions.com](mailto:webmaster@stainlandlions.com) (with digital photo if possible) or pass it to any committee member.



These profiles are published in "The Lion's Tail" - Our monthly newsletter.  
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## New Member Profile



Name: JASON COSTELLO  
Age: 40 (COUGH) 1  
Occupation: ~~HEAD~~ FUNDRAISER AT FORGET ME NOT CHILDREN'S HOSPICE  
Email Address: Jason.costello@forgetmenotchild.co.uk.

When did you start running and why?

FEB 2015 - Signed up to do The LEEDS HALF MARATHON SO THOUGHT I'D BETTER GET TRAINING.

What made you join Stainland Lions?

HELEN

Tell us something funny, embarrassing or secret about yourself

I have a tendency to <sup>share</sup> ~~give~~ "too much information" which can be all of ~~the~~ the above.

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy? One ONLY, as well in that

CASE IT'S VICTORIA COHEN MITCHELL

What is your worst habit, behaviour or vice?

~~IS~~ REAL ALE or Guinness ~~that I love~~ ~~the~~ ~~the~~ ~~the~~

Favourites:

Food: ~~SPICY~~ SPICY / BBQ

Film:

Pulp Fiction

Drink: TEA

Music:

Anything from Guitar Rock to Hip Hop.

Pastime (apart from Running): EATING + FOOTBALL (NOT AT THE SAME TIME)

Book: ANY COOK BOOK I LOVE FOOD PORN

Talents & skills (own up to what you are good at, electricians, plumbers,

cooks, car mechanics, landscape gardeners etc): NONE OF THE ABOVE BUT WILL ALWAYS TRY HARD AND HELP A FRIEND or TWO

What are your running plans for the coming year (goals, races etc)?

DO THE LEEDS HALF (STAY ALIVE) AND SEE WHERE IT GOES FROM THERE.

Please feel completely free to ignore any questions you don't want to answer and add any that you do. Email the completed profile to [webmaster@stainlandlions.com](mailto:webmaster@stainlandlions.com) (with digital photo if possible) or pass it to any committee member.

## Social events for your diary



### Petanque Boules - Friday 5<sup>th</sup> June at Greenhead Park

A taster session, no experience necessary, training will be given, come along and enjoy the friendly competition - £2 per head with the option of going for a drink at a local pub afterwards - give your name asap to any member of the Social Committee or add your name to the Forum

### A day at York Races - Saturday 13<sup>th</sup> June

Need more interest to fill a mini bus

### Canal pub crawl - Saturday 11<sup>th</sup> July

Starting at the Shears Inn, Paris Gates 5.30/6pm, calling at the Watermill, the Volunteers, the Navigation and the Moorings with the option of a well earned curry to end the evening. Can meet part way, times for each pub will be posted later

### Charity night with live band and supper - Friday 13<sup>th</sup> November

A night of fun for runners from Stainland, Stadium and Halifax Harriers to raise money for charity. The Googles will be playing - further details later

### Bier Keller - Friday 20<sup>th</sup> November - £20 inc £5 donation to Overgate

Tickets booked, if you would like to join us, you can book your own ticket with Overgate/ Halifax Party Nights - don't forget to tell them you want adding to the Stainland Lions booking so we can all sit together

### Walk in the Luddenden Valley and optional Sunday lunch - Sunday 4<sup>th</sup> October

Further details later

### Kids Christmas party - Fri 11<sup>th</sup> Dec - 9-14 year olds - Sun 13<sup>th</sup> Dec - up to 8 year olds

Party food, disco & games with a visit from Santa for the younger ones



Social Team: Diane Rafferty (07766 112457), Carol Lord, Jackie Barker, Linda Williamson, Chris Tetlaw and Steve Boyer

**From Our Own Correspondent**  
**(Alison's Halifax Courier Features)**

**By Alison Pearson**



Stainland Lions Courier copy 8 May 2015

Stainland Lions' Bluebell Trail proved as popular as ever this year - despite Sunday's rain forcing a change to the traditional route. Over 400 runners tackled this 10.3-mile combination of fell and trail running which travels from the valley bottom to the top of Beacon Hill with a daunting 600ft climb up the deceptively easy sounding Trooper Lane. The usual river crossing finish had to be cancelled due to high water in the River Calder.

