



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
January 2016

And Finally From The Chair

I hope everyone has had a great Xmas and New Year and that you are all ready for new challenges ahead the first being to rid ourselves of excess food and drink.

December saw the start of our X Country season with a cheeky little route over at Dewsbury. A great Lion turnout of 60 runners with Championship talk galore, we were led home by the lovely Ben hotly pursued by our captain Gav Mulholland leading by example. The course was hilly and muddy after we had (or so we thought then) some wet weather, the finish was down a steep field with a 90 degree turn which saw the demise of some as they challenged for places and didn't finish in an upright position.



Ward Green was the final race of the Championship and was proclaimed a great success, a lovely course, food and beer-all the components for a fantastic end to the season. A massive well done to everyone who took part in the Championship this year, 7 divisions and battles galore. Mark Preston has once again done an amazing job juggling figures and points and fielding enquiries about the process and I know everyone is very grateful for the time and effort that he puts into this role. A list of this year's events is already on the forum and plans are starting to be formulated with guesses/predictions/general hints to Mark for division placements.

The Boxing Day Fun Run was directed beautifully by Graham Robertshaw, when I woke that morning and heard the rain I did think we might be the only ones there but with true grit marshals, runners and helpers all turned up, fancy dress costumes were great and it was the annual event for Steve to put on his dress, stockings and wig without too many questions being asked though Jonny Cartwright is dressed as a woman or at least 50% of the occasions I see him and is proving a pesky cross dressing rival to Steve! We had a huge amount of good raffle prizes and everyone stayed behind even though it was the start of The Floods and it was obvious conditions were worsening. A massive thank you to all sponsors and everyone involved, a very proud Lion Day.

The year has ended on a very wet and subdued note for our towns and villages after the floods have taken away homes, businesses and bridges. The community spirit that has come forward is amazing with help from all kinds of places, let's hope the weather gods are kinder and that everyone affected can get their homes and businesses back up and running.

So that's me done and its over to Simon who will be a great Chairman and will lead with enthusiasm and wisdom (!!) our AGM is to be held on Thursday 14th January, it was planned to be held at Heath but with the flood damage that cannot be confirmed at this time, I know they are working hard to get everything back and safe for use.

Thank you for all your support this year, there's been a few lumps and bumps on the way but overall I've had a great time and loved my year.

Karen xx

Fill your 2016 Race Diary—Part 1

Race Calendar

By Julie Field



January 2016

SUN 10/01 11.00 GARSTANG 10K ROAD RACE, NEAR PRESTON £10

SAT 16/01 08.00 THE HEBDEN 15 OR 22 MILES, MYTHOLMROYD £12.80 (NON-LDWA)

