



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
July 2015

From The Chair

Another busy month for all Lions and Lionesses.

Our lovely lady "Outlaws" were successful in their mission and all completed the grueling Half ironman course in particularly difficult weather conditions. Catherine O 'Shaughnessy had an amazing incident free event and was delighted with her time for the event.

Tracy was dealt a "puncture blow" on the cycling discipline and was hampered by having extremely cold hands and struggling to mend the offending puncture, but in true friendship and Lion style Catherine Bednall took time out from her own ride to help a lioness in distress and enabled Tracy to go on and complete the event. Both ladies report amazing support to get them to the end and friends and family cheering and encouraging saw more than a few tears shed. I am certain that bigger and better plans are ahead for our awesome threesome who all possess will and determination to push through the pain barriers and succeed at whatever they set their minds to.

The Bolton Brow Burner saw a massive Lion turnout for an "interesting" course changed from previous years and not necessarily following actual paths in North Dean Woods, I think a few squeals could be heard from runners slipping and sliding about but all returned and some great performances from everyone.

One of the highlights of the month has to be our Downhill 10K "run". It started life as a casual club run on a Thursday evening but has now taken on a different form. For the second year running we invited our friends from Stadium Runners to enjoy our run, they arrived again with the "Big Yellow Fun Bus" paid for from their own pockets. To add to this we had cheerfully encouraged our club members to take part chatting merrily about an informal downhill run with no pressure.

This led to an almighty 142 runners turning up and along with a gale force wind that meant Scammonden Bridge was not a good place to be, gave Graham Dyson a major headache. Anyway we all listened to the safety talk and then scampered on to the bus, looking from the window I could see Stadium Runners looking forlornly at "their" bus as all seats seemed to be occupied and they were still at the wrong side of the doors. Graham hurriedly arranged for lifts for them to the moors and we all set off "up" the road to the start of the race, the bus only swayed slightly going over Scammonden Bridge so chances were that we weren't going to get blown over on the way back down! On the way "up" it was noticed that it was "downhill" and therefore the Downhill 10K was not strictly an accurate description, a few mumblings but we got there and got off in the wilds of the moors.

Graham and John B again gave us a safety talk, "run, don't get run over and stop at the bottom" Off we went hurtling towards the aforementioned stop sign. Everyone got back safely and went to the Club house to enjoy some lovely food, prizes were given out and the event proclaimed a success based on the fact that everyone got back, no one got run over and no complaints from motorists or residents of the villages were received.

Many thanks to Graham Dyson for once again organising this. On the Monday run it was mentioned that the Downhill 10K had “trashed” quite a few peoples quads and was not the nice little trot out they had imagined, now referred to as “downhill syndrome”.

We have waited sometime for summer to arrive, but arrive it did and chose the Helen Windsor night to declare itself in full humid glory. This ever competitive race saw some fantastic times but also saw a few wilting Lions, it was not running weather and everyone that took part really deserves some credit as it took an awful lot to keep going that night so well done to everyone and I’m sure cooler weather will not be far away.



Only this morning the lovely Sandra and Graham Robertshaw were race directors for Halifax park run and I must say they looked rather spectacular.

It was a successful event so well done to then for taking on the organisation and adding the 4th of July theme that was enjoyed by all.



We are hosting our Vets Race on Tuesday July 21st from Heath, if you aren’t running and are able to help in any way please let me know.

Looking forward we have a busy month with the Woodland Challenge, Crossgate Vets and the Flat Cap Race coming, the Championship is getting to the mid way point and people now have an idea of who they are trying to catch and who is trying to catch them.

Just to end a few of us were chatting on Thursday night about running and the thought process. It goes something like this

“Oh God it’s running tonight”

“Really don’t feel like it”

“My knee/ankle hurts-perhaps I shouldn’t run”

“Not hurting any more, just get up from the settee and go”

“Hope my friends are there”

“I’m not feeling it are you? No I’m just going to go steady”

1 mile into the run “I’m dying knew I shouldn’t have come, knees hurting again”

Further into the run “ohh this is a lovely run, great route”

Safely back “that was great wasn’t it? So glad I came, see you tomorrow for a run” Yaay.

And this is repeated several times a week - recognise it??