Conditions on the tops ensured that Andi Jones' 2014 winning finish of 1 hour 9 seconds wasn't under threat but underlines Sale Harriers Gareth Raven's achievement of coming home in 1 hour 9 minutes and two seconds. Hot on his heels were Stainland's Gav Mulholland in one hour, 10 minutes and 07 seconds and Adam Breaks 1 hr 7.25. Richard Hand and Jonathan Collins completed the Stainland men in the top 10.

Bridget Coomber of Denby Dale Travellers took the Ladies title and the F50 category with a brilliant 1hr 31.55; finishing forty-first overall. Stainland's Lyndsay Oldfield continued to demonstrate her sparkling form this year, second lady home in 1 hour 34:55. Close behind was Paula Statham of Stainland in 1 hour 37.07. Taking section honours were Helen Hudson - taking the F45 category in 1:44:04 and Aileen Baldwin holding on to her F60 title with 1:45.4. David Roberts took the M50 category in a speedy 1:25;24.

**Editors Note: For Bluebell results see Matthews Race Results on page 5**

Stainland Lions runners went all out on Sunday to set new records at the Leeds Half Marathon last Sunday. A relatively flat course offered the opportunity to smash PB's and the Lions went for it. An ecstatic Ranjit Uppal took a magnificent 16 minutes off his previous best, Anne Cawdron 10 minutes off, Anna Greaves 5 minutes faster, Paula Statham - new PB. The list goes on. Mike Dunning two weeks on from a brilliant London Marathon finish had enough strength in his legs to come in well under two hours. It's hard to tell whether its weeks of marathon training for London or preparation for the busy Spring/Summer calendar that helped them run so well. Either way that and the friendly conditions and supportive crowds helped pull the runners round. A fantastic day with awesome results for the Lions.

**Editors Note: For Leeds Half Marathon results see Matthews Race Results on page 5**

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Racing doesn't mean solely hammering the roads. The series of Lakeland Trails races are designed for walkers and runners of all abilities. Planned to take in incredible Lakeland countryside, the trails are inspiring routes through some of the best landscapes in the country. Steve Boyer and Moira Alderson took on 17km Kentmere Trail Moira came home in 1:51:13 while Steve finished in 2:06.25.



However for a lot of Lions running equals road. Three underlined this at the first of the John Carr 5km races at Esholt. Sean Thompson, Rachel Cullen and Gavin Dodd all came in under or close to the 20 minutes mark, with Thompson finishing in a stunning 18:25 minutes.

John Carr 5K Race 1 - Wednesday 6th May 2015 Esholt

Sean Thompson - 00:18:25|M45|76th

Rachel Cullen - 00:20:14|F35|154st

Gavin Dodd - 00:20:47|M40|176th

Finally, one solitary Lion - Joanne Lumb ran the Great Manchester run, completing the 10km in 01:02.54.

### Stainland Lions Courier Copy 22 May 2015

If you want to get runners in Calderdale moving tell them it's a club championship race, challenging and off-road or make it long. It was a packed weekend for runners and Stainland Lions were out in force.

The Sowerby Scorcher is a challenging mix of road and trail running covering 6.2 miles. A championship race for the club it features 'Steep Lane' - one of those Yorkshire hills whose name is an understatement and description all in one. A short sharp climb early in the run before moorland tracks and then a couple of sting in the tail climbs when you've had the delight of a fast downhill. As a club championship race 49 Lions made up the overall entry of 134.

Simon Rawnsley was second home in 42:39, three minutes behind winner Adam Slodowicz. David Roberts came in sixth, closely followed by Gav Dodd and Andrew Earnshaw. Rochelle Drake was first female Lion home in 49:16, closely followed by Rachel Cullen in 49:41.

