



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
September 2015

From The Chair

Thanks to everyone who took time to comment on the usefulness and need of our monthly newsletter. The conclusion seems to be that more fun articles and race reports are wanted and nothing too rambling (note to self-keep it short!). The ongoing Facebook /Forum contest is ongoing but I am pleased to see that information about organising club events has been posted in both places.



Social media is a great tool and the pictures that are posted of all our events are amazing, our roving Great North Run Photographer Geoff caught an absolutely

wonderful picture of our now “poster girls” Joanne and Sue that captured the whole event, thank you Geoff and also Penny, who I’m sure was on “Lion Lookout” duties, but the forum will always have its place especially coming up to the time of year where payments have to be made for social events so please keep checking in and keep your password and user name somewhere safe, although you can save and auto fill or do the always log me on business.



This month has seen a plethora of running events including our very own Stainland Trail. You can find Tony’s fantastic report, slightly enhanced by beer, in the newsletter, a great read.

Due to not rambling on I won’t cover each one, a report for the races are in this newsletter as reported by our lovely Alison Pearson.

November sees the last Vets race of the series, Tanya will be whooping us up to finish the season strongly so look out for the details, also its the start of our X Country season, we are going to be hosting the first race and our new captain this year is the delightful Gav Mulholland, let’s give him lots of support and get the season off to a table topping position. For anyone new, competing in the X Country series is free to our members, all you need a club vest and to be a fully

paid up member, you can then turn up at the race and play out in some delightfully muddy places, shrieking, huffing and puffing and generally having fun is obligatory and there's usually cake involved somewhere, everyone counts towards the points and they are great fun.



Also take time to check out Ben's blog on the forum.

This is about his team GB Bronze medal in The World Mountain Running Championships held in Wales.

How proud are we of our International Lion.

Finally one Lion has embarked on a little bike ride from London to Paris, well done to Catherine O'Shaugnessy and to Shelley Green, it sounded great fun from the safety of my settee!!

Don't forget if there's anything you've done that you want us all to know about do a piece, I am sure that there are loads of things quiet little Lions just up and do and it would be great to hear of them.

Finally, congratulations to Hannah Threlkeld seen here on the right in her exclusive Stainland Trail t-shirt - as she was runner up in t-shirt design competition. She's not taken it off yet

Have a fun October, I will be away cruising the Med for 2 weeks so I will definitely be having fun but must remember to do a daily attendance at the gym to try and stave off some of the copious amounts of food and drink that may (will) be consumed.

Be kind to me on my return run!!

Karen x



Social events for your diary



Charity night with live band and supper - Friday 13th November - [CANCELLED](#)

Bier Keller - Friday 20th November - £20 inc £5 donation to Forget Me Not Trust
Tickets booked, if you would like to join us there are tickets available, you can book your own ticket with 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
FULL

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

A Stainland Fairytrail

Once upon a time there was 7 mile quest to reach the top of Saddleworth Road. It was hilly, miserable and known as the Stainland 7. After years of trudging up Saddleworth Road, the peasants revolted, abandoning the race for... well... anything else.

The King, a very wise, but often lost, gentleman called Colin decreed that runners would take on a mightier and more interesting quest; the Stainland Trail. Banishing the boring road climb, King Colin laid out a fearsome new route.

This terrifying challenge started with a taunt from the cheeky leprechaun Bernadette, "You're nearly there," before a dance around the strange rock formations of the Rec, where a trio of beauties lured intrepid runners to their doom.



Next, the descent through the Rutted Field of Bottomless Cowpats saw ankles sore and trainers smelly. No sooner had animal poo been flung clear of feet by the rapid drop of Beestonley Lane, there appeared the shadowy private woods. More terrifying still; a make-shift water station table, lost first-aiders and a distracted Alan were in store for anyone still surviving and looking for refreshment.

After a small tarmac respite on Berry Mill Lane and down into Stainland Dean, where the nobles live, crossing the bridge of Black Brook took our exhausted explorers up a long and recently overgrown climb, only made passable by an axe-wielding John Bassinder who valiantly battled the brambles and nettles the week before.

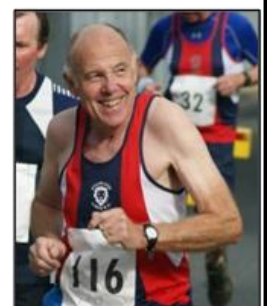
Relief was obvious for the remaining few as they went down Graham Teal Lane rather than up it. Their spirits were lifted further by the offspring of the village apothecary, *(I had to look that up on Google)*, who showered them with endless gifts of jelly babies. To this day, Tilly Harris remains mystified that anyone would turn down free sweets!