SUN 17/01 10.30 INSKIP HALF MARATHON £16 *RACE FULL*

SUN 17/01 10.00 BRASS MONKEY HALF MARATHON, YORK £22 *RACE FULL*

SUN 17/01 10.30 WINTER HANDICAP RACE 5-6 MILES MULTI-TERRAIN *FOC*

SUN 17/01 11.30 SOREEN STANBURY SPLASH FELL RACE, NEAR HAWORTH 7.5 MILES (BM) £4 ON DAY

SUN 31/01 09.30 MELTHAM 10K ROAD RACE £10 *NO ENTRIES ON DAY*

SUN 31/01 10.00 LBT X-COUNTRY, TEMPLE NEWSOME 5 MILES TRAIL *FOC*

February 2016

SAT 06/02 10.00 WADSWORTH TROG FELL RACE, HEBDEN BRIDGE 20 MILES (BL) £8 *NO ENTRY ON DAY*

SUN 07/02 09.00 DEWSBURY 10K ROAD RACE £15.70 *PB POTENTIAL*

SAT 13/02 11.30 WINDY HILL FELL RACE, LITTLEBOROUGH 9 MILES (BM) £8 OR £10 ON DAY

SUN 14/02 11.00 LIVERSEDGE HALF MARATHON ROAD £13 *NO ENTRIES ON DAY*

SUN 21/02 10.30 SNAKE LANE 10 MILE ROAD RACE, POCKLINGTON £18 *RACE FULL*

SUN 21/02 11.00 FLOWER SCAR FELL RACE, TODMORDEN 6.5 MILES (AM) £5 ON DAY

SAT 27/02 11.00 MIDGLEY MOOR FELL RACE, BOOTH 5 MILES (BS) £4 ON DAY

SUN 28/02 11.00 HUDDERSFIELD 10K ROAD RACE £10 *NO ENTRIES ON DAY*

SUN 28/02 10.00 PUDSEY X-COUNTRY 5-6 MILES TRAIL *FOC*

March 2016

SAT 05/03 11.00 STAN BRADSHAW PENDLE ROUND, NEAR BURNLEY 10.4 MILE (BM) £5 OR £7 ON DAY

SUN 06/03 11.00 IAN ROBERTS FELL RACE, MARSDEN 6.4MILE (BM) £5 ON DAY

SAT 12/03 08.00 HAWORTH HOBBLE 31.7 MILES (BL) *PRE ENTRY REQUIRED*

SAT 12/03 13.00 DENTDALE 14.2 MILE ROAD RACE £12

SUN 13/03 10.00 SPEN 20 MILE ROAD RACE £10

SUN 20/03 10.30 HEPTONSTALL FELL RACE 15.4 MILE (BL) £6 ON DAY

SUN 20/03 11.00 THIRSK 10 MILE ROAD RACE £16

SUN 20/03 11.00 GUISLEY GALLOP 7 MILE ROAD RACE £8

SUN 20/03 11.00 TRIMPELL 20 ROAD RACE £22

SUN 20/03 10.00 EAST HULL 20 MILE ROAD RACE £20

FRI 26/03 10.00 SALFORD 10K ROAD RACE £13 *PB POTENTIAL*

TUES 29/03 19.00 BUNNY RUN No. 1, HAWORTH 4.8K FELL RUN (CS) £2.50 ON NIGHT

Fill your 2016 Race Diary—Part 2

2016 Club Championship Events

By Mark Preston



If you need any further information or are relatively new to the club & a bit daunted by the idea of racing please either send me a pm via the Forum or call me on 0776 153 4571.

| <u>Event</u> | <u>Day Date</u> |
|----------------------------|-----------------------------|
| Stainland Winter Handicap | Sunday 17-Jan-16 |
| Pudsey X country | Sunday 28-Feb-16 |
| Dent | Saturday 12-Mar-16 |
| Bunny Runs | Tuesday 29-Mar/5-Apr/12-Apr |
| Overgate Hospice | Sunday 17-Apr-16 |
| Sowerby Scorcher | Saturday ??-May-16 |
| Track | Wednesday ??-May-16 |
| Northowram Burner | Sunday 12-Jun-16 |
| Marsden | Sunday ??-Jun-16 |
| Hepworth Dryad | Sunday 26-Jun-16 |
| Eccup | Sunday 10-Jul-16 |
| Flat Cap | Wednesday ??-Jul-16 |
| Track | Wednesday ??-Aug-16 |
| Norland Moor | Sunday 28-Aug-16 |
| Kirkwood Hospice | Sunday 4-Sep-16 |
| Yorkshireman Half Marathon | Sunday 11-Sep-16 |
| Withins Skyline | Sunday 9-Oct-16 |
| Guy Fawkes | Sunday ??-Nov-16 |
| Red Hot Toddy | Sunday ??-Dec-16 |
| Huddersfield Park Run | Saturday Every Week |
| Halifax Park Run | Saturday Every Week |

Glad To Be A Lion

Nicki and I just thought we would drop you a line to say how much we appreciate everyone at the club who have made us feel so welcome since we joined from Stadium Runners back in November.

Now that marathon training has begun, we have to say that we are slowly beginning to run more with you guys than we had been socialising, although the fancy dress box is fuller than it has ever been since joining the club....what a fantastic start to our time with Stainland!