Simon Rawnsley - 00:42:39;

David Roberts - 00:43:18

Paul McCormick - 00:47:25

Gavin Dodd - 00:48:25

Andrew Earnshaw - 00:48:36

Matthew Gadd - 00:49:14

Rochelle Drake - 00:49:16

Rachel Cullen - 00:49:41

Helen Fay - 00:50:48

Andrew Mackrill - 00:51:32

Michael Greer - 00:52:00

Robert Evans - 00:52:27

Tim Walker - 00:52:35

Mark Preston - 00:53:11

Nick Thompson - 00:53:23

Brian Conroy - 00:53:33

Michael Dunning - 00:54:50

Ranjit Uppal - 00:55:42

John Thompson - 00:55:43

Tania Blackburn - 00:56:19

Sandy Gee - 00:56:28

Iain Threlkeld - 00:57:03

Paul Armitage - 00:58:07

Richard Crombie - 00:58:25  
Simon Gadd - 00:59:08  
Cameron Rushworth - 00:59:38  
John Rushworth - 01:00:14  
Paula Pickersgill - 01:00:41  
Dawn Medlock - 01:00:41  
Janet Carter - 01:00:41  
Steve Boyer - 01:01:02  
Claire Guest - 01:01:15  
Martin Carr - 01:01:32  
James Davey - 01:02:24  
Sally McGregor - 01:02:51  
Angela Goulden - 01:02:53  
Debbie Hyde - 01:04:00  
Diane Thornley - 01:04:55  
Jenny Walker - 01:06:17  
Liz Norman - 01:06:32  
Kimberly Ison - 01:06:53  
Laraine Penson - 01:07:46  
Denise Nicholson - 01:08:04  
Brian Crowther - 01:08:52  
Alex Whyte - 01:08:54  
Mel Shaw - 01:09:44  
Emma Aveyard - 01:09:45  
Garry Nicholson - 01:10:38  
Richard Lambert - 01:12:40  
Sandra Robertshaw - 01:20:26

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Running the Scorcher didn't prevent Lions running races on the Sunday.

Stainland Lions put 72 runners into the Calderdale Way Relay - the country's biggest off-road running event. It draws teams from across the UK to tackle the six relay stages - Stainland fielded six teams of twelve to tackle this spectacular relay.

Facing competition from some of the best runners in the country they put in a strong showing. Stainland's A team came in sixth overall with the remaining teams finishing 41<sup>st</sup>, 62<sup>nd</sup>, 76<sup>th</sup>, 80<sup>th</sup> and 85<sup>th</sup> out of 87 teams entered.

#### **Leg 1**

A. Ed Hyland & Richard Hand - 01:19:06  
B. Danielle Kobak & Margaret Beever - 01:38:25  
C. Mhairi-Clare Luke & Louise Pottinger - 01:52:03  
D. Nick Thompson & Graham Teal - 01:52:28  
E. Jonathan Taylor & Paul Armitage - 02:06:53  
F. Sue Shepherd & Jimmy Smith - 02:18:23

## Leg 2

- A. Mark Pigford & Stephen Hall - 01:07:20
- B. Anthony Mott & John Bassinder - 01:18:41
- C. Emma Thompson & John Thompson - 01:31:38
- D. Mark Preston & Helen Fay - 01:30:04
- E. Rochelle Drake & Rebecca O'Neill - 01:34:55
- F. Matthew Gadd & Andrew Falkingbridge - 01:33:24

## Leg 3

- A. Damien Pearson & Ashley Cavalier - 00:40:26
- B. Andrew Laird Baldy & Kevin Jagger - 00:47:58
- C. Simon Rawnsley & Paul Patrick - 00:47:28
- D. Steve Boyer & Caroline Ford - 00:59:04
- E. Tim Walker & John Hirst - 00:53:30
- F. Jackie Barker & Linda Williamson - 01:08:28

## Leg 4

- A. Tanya Seager & Dan Marsden - 01:15:45
- B. Sally Caton & Amanda Zito - 01:34:21
- C. Helen Hudson & Aileen Baldwin - 01:38:48
- D. Jonathan Pybus & Ray Mooney - 01:44:40
- E. Joanne Hirst & Su Manning - 02:18:43
- F. Judith Greenwood & Lesley Henderson - 02:05:36

