



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
September 2015

From The Chair

A WARNING TO TAKE CARE:THERE HAVE BEEN 2 INCIDENTS REPORTED IN THE LOCAL NEWS OF ATTACKS ON WOMEN ON THE CANAL.PLEASE TAKE CARE AND DONT RUN ALONE,LET SOMEONE KNOW WHERE YOU WILL BE RUNNING AND WHAT TIME YOU CAN BE EXPECTED HOME!!



STAINLAND TRAIL 20.9.15 LOUISE NEEDS MORE OFFERS OF HELP FOR MARSHALING, PLEASE GET IN TOUCH IF YOU CAN HELP, THE RACE CANNOT BE HELD IF WE DONT GET ENOUGH MARSHALS. THANK YOU.

THE NIGHTS ARE NOW DRAWING IN, HEAD TORCHES AND HI VIZ ARE ESSENTIAL SO GET YOUR KIT TOGETHER,EVEN IF YOU DO NOT GO OFF ROAD YOU STILL NEED TO BE ABLE TO SEE AND BE SEEN. IF YOU DON'T HAVE ADEQUATE HI VIZ AND LIGHTING YOU MAY NOT BE ABLE TO JOIN IN THE CLUB RUNS.

So another great month of running and successes. We had a lovely away run from The Lord Nelson at Luddenden which saw plenty of climbing, scrambling and slightly "Where have they all gone" moments. The next away run is from Northowram so get you names down for food if you want some.

We have a Lion who has gone global and been selected for the World Mountain Race Championships, a massive wohoo and congratulations to our lovely Ben Mounsey. Ben also managed to support his sidekick Gav Mulholland around the Halifax Marathon in aid of Bowling Green School playground fund. Gav hates tarmac, doesn't do marathon distance but still pulled out an amazing 2:53 marathon time on what was a very grueling course, well done Gav.

On last year's beginners course a lovely little lady came along in my group proclaiming never to enjoy running. On taking her off road she grumbled and muttered and said "no not for me, I will never do races". Now that lovely lady is leading the way in races and has put out some amazing performances. Rochelle has improved so much and seems to be thoroughly enjoying herself though Paula

is perhaps regretting ever bring her down to the club!! Perhaps Tanya will have competition as I am sure that Rochelle is going to be one of our top lady runners for a long time. In the Halifax Half Marathon we saw Rochelle as first lady and Paula second lady, I think they celebrated in style hangovers were mentioned, two very lovely, competitive ladies.

The next Championship race is Kirkwood Hospice on 6.9.15, Graham Teal has been giving guided runs to prepare for a fast flattish course that will see plenty of competition for the Championship.

Also this month is the ever popular Yorkshireman, another Championship race, a good selection of Lions will be loose on the moors that day, the food after is always delicious so another reason to go and run.

The Great North Run will finally be here and I wish everyone the best of luck, some dedicated training has gone into this, have a great run everyone and enjoy the experience.

Stainland Trail day is also here, let's pray for good weather, it's been a cracker of a race for the last 2 years, again if you can help in any way get in touch with Tony or Louise.