We're both looking forward to 2016 and are extremely honoured and proud to wear the colours of such a friendly pride.

Thank you to all once again,

Jonny & Nicki Cartwright

x

P.S. Attached is a picture of our first social bash just in case you didn't know who we were!



Ode to Stainland Lions

By Bernadette Rowland

We stood outside the Golden Gates

Our heads bowed very low
And gently asked the Man of God which way we had to go.

"WHAT HAST THOU DONE", Saint Peter said "for admission here to seek"
We have run with Stainland Lions for many a long week.

"Stainland Lions" Saint Peter said then calmly pressed the bell
Come right in and choose your harp, you have had your share of Hell !!!



Social events for your diary

Annual Dinner at Berties - Friday 26th February

Full!

Summer Bash 2016 - Saturday 9th July

Live band - the fabulous InEchoes. Further details later



Social Team:

Diane Rafferty (07766 112457), Carol Lord, Jackie Barker,
Linda Williamson and Chris Tetlaw

From Our Own Correspondent

(Halifax Courier Features)

By John Bassinder



Stainland Lions Courier 13 November

Even the atrocious weather couldn't dampen the spirits of participants in the annual Stainland Lions' Boxing Day fun run. Despite strong winds and torrential rain 160 runners still turned up at the 1885 pub in Stainland village creating quite a spectacle as young and old, club runners and fun runners with elaborate fancy dress outfits, dogs on leads and children in pushchairs took to the start line.

Stainland Lions' Chairman Karen Thorne and race director Graham Robertshaw said they could never have considered calling the race off, "The runners began arriving two hours before the start determined to go through with it, the marshals and helpers appeared in their waterproofs, so we realised then that the show just had to go on".

The atmosphere was fantastic as the defiant runners showed that a little rain wasn't going to deter them, especially with the prospect of a log fire and hot coffee waiting for them in the pub afterwards while the giant raffle took place. With figures yet to be finalised The Lions are hoping that their efforts will have raised at least around £2000 for the Forget-Me-Not Childrens Hospice.

It's not often that fun runners can line up alongside England Internationals, but most caught at least a glimpse of Ben Mounsey at the start before he and Joe Crossfield sprinted off into the wind and rain around the hilly 5K course, Mounsey winning in 15mins and 19secs closely followed by Crossfield in 15:36. For the junior 14yrs and under section, Ewan Wheelwright and Isabel Castelow also recorded times that most runners would struggle to equal on a flat course on a summer's day, Wheelwright finishing in 18:47 and Castelow 19:29, with first lady Becky Milne in 21:10.

Podcasts

By Jimmy Smith



Do you listen to Podcasts?

Here are my favourite running ones:-

Are You Training For A Spring Marathon?

MarathonTALK on www.marathontalk.com It is a series of weekly podcasts on how to train and focus for a marathon as well as interviews, running news and general chat. The presenters are Martin Yelling (husband of Olympic marathoner Liz Yelling) and Tom Williams, both are qualified in sports science and keen runners. At this time of the year they focus on spring marathons (like the London marathon) and what you should be doing to prepare for it especially if it is your first or you are trying to improve on your time.

Ultra running

If you like to run longer than marathon, there is TALKUltra on http://www.marathontalk.com/archive/talk_ultra.php This comes out every two weeks and covers anything up to multiday 1000 mile odysseys. Presented by Ian Coreless and Karl Meltzer again with news, interviews, nutrition and training tips. The interviews are very protracted though and I often fast-forward them.

All these podcasts are totally free. You can subscribe to them via iTunes and it will then automatically download the latest edition when you dock your iPod with your computer.

Alternatively, you can access them directly from the above websites. Personally, I do not run with an iPod/MP3 for as I prefer to be aware of the environment that I am running through. However, I do like to listen to MarathonTALK and TALKUltra while driving or in the home.



The new 10% off and free delivery discount code

for January is

NYY2

www.sportsshoes.com