## Leg 5

- A. Jonathan Collins & Ben Moran - 00:55:56
- B. Adam Scratcherd & David Roberts - 01:03:34
- C. Gaby Ferris & Graham Smerdon - 01:15:45
- D. Dawn Medlock & Paula Pickersgill - 01:33:20
- E. Simon Gadd & Karen Thorne - 01:29:54
- F. Stephanie Hull & Mark Halliday - 02:16:52

## Leg 6

- A. Mark Pottinger & Jamie Fladgley - 01:10:53
- B. Jim Harris & Andrew Earnshaw - 01:28:46
- C. John Ingles & Steven Crowther - 01:38:32
- D. Tracy Mott & Catherine Bednall - 01:59:52
- E. Sandy Gee & Ranjit Uppal - 01:45:52
- F. Sally McGregor & David Rushworth - 01:53:04

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Gav Dodd and Rachel Cullen teamed up with Paul McCormick to tackle the Ripon 10 miler

Paul McCormick - 01:16:15|M40|79th

Rachel Cullen - 01:16:29|F35|80th

Gavin Dodd - 01:23:36|M40|154<sup>th</sup>.

At Chester Paul Corns and Gail Schofield took on the half marathon in a busy field.

Paul Corns - 01:40:22|M45|954th

Gail Schofield - 01:54:20|F40|2371st

Elsewhere four Lions took on Windemere - one of the most picturesque marathons in the country. Sarah Lunt came in mid-field (578<sup>th</sup>) - with 05:05:02 with Carol Lord (590) chasing her and less than two minutes behind. In a field of 925, Roy Lunt was 602 in 05:13:01, followed by Clive Siddal; 653<sup>rd</sup> in 05:36:26.



## Stainland's Ladies also Stainland Lions Courier Copy 29 May 2015

They say running a marathon gives you legs for the races beyond (I sympathise with anyone who's suffering post marathon pain). Tanya Seager's running goes from strength to strength. A brilliant result in the London Marathon has been topped off by a fantastic weekend. Tanya took the top ladies place at the Ilkley Trail race, coming in eleventh overall, completing the 6.9m course in 44:21 - an new course record.

The Ilkley Trail is an out and back course. A mix of fells, trail and moor with a bit of tarmac, it keeps all the climbing in the first half and provides a fast return leg. There are fantastic views across the Wharfe Valley resulting in a spectacular race.

She was supported at Ilkley by fellow Stainland Lions

48.40 Damien Pearson

49.10 Ed Hyland

54.11 Rachel Cullen

57.35 Paul Patrick

57.51 Rochelle Drake

57.55 Aileen Baldwin

59.32 Moira Anderson (Calder Valley colours)

1.04.49 Raymond Mooney

1.09.17 Steve Boyer

1.15.48 Judith Greenwood

Stainland's Ladies also took second place in the team prizes and Judith and Aileen both won their age categories

Tanya's win follows a stunning result in the Huddersfield Park Run. Park Runs are for every ability and experience - but they're also an opportunity for runners of all abilities to test themselves against other runners and the clock. Tanya came third and topped the national F40 category this weekend after a 17:15 finish. We're all watching to see how long it is before she achieves the sub-15 minute milestone.

Elsewhere the Lions enjoyed the favourable weather to enjoy the week's races.

Diane Waite is enjoying a brilliant season, regularly setting new Personal Best times across a range of distances.

On a sunny, cool and windy South Yorkshire evening at the Askern 10k - raced over a flat swift tarmac course Diane bounced home in 268th Place in a credible 45:30 while Alan Gibson had a more scenic saunter arriving back home in 593rd Place and 57:09. - Askern 2015 had a record attendee of over 900 entries.

In anybody's book 100miles is a significant distance. Sandy Gee specialises in long distance events. Run over Sunday and Monday of the Bank Holiday, the Red Rose 100 takes in the Trough of Bowland and Houghton Tower. It's spectacular country and challenging running. Sandy came home in 31 hrs:41 minutes - remarkable running!