Have fun whatever you are doing

Karen x

Julie Field's Race Diary

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

September 2015

SAT 05/09 14.00 BLACKSHAW HEAD FELL RACE (BS) 5.5MILES £4 ON DAY

SUN 06/09 14.00 THE WETHERBY RUN 10K MULTI-TERRAIN £13

SUN 06/09 10.30 KIRKWOOD HOSPICE 10K TRAIL, LEEDS RD, HUDDS £10

SUN 06/09 10.30 ALICE'S RUN, MYTHOLMROYD MULTI-TERRAIN £12

SUN 13/09 11.00 GARSTANG HALF MARATHON ROAD £12

SUN 13/09 10.00 YORKSHIREMAN FULL OFF-ROAD MARATHON £20

SUN 13/09 10.30 YORKSHIREMAN HALF OFF-ROAD MARATHON £20

SUN 13/09 11.00 SPEN GREENWAY 10K, CLECKHEATON £8 *PB POTENTIAL*

SAT 19/09 10.30 GOOD SHEPHERD FELL RACE (BL) 14.3MILES, MYTHOLMROYD £8 ON DAY

SUN 20/09 14.00 UTTERLEY BUTTERLEY FELL RACE (BS) 5 MILES £4 ON DAY

SAT 26/09 12.00 SUMMER WINE TRAIL RACE 9K 'STAIRWAY TO HEAVEN', HOLMBRIDGE £10

SUN 27/09 10.00 MACCLESFIELD HALF MARATHON ROAD £21

SUN 27/09 10.00 LITTLEBOROUGH 10K ROAD RACE £10

SUN 27/09 09.00 EPILEPSY ACTION 10K ROAD RACE, BRADFORD £18



Social events for your diary



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

There are a few places available now

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

Summer Bash 2016 - Friday 9th July



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

Matthew's Race Results Service

Flat Cap (Stainland Rankings)

| Pos | No | Name | Time |
|-----|-----|--------------------------------|-------|
| 1 | 37 | Ed Hyland | 28.28 |
| 2 | 30 | Tanya Seager | 29.45 |
| 3 | 3 | Damien Pearson | 31.00 |
| 4 | 63 | Adam Scratcherd | 31.25 |
| 5 | 2 | Craig Miller | 31.40 |
| 6 | 48 | David Roberts | 31.42 |
| 7 | 57 | Mags Beever | 32.36 |
| 8 | 22 | Dave Hutchings | 32.47 |
| 9 | 252 | Jim Harris | 34.05 |
| 10 | 255 | Andrew Earnshaw | 34.07 |
| 11 | 142 | John Bassinder Andrew Laird | 34.37 |
| 12 | 6 | Boldy | 35.20 |
| 13 | 26 | Kevin Jagger | 35.21 |
| 14 | 66 | Leon Severn | 35.27 |
| 15 | 46 | Ian Marshall | 35.28 |
| 16 | 33 | Rochelle Drake | 35.29 |
| 17 | 4 | John Hirst | 35.59 |
| 18 | 1 | Paul Patrick | 36.02 |
| 19 | 59 | Sally Caton | 36.12 |
| 20 | 32 | Paula Statham | 36.40 |
| 21 | 17 | Tony Mott | 36.44 |
| 22 | 203 | Paul McCormick | 37.03 |
| 23 | 34 | Michael Greer | 37.26 |
| 24 | 14 | Brian Conroy | 37.37 |
| 25 | 12 | Mike Dunning | 37.45 |
| 26 | 54 | John Ingles | 38.00 |
| 27 | 52 | Andrew Chapman | 38.02 |
| 28 | 8 | Lorraine Naylor | 38.10 |
| 29 | 62 | Gaby Ferris | 38.22 |
| 30 | | Paul Corns | 38.24 |
| 31 | 53 | Nick Thompson | 39.24 |
| 32 | 7 | Steve Hallam | 40.36 |
| 32 | 50 | Tim Walker | 40.44 |
| 33 | 193 | Claire Guest | 40.54 |
| 34 | 44 | Iain Threlkeld | 41.35 |
| 35 | 21 | Steve Crowther | 41.40 |
| 36 | 31 | Martin Carr | 41.49 |