After twisting and turning through more woodland and fields, there were tears of joy at a second pass of the water station. And after another gruelling climb, the sight of strange beasts roaming the countryside, known in the village as llamas, were a much needed distraction.

The final climb back up the Rutted Field of Bottomless Cowpats was a daunting prospect, but all who faced it were brave and dragged their battered bodies to the summit. King Colin had temporarily dispelled the farmer's magic padlock to open the gate to the finish.

As the mighty runners stumbled, sprinted, crawled over the finish line – or in James Davey's case, around the finish line – all deemed it a worthy adventure, if only for the beauty of the garments with which they were awarded. *(There are still lots of Stainland Trail t-shirts left for anyone who wants one... minimum £2 donation; charity to be confirmed).*





The loyal subjects of King Colin were unsurprised by the sight of Tanya Seagers destroying the boys to take first place; many suspecting for some time that magic beans adorned her shoes.

119 sore souls crossed that finish line. Michael Greer had sore soles indeed after running the final half mile without shoes and was saved by the village witch doctors. (Ruthless competitor Richard Crombie's sprint finish past the poor wretch rubbed salt into the wound).



In celebration, Iain Threlkheld spent 10 gold coins on Stainland Trail t-shirts for his merry finish team. And Princess Hannah of Greetland swore to wear her t-shirt competition runner's up prize forever more.



The atmosphere created throughout the land by a loud and playful pride of lions went down in history as the standard by which all future quests would be judged.

From her throne atop the kingdom of Stainland, Lady Karen let it be known that Tony would never again be allowed to write his Stainland Trail race report while drinking the local ale.

Thanks to all who made this year's Stainland Trail magical!



The new 10% off and free delivery discount code for October is
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From Our Own Correspondent

(Ali's Halifax Courier Features)

By Alison Pearson and John Bassinder



Stainland Lions Courier copy Friday 11 Sept 2015

It's been a magnificent weekend for running with Stainland Lions showing how diverse the sport can be and the challenges so train to take on. Conditions were perfect - even a bit on the hot side for some of the racing.

Lions made up a large proportion of the field at Kirkwood Hospice's 10k trail race - a club championship challenge so they were running against each other as well as for the top positions. Tanya Seager and David Roberts both set new club records. Roberts reset the M50 10k target with a 39.38 finish - coming in eighth overall. He was chasing Seager - first lady home in fifth place overall. She finished in 37.16 - a full 47 seconds off her personal best. Just ahead of Roberts was Mark Pigford who is back on form. The finish line was dotted with Lions vests as Craig Miller, John Bassinder, Andrew Earnshaw and John Hirst all came home in the top 20. Of the 300 running the race, close to a third were in Stainland's distinctive red, white & blue strip.

Elsewhere Lions were making their mark in the results tables. Lucy Collins continues to stake her fell running credentials, finishing in the top 10 ladies at the English Fell Championships at Guisborough. On a beautiful day the race took in a 655m climb in a 13km race across the North Yorks Moors. Margaret Jordan was third lady home in the Wetherby 10k.

Jamie Fragley took won Alice's Run, the popular 10k run annually in Mytholmroyd. He beat off close competition to win in 36.38 with Baildon's Kirsty Allen taking the Ladies title in 41.43. She was chased home by Stainland's Rochelle Drake who finished third (45.09) and Paula Statham in seventh (45.53). Fellow Lions Mark Speight and Kathy McMahon completed the pride finishing 35th (46.42) and 124th respectively.

Awesome results all round, but possibly the standout result goes to Terry and Sharon Marlor-Gage. With Sharon coming back from injury they tackled the Para 10mile challenge. This multi terrain endurance race takes place at Catterick Garrison - you can't train on the actual route as the army are using it for the rest of the year. It uses the same gruelling route that the Parachute Regiment uses as part of it's selection process. Sharon and Terry paced each other with Terry completing the course in 1hour 39 mins. At time of press we're still waiting for the official results.

Stainland Lions Courier copy Friday 18th Sept;

Two major races provided a contrasting choice for local runners last weekend, the most popular road half marathon in the world and the most popular long distance fell race in Yorkshire. Stainland Lions were massively represented at both events with 34 members travelling to Newcastle to join 57,000 others for The Great North Run while 32 opted for the shorter trip to Haworth for the 15 and 26 mile versions of the hilly, off-road "Yorkshireman" with perfect conditions for both races.

At the Great North run there was much to celebrate for the club with many PBs and the fantastic achievements of some of their new members who joined the club as non-runners earlier this year,

when the thought of 13.1 miles seemed an impossibility, and can now wear their finisher's medal with pride.