Have fun with whatever you are doing

Karen XXX

Social events for your diary



Canal pub crawl - Saturday 11th 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, approx times for each pub are:-

- 5.30 to 6pm - meet in Shears Inn at Paris Gates
- 6.30pm - leave Shears Inn for the Watermill
- 7pm - arrive at the Watermill
- 7.45pm - leave the Watermill for the Volunteers
- 8.15pm - arrive at the Volunteers
- 9pm - leave the Volunteers for the Navigation
- 9.45pm - arrive at the Navigation
- 10.30pm - leave the Navigation for the Moorings
- 10.35pm - arrive at the Moorings - discuss curry options

Walk in the Luddenden Valley and optional Sunday lunch - Sun 4th October

Further details later

Charity night with live band and supper - Friday 13th 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 20th 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

Christmas Meal at the Golden Fleece, Blackley - Friday 11th Dec

Further details later

Kids Christmas party - Fri 11th Dec - 9-14 year olds - Sun 13th Dec - up to 8 year olds

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

Annual Dinner at Berties - Friday 26th February 2016



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

Matthew's Race Results Service

Ilkley Trail Race

Tanya Seagar - 00:44:21
Damien Pearson - 00:48:40
Ed Highland - 00:49:10
Rachel Cullen - 00:54:11
Paul Patrick - 00:57:35
Rochelle Drake - 00:57:51
Aileen Baldwin - 00:57:55
Raymond Mooney - 01:04:49
Steve Boyer - 01:09:17
Judith Greenwood - 01:15:48

Dovestone Diamond

Paul Corns - 00:51:53

Kirklees 10k

Craig Phillips - 00:43:10
Tim Neville - 00:45:31
Michael Greer - 00:47:48
Rebecca O'Neill - 00:50:51
Raymond Mooney - 00:52:54

Edinburgh Half Marathon

Rachel Cullen - 01:30:45
Gavin Dodd - 01:39:40

Melmerby 10k

Mark Preston - 00:46:06|M50|113th
Rebecca O'Neill - 00:49:52|F35|164th

Apperly Bridge Canter

Ed Hyland - 00:37:10|M|7th
Sean Thompson - 00:41:18|M45|43rd
Mark Preston - 00:49:02|M50|174th

Goole Riverbank Challenge

Rachel Cullen - 01:03:18|F35

Calderdale Way Ultra

Ed Hyland - 03:58:15|M|2nd

Matthew's Race Results Service

Bolton Brow Burner

Tanya Seager - 00:39:35|3rd
Stephen Hall - 00:40:47|4th
Richard Hand - 00:41:09|5th
Mark Pottinger - 00:42:26|6th
Mark Pigford - 00:42:35|7th
Dan Marsden - 00:43:58|11th
John Bassinder - 00:47:43|21st
David Hutchings - 00:48:38|26th
Andrew Earnshaw - 00:48:57|30th
Andrew Laird Boldy - 00:49:22|32nd
Andrew Mackerill - 00:50:53|39th
Louise Pottinger - 00:51:10|40th
Helen Fay - 00:51:33|43rd
Matthew Gadd - 00:51:50|45th
Tim Neville - 00:52:11|47th
Gaby Feris - 00:52:17|48th
Michael Dunning - 00:52:19|49th
Michael Greer - 00:53:07|52nd
Leon Severn - 00:53:26|54th
Brian Conroy - 00:54:28|56th
Emma Forrester Thompson - 00:54:51|60th
Mark Preston - 00:54:59|61st
John Thompson - 00:55:42|67th
Fiona Howarth - 00:55:54|68th
Victoria Smith - 00:56:32|70th
Graham Teal - 00:56:35|71st
Tania Blackburn - 00:57:51|76th
Richard Crombie - 00:57:57|77th
Ray Mooney - 00:57:58|78th
Paul Armitage - 00:58:18|79th
Steven Crowther - 00:59:48|87th
Simon Gadd - 01:00:24|89th
Steve Boyer - 01:00:58|91st
Roy Lunt - 01:01:25|94th
Janet Carter - 01:02:55|97th
Sally McGregor - 01:03:18|98th
John Rushworth - 01:04:49|107th
Kim Ison - 01:07:36|115th
Linda Williamson - 01:08:03|117th
Jo Lumb - 01:09:04|119th
Brian Crowther - 01:09:11|120th
Mark Haliday - 01:09:37|121st
Richard Lambert - 01:09:50|122nd
Alex Whyte - 01:10:21|125th
Denise Nicholson - 01:10:51|126th
Anne Cawdron - 01:10:58|127th
Emma Aveyard - 01:11:07|128th
Mel Shaw - 01:11:39|130th
Anna Greaves - 01:12:22|132nd
Jackie Barker - 01:13:04|136th
Claire Brear - 01:15:02|140th
Sharon Stott - 01:17:25|143rd
Sandra Robertshaw - 01:20:09|144th
Ginny Rushworth - 01:23:51|145th

Matthew's Race Results Service

Rock and Roll Liverpool Half Marathon

Oliver Rutson - 01:45:07|831st
Claire Guest - 01:51:50|1391st
Joanne Cooke - 01:56:13|1865th

Wicken Hill Wizz Fell Race

Jonathan Collins - 00:23:29|M|8th
Dan Marsden - 00:24:42|M|11th
Damien Pearson - 00:24:47|M|13th
Kevin Jagger - 00:29:51|M45|42nd
Paul Patrick - 00:30:25|M50|48th
Aileen Baldwin - 00:31:52|F60|55th