Matthew's Race Results Service

Flat Cap (Stainland Rankings) continued

| | | | |
|----|----|-------------------|-------|
| 37 | 15 | Richard Crombie | 42.00 |
| | | Cameron Rush- | |
| 38 | 19 | worth | 42.43 |
| 39 | 20 | Ray Mooney | 42.57 |
| 40 | 39 | Jonathan Taylor | 43.17 |
| 41 | 29 | Tracy Mott | 44.24 |
| 42 | 27 | Tania Blackburn | 44.26 |
| 43 | 13 | Simon Gadd | 44.47 |
| 44 | 49 | Jo Cooke | 45.01 |
| 45 | 56 | Paula Pickersgill | 45.56 |
| 46 | 18 | Matthew Gadd | 45.59 |
| 47 | 67 | Sally McGregor | 46.05 |
| 48 | 55 | Sandy Gee | 46.11 |
| 49 | 47 | Diane Thornley | 46.26 |
| 50 | 28 | Graham Teal | 46.53 |
| 51 | 42 | Angela Goulden | 47.29 |
| | | Michelle | |
| 52 | | Snale ?????? | 48.26 |
| 53 | 51 | Jenny Walker | 48.48 |
| 54 | 40 | Liz Norman | 48.51 |
| | | Graham Robert- | |
| 55 | 24 | shaw | 49.11 |
| 56 | 60 | Joanne Hirst | 49.22 |
| 57 | 43 | Judith Greenwood | 49.53 |
| 58 | 41 | Lesley Henderson | 49.54 |
| 59 | 23 | Richard Lambert | 50.19 |
| 60 | | Julia Willox | 50.28 |
| 61 | 16 | Sue Shepherd | 50.28 |
| 62 | 64 | Mel Shaw | 50.35 |
| 63 | 36 | Pamela Hanson | 50.49 |
| 64 | 61 | Emma Aveyard | 51.08 |
| 65 | 68 | Mark Halliday | 51.26 |
| | | Kim | |
| 66 | 38 | Ison | 51.42 |
| 67 | 65 | Sharon Stott | 51.57 |
| 68 | 35 | Julie Hanson | 52.19 |
| 69 | 45 | Julie Johnson | 52.36 |
| 70 | 58 | Alex Whyte | 53.35 |
| 71 | 10 | Ginny Rushworth | 53.45 |
| 72 | 25 | Sandra Rushworth | 57.42 |

West Yorkshire 5

Susan Gledhill 37:20

Michael Greer 39:18

FACTORY OUTLET & GRADED CENTRE OPEN TO THE PUBLIC

**Buy direct from the manufacturer
and save yourself a fortune!**

**TUMBLE DRYERS • WASHING MACHINES • DISHWASHERS
FRIGDES, FREEZERS & FRIDGE/FREEZERS • HOSTESS TROLLEYS
BUFFET SERVERS • WINE CABINETS/CHILLERS
RE-CHARGEABLE CORKSCREWS • MILK FROTHERS
CORDLESS HOT TRAYS • ICE MAKERS • ELECTRIC FIRES and more**

our brands include: **ROYAL COZYFIRES** **Hostess** **Odell** **White Knight**

| | | | | |
|--|--|--|---|--|
| Washing Machines from £108 | Vented Tumble Dryers from £76.50 | Condenser Dryers from £126 | Hostess Trolleys from £119.25 | Electric Fires from £92.50 |
|--|--|--|---|--|

PAYMENT BY CREDIT/DEBIT CARDS ONLY *...and many more!*

CROSSLIE PLC British owned,
Yorkshire based
350,000sq ft.
manufacturing facility 

HIPPERHOLME • HALIFAX • HX3 8DE
OPEN EVERY WEEKEND: SAT 9.30-4 • SUN 10-3.30



The new 10% off and
free delivery discount
code for September is

ZFT1

www.sportsshoes.com

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;- hlepica@yahoo.co.uk

From Our Own Correspondent

(Ali's Halifax Courier Features)

By Alison Pearson

Stainland Lions Courier copy 14 August 2015



Crow Hill Reverse Fell Race 2015

Crow Hill above Mytholmroyd is host to a painfully steep but luckily short (five miles) fell race each year in aid of Ovarian Cancer. A strong Stainland Lions contingent took on the challenge, driven by the challenge and an opportunity to win points in the internal club championship. A stunning 32.31 performance from Ed Hyland saw him come in sixth, with Jonathan Collins literally hot on his heels and mere 17 seconds behind. The top five was dominated by Calder Valley Fell Runners for whom the route is part of their regular training. However CVFR didn't have it all their way. Chorley's Lynn Clough took the Ladies' honours in 36.08 with Stainland's Rochelle Drake and Paula Statham taking second and third in 40:02 and 40:37 respectively.