# Julie Field's Race Diary

**\*\*Those race highlighted in RED are Club Championship Races (GP races)**



## June 2015

THURS 04/06 19.15 HEBDEN BRIDGE FELL RACE (BS) 9.6K £4 ON DAY  
SAT 06/06 15.00 PEN Y GHENT FELL RACE (AS) 9.5K £4 ON DAY  
SUN 07/06 TBC 3RD VETS RACE, WHITBY, 5-6 MILES TRAIL £5 ON DAY  
**SUN 07/06 10.00 BOLTON BROW BURNER 10K TRAIL RACE £10**  
WED 10/06 19.30 OTLEY 10 MILE ROAD RACE £10  
SUN 14/06 11.00 CASTLE HOWARD 10K TRAIL RACE £13.70  
SUN 14/06 10.00 MARSDEN 10 MILE CHALLENGE TRAIL RACE £12  
[/**color**][/**b**] TUES 16/06 19.15 BRIDESTONE FELL RACE NEAR TODMORDEN (AS) 7.5K £5 ON DAY  
THURS 18/06 18.45 FASTEST DOWNHILL 10K CLUB RUN **\*\*FOC\*\***  
FRI 19/06 19.30 WICKEN HILL WHIZZ, MYTHOLMROYD (AS) 4.5K £4 ON DAY  
SAT 20/06 11.30 RESERVOIR BOGGS, NEAR HEBDEN BRIDGE (BM) 12K £4 ON DAY  
SUN 21/06 12.00 TOM TITTIMAN, NEAR HEBDEN BRIDGE (BS) 6.7K £4 ON DAY  
SUN 21/06 14.00 FRECKLETON HALF ROAD MARATHON, NEAR PRESTON £18 \*ON-LINE ONLY\*  
SUN 21/06 10.45 PUMA PUDSEY 10K MULTI-TERRAIN RACE £10  
TUES 23/06 19.30 4TH VETS RACE, MEANWOOD, 5-6 MILES TRAIL £5 ON DAY  
SUN 28/06 11.00 PENISTONE 10K ROAD/TRAIL RACE £10  
SUN 28/06 09.30 LINDLEY 10K ROAD RACE £12  
TUES 30/06 19.15 DANEFIELD RELAY, OTLEY £7.50 PER TEAM OF 3 - PAY ON NIGHT

## July 2015

WED 01.07 19.30 CRAGG VALE FELL RACE (BS) 6.4K £5 ON NIGHT  
**WED 01/07 19.15 HELEN WINDSOR 10K ROAD RACE £10**  
WED 01/07 19.30 ROYTON 5.5 MILES TRAIL RACE £5 \*ON-LINE ENTRY ONLY\*  
SAT 04.07 10.30 HEPTONSTALL FESTIVAL FELL RACE (AS) 9.5K £5  
**TUES 07/07 19.30 5TH VETS RACE, CROSSGATES, 5-6 MILES TRAIL £5 ON DAY**  
TUES 07/07 19.15 ROCHDALE 10K ROAD RACE £5  
**FRI 10/07 19.30 WOODLAND CHALLENGE APPROX. 6 MILES TRAIL RACE \*BACK TO ORIGINAL ROUTE AT STORTNES HALL\* £12**  
**SUN 12/07 14.00 KILBURN FEAST 7 MILE ROAD RACE, N.YORK MOORS, £10 INCLUDES FREE CREAM TEA AT END!! £2 EXTRA ON DAY.**  
TUES 14.07 19.30 STOODLEY PIKE FELL RACE, LUMBUTTS (BS) 5K £4  
WED 15/07 19.15 WIDDOP FELL RACE 7 MILES (M) £4 ON DAY  
SUN 19/07 11.00 HOLME MOSS FELL RACE (AL) 25.5K £6  
TUES 21/07 19.30 6TH VETS RACE, TAINLAND, 5-6 MILES TRAIL £5 ON DAY  
THURS 23/07 18.45 SUMMER HANDICAP CLUB RACE, 5-6 MILES MULTI-TERRAIN **\*\*FOC\*\***  
SAT 25/07 11.30 BINGLEY SHOW TRAIL RACE £8  
SUN 26/07 11.00 JAMES HERRIOT 14K TRAIL RACE, LEYBURN £10  
**WED 29/07 19.00 FLAT CAP TRAIL RACE 10K, DEWSBURY £5 ON NIGHT ONLY**