Reservoir Boggs Fell Race

Dan Marsden - 00:58:16|M|3rd
Damien Pearson - 00:59:04|M|11th
Kevin Jagger - 01:08:00|M45|27th
Paul Patrick - 01:16:59|M50|41st
Aileen Baldwin - 01:26:29|F60|57th

Tom Tittiman Fell Race

Jonathan Collins - 00:30:45|M|4th
Dan Marsden - 00:31:32|M|10th
Damien Pearson - 00:31:33|M|11th
Lucy Collins - 00:33:24|F|15th
Paul Patrick - 00:38:13|M50|41st
Kevin Jagger - 00:38:47|M45|43rd
Aileen Baldwin - 00:40:39|F60|54th
Ray Mooney - 00:45:58|M50|69th

Cragg Vale Fell Race

Richard Hand - 00:30:52|M|5th
Jonathan Collins - 00:31:16|M|7th
Damien Pearson - 00:34:14|M|14th
Simon Rawnsley - 00:34:44|M40|17th
Aileen Baldwin - 00:42:33|F60|54th
Leon Severn - 00:43:13|M|55th
Angela Goulden - 00:52:30|F50|74th
Judith Greenwood - 00:57:50|F60|78th
Lesley Henderson - 00:58:40|F60|80th

Wharfedale Trail Half Marathon

Susan Gledhill - 02:04:47|143rd
Aileen Baldwin - 02:10:58|178th
Helen Hudson - 02:11:00|179th
John Ingles - 02:17:59|231st

Matthew's Race Results Service

Marsden 10k

Matthew Pierson - 01:02:11|1st
Ed Hyland - 01:04:47|3rd
Jonny Cartwright - 01:11:55|7th
Craig Phillips - 01:18:29|17th
Rachel Cullen - 01:22:03|31st
Gavin Dodd - 01:26:10|48th
Paul Corns - 01:26:14|50th
Aileen Baldwin - 01:28:44|54th
John Thompson - 01:32:34|62nd
Tim Walker - 01:37:07|78th
Gail Schofield - 01:38:15|84th
Caroline Fox - 01:41:27|93rd
Roy Lunt - 01:44:14|100th
Sarah Lunt - 01:50:32|109th

Freckleton Half Marathon

Andrew Laird-Boldy - 01:39:06|M45|140th
Gaby Ferris - 01:43:33|F40|193rd

Lindley 10k

Ranjit Uppal - 00:41:59|22nd
Paul Corns - 00:47:00|43rd
Mark Speight - 00:47:12|45th
Jan King - 00:49:12|56th
Louise Elliot - 00:54:05|101st

Pennine 10k

Mike Dunning - 00:46:43|M40|183rd
Amanda Walker - 01:24:40|F45|1313rd

Pudsey 10k

Ed Hyland - 39:16
Mark Pigford - 42:06
Craig Phillips - 47:10
John Hirst - 49:37
Michael Greer - 50:27
John Thompson - 52:48
Steve Hallam - 53:25
Sandy Gee - 55:25
Mark Preston - 55:40
Paula Pickersgill - 1:02:33
Steve Taylor - 1:04:50
Joanne Hirst - 1:06:52

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

By Alison Pearson



Stainland Lions Courier copy 5 June 2015

Two races down and Stainland Lions are riding high in the Yorkshire Veterans (YVAA) league. Impressive performances from Gav Mulholland, Mark Pottinger and Richard Hand, see Stainland Lions men heading the leader boards across all three competition categories. Stainland's three musketeers are the leading male runners, holding off competition from Horsforth's Neil Burton and Rich Allen of Pudsey Pacers. Anne Johnson of Stainland heads the women's top five runners with 196/200 points.

Kirkstall's race saw Stainland women taking three out of the top five ladies' places.. Tanya Seager led them home with Mags Beever and Anne Johnson taking the third and fifth places. There is strong competition across the Ladies divisions. Horsforth lead in two with Stainland taking the 'top 4' category. Pudsey and Holmfirth are close behind suggesting that this competition is going to be taken to the wire.

With the Summer running season well under way Lions went far and wide this week. Rachel Cullen and Gav Dodd continued their impressive half marathon performances, finishing the Edinburgh Half in 1:30.40 and 1:39.45 respectively - a(nother) new PB for Cullen.
Ed Hyland came seventh in this years' Apperley Bridge Canter (10k), closely followed by Sean Thompson and Mark Preston.
Ed Hyland - 00:37:10|7th
Sean Thompson - 00:41:18/43rd
Mark Preston - 00:49:02/174th

Rebecca O'Neill had a good weekend with strong finishes in two 10k races, breaking the 50minute barrier at Melmerby.