6 155 32.31 Ed Hyland M 6 M 3
7 77 32.48 Jonathan Collins M 7 M 4
16 34:12 Richard Hand M 16 M 8
42 126 38.32 Andrew Earnshaw M 41 M 18
44 22 39.09 John Bassinder M 42 M60
51 108 40.02 Rochelle Drake F 3 F 2
53 79 40.08 Kevin Jagger M 50 M40 15
58 109 40.37 Paula Statham F 4 F 3
66 119 41.03 Andrew Boldy M 60 M40 21
74 52 41.47 Paul Patrick M 68 M50 1
76 116 41.50 John Hirst M 69 M40 23
106 81 45.42 Nick Thompson M 90 M 27
113 117 46.54 Brian Conroy M 97 M60 11
119 41 47.34 Steve Hallam M 102 M50 25
125 26 47.57 Ray Mooney M 104 M50 27
130 90 48.46 Cameron Rushworth M 107 MU18 4
132 100 48.58 Stephen Crowther M 109 M40 31
139 28 50.35 Iain Threlkheld M 116 M40 33
140 27 50.37 Jonathan Taylor M 117 M40 34
144 58 50.50 Sandy Gee M 119 M50 33
151 158 52.59 Lorraine Pearson F 29 F 12
152 163 53.38 Andrew Falkingham M 123 M40 35
156 56 55.49 Paula Pickersgill F 33 F40 14
161 120 59.52 James Harris M 125 M40 37
168 101 1.05.47 Brian Crowther

Knavesmire - West Yorkshire Vets

After seven heats over the West Yorkshire Vets races, there's a tussle for prizes between Stainland, Pudsey and Horsforth. Although the Men's categories see Stainland leading relatively comfortably in all categories, the Ladies tables are far less settled. Running at Yorks's Knavesmire saw Tanya Seager and Mags Beaver bring home top points for the Ladies team, with Seager coming home fifth overall. It's this kind of performance which has resulted in Stainland leading the First Four Ladies category, with Pudsey and Horsforth following. However this gets shaken up in All to Count where they are second to Horsforth and Rest To Count where Horsforth and Pudsey are holding them off. David Roberts' s enjoying his first Vets season with Stainland was the first Lion home at the Knavesmire in 36:34, underlining why he is third overall men's runner in this year's competition.

| | | | | |
|-----|-----|--------------------|-----|-------|
| 1 | 304 | Tanya Seager | F40 | 34:24 |
| 2 | 267 | Mags Beever | F35 | 37:32 |
| 3 | 223 | Niamh Jackson | F35 | 39:30 |
| 6 | 56 | Bev Elliott | F40 | 43:10 |
| 7 | 328 | Lorraine Naylor | F45 | 43:29 |
| 17 | 116 | Aileen Baldwin | F60 | 45:01 |
| 44 | 286 | Joanne Hirst | F50 | 54:05 |
| 54 | 500 | Sandra Robertshaw | F50 | 64:35 |
| | | | | |
| 17 | | David Roberts | M50 | 36:34 |
| 20 | 433 | Richard Brown | M50 | 36:44 |
| 21 | 108 | Richard Hand | M35 | 36:54 |
| 23 | 305 | Craig Miller | M45 | 37:01 |
| 41 | 52 | John Bassinder | M60 | 39:20 |
| 47 | 318 | Andrew Laird Boldy | M45 | 40:19 |
| 62 | 96 | Paul Patrick | M50 | 42:49 |
| 63 | 287 | John Hirst | M45 | 42:51 |
| 98 | 40 | Dave Hudson | M55 | 48:07 |
| 106 | 90 | Jonathan Taylor | M40 | 50:23 |

Park Runs

Both Hyland and Roberts are having fun at the Park Run. Tackling the Halifax course, Ed Hyland took first place in 17:37 - a massive 47 seconds off his PB!

Over at Huddersfield Roberts (in his second Park Run) finished in 22:10. Ryan Thompson clocked up his 100th Park Run to join the 100club on the day which saw Lions setting new PB's at Halifax and Huddersfield.



POP UP TARTS

Professional, qualified caterers

Bespoke food for all occasions.

*With a fondness for
Vintage tea parties and
themed celebrations.*

Contact Sue or Karen

01422 374506

01282 817851

bake5@uwclub.net