Ryan Thompson was the first Lion to reach South Shields in 1hr 29mins and 33secs. Craig Phillips and Leon Severn followed closely in 1:33:27 and 1:33:57 and their first lady home was Emma Forrester-Thompson in 1:45:02. The other Stainland Great North runners were; Andy Earnshaw 1:40:55, Tim Neville 1:41:10, Gareth Duckworth 1:42:59, Tony Mott 1:44:02, Nick Thompson 1:58:04, Richard Crombie 2:08:44, Stephanie Talbot 2:09:36, Felicity Haigh 2:10:20, Simon Gadd 2:10:59, Jane Potter 2:13:59, Jenny Walker 2:16:09, Sarah Lunt 2:18:02, Joanne Hirst 2:19:31, Su Manning 2:19:31, Laura Thompson 2:19:57, Alex Whyte 2:20:29, Jo Cooke 2:23:46, Heather Spink 2:25:05, Josie Waller 2:27:24, Simone Zoledziejewski 2:30:54, Cheryl Hill 2:30:54, Helen Futrell 2:34:24, Steph Hull 2:38:13, Helen Whitworth 2:38:13, Karen Appleyard 2:43:37, Abi Howarth 2:43:37, Claire Marshall 2:47:14, Adele Rafferty 2:56:33 and Lucy Burnett 3:20:29.

Over in Haworth three Lions opted for the 26 mile run over moorland with 3,000' of climb while the remaining 29 made up a large part of the field of 250 tackling the 15 miler/2,000'. In the full marathon the ever consistent Aileen Baldwin was the first Lion back and 1st F60, in 5hrs 5mins and 31secs with Sandy Gee close behind in 5:06:12 and an amazing achievement for Trevor Lester completing his first ever marathon in 5:40:21.

In the 15 miler the Lions took 6 of the top 20 places with Ed Hyland having another fantastic run to lead them home and take 5th place overall in 1hr 44mins and 29secs. Tanya Seager once again rewrote the records by finishing as first lady, 7th overall, in 1:48:40 shattering the previous course record, which she set herself last year, by another 3 minutes. She was paced all the way by Jon Collins 1:49:26[9th], Richard Hand 1:49:56 [10th] Mark Pottinger 1:52:59 [13th], and Ashley Cavalier 1:54:26 [18th].

Other Lions finishers were; Craig Miller 1:57:38, David Roberts 2nd M50 1:57:47, Richard Brown 1:59:24, John Bassinder 1st M60 2:11:02, Andrew Laird Boldy 2:19:35, Paul Patrick 2:23:40, Colin Hughes 2nd M60 2:25:07, Brook Chambers 2:26:15, Steve Hallam 2:26:20, John Ingles 2:27:40, Brian Conroy 2:32:49, John Thompson 2:35:34, Helen Fay 2:37:30, Matthew Gadd 2:38:56, Cameron Rushworth and Tania Blackburn together in 2:42:43, Iain Threlkeld 2:52:50, Paula Pickersgill 3:03:36, Angela Goulden 3:03:42, Paul Armitage 3:06:16, Sue Shepherd 3:13:27, Ian Quigley 3:19:06 and John Rushworth 3:24:06.

The Lions host their very own Stainland Trail race on Sunday 20th September at 10:30. The scenic, multi-terrain 10K race around the woodland trails of Stainland and Stainland Dean starts from the recreation ground near the 1885 pub and runners can enter on the day in the pub from 9:00 am onwards.

Stainland Lions Courier copy Friday September 25

A classic Autumn morning provided almost too warm conditions for this year's Stainland Trail. A hilly six-miler taking in beautiful views and some of the toughest climbs in the area it can prove a surprise for the innocent. Because of that it attracts runners from far-and-wide and fills up early. One hundred and nineteen runners tackled the course with a tight three pack of Stainland's Tanya Seager and Jonathon Collins challenging Salford Harriers' John Lloyd for the top places. In the end it was Seager (44.04), Collins (44.28) and Lloyd (44.43) - a remarkable set of times considering the amount of climbing involved. Seager and Collins continue to shine, displaying the speed and endurance which has kept them at the top of the tables all season. Given they had home advantage the Lions featured heavily in the category wins but didn't have it all their own way. Chapel Allerton's Lisa Magdalenoka-Keen took the F35 category with a brilliant 55:27 run and Jonny Cartwright of Stadium challenged Ashley Cavalier for fifth place. David Roberts continues to show the great form he's shown this season, taking yet another F50 award.--

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