Melmerby 10k

Mark Preston - 00:46:06/113th
Rebecca O'Neill - 00:49:52/164th

Kirklees 10k

Craig Phillips - 00:43:10
Tim Neville - 00:45:31
Michael Greer - 00:47:48
Rebecca O'Neill - 00:50:51
Dovestone Diamond (10k)
Paul Corns - 00:51:53

A stunning running weekend for the Stainland Lions with races from one side of the region to the other.

Just nine weeks after giving birth , Lucy Collins was the fifth lady home in the awesome Pen Y Ghent fell race. Climbing 1650 ft over a 5.5mile course, the race attracted fell runners from across the north and was ultimately won by Tom Adams of Ilkley Harriers in 45.41; with Victoria Wilkinson of Bingley taking the Ladies prize. However her 49.41 result was challenged by the next four ladies. Collins was just over a minute behind and only 45 seconds separated the second and fifth placed runners. Tackling a particularly slippery downhill resulted in Collins coming home minus the sole of one of her fell shoes! Stainland's Jonathan Collins was 27th out of a field of 139, coming home in 55.27.

In Whitby a contingent of Lions added to the points in the latest Yorkshire Veterans Race. Aileen Baldwin and David Roberts both took prizes in this tough 6 mile trail race on a hot day. Aileen took the F60 category with a strong 52.51 run which saw her as the sixth lady to finish. Roberts 43.30 result placed him ninth in the men's results and winning the M50 category. They were supported by Lorraine Naylor (9th) 53.11, Helen Hudson (10th) 53.24, Carol Lord (32nd) 69.58. Men Paul Patrick (40th) 52.06, Dave Hudson (57th) 57.47 and Alan Gibson (70th) 66.37.

Overall after three races Stainland Ladies top the 'four to count' category, with Horsforth leading in the other two, while the outcome in the Men's tables see Stainland topping the two main team categories.

By far the largest turnout of the weekend was saved for the Bolton Brow Burner. Taking in Sowerby Bridge, Copley, Greetland and Norland, all the race fees go to support local schools on the run. As a Stainland Championship race it attracted a large part of the club keen to garner points from a mix of trail and road which took in Copley Hill, Rochdale Road and a downhill back to the Copley data centre. Tanya Seager was forced into third place overall by strong competition. Overall winner was Debele Tesfaye , the Bradford-based Ethiopian who is smashing records far and wide and who's coach is tipping him to be the next Mo Farah. His 37.04 run was off his 10k personal best of 29.55 but reflected the trail conditions.

Joe Crosfield of Calder Valley came second in 38.17 with Seager taking the first lady title in 39.35 - very close to her 2014 10k PB of 39.04. Lions took five of the top 10 places in a field of 147 which ultimately saw 45 Lions compete.

Editors Note: For Bolton Brow Burner results see Matthews Race Results on page 4

Finally Rachel Cullen took the first lady title at the Goole Riverbank, completing the 9mile race in 1.03.

Stainland Lions Courier copy w/e 26 June 2015

A strong Stainland Lions team took on Calder Valley Fell Runners on their home turf for this year's Midsummer Madness series of fell races. Dan Marsden, Damien Pearson and Aileen Baldwin were among the overall winners at the end of the three race series with Marsden coming in third overall and Pearson joint fifth. Kevin Jagger took 13th place, Paul Patrick took 15th while Aileen Baldwin took 20th place and the Ladies' V60 title.

Jonathan and Lucy Collins put in strong performances in two of the races: Jon taking 5th and Lucy 2nd Lady (15th overall) in the Tom Tittiman. Overall Stainland men took second place in two races, third in Reservoir Bogs.

Reservoir Bogs

3rd team

Dan Marsden Stainland Lions 3 41 Damien Pearson 11 Kevin Jagger

Tom Tittiman

2nd team

Jonathan Collins Stainland Lions 4 25 Dan Marsden 10 Damien Pearson

Whicken Hill Wizz

2nd team

Jonathan Collins Stainland Lions 8 32 Dan Marsden 11 Damien Pearson

A strong Stainland team also challenged in the Pudsey Puma 10k on Sunday. A short, sharp and very hilly course attracted some of the club's best runners including Ed Hyland, Mark Pigford, Craig Phillips and John Hirst. Hyland is continuing to push for a new club record at the Park Run and enjoying a great season after the London Marathon and having come second in the Calder Way Ultra earlier this month.

Pudsey 10k

Ed Hyland - 39:16

Mark Pigford - 42:06

Craig Phillips - 47:10

John Hirst - 49:37

Michael Greer - 50:27

John Thompson - 52:48

Steve Hallam - 53:25

Sandy Gee - 55:25

Mark Preston - 55:40

Paula Pickersgill - 1:02:33

Steve Taylor - 1:04:50

Joanne Hirst - 1:06:52

Steve Boyer

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Julie Field's Race Diary

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

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 STORTHES 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



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