



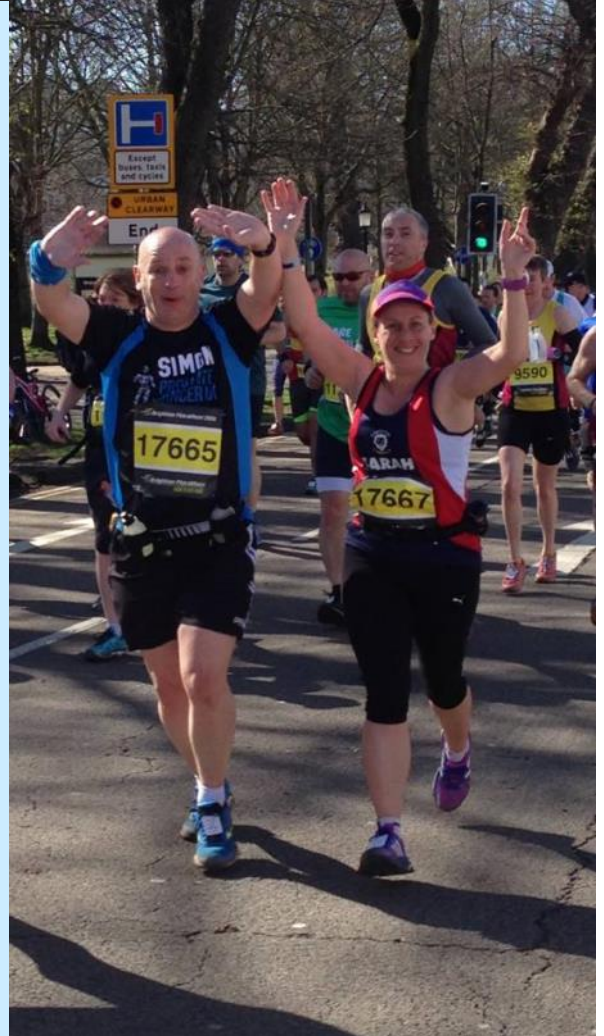
# The Lion's Tale

The monthly newsletter of Stainland Lions Running Club  
May 2016

## Ramblings from the Chair

So, wow that was April when all those months of canal running finally came to fruition, culminating in 3 weeks of marathons.

And it all started back in January on the Spen Greenway, with a whole pride of Lions for the first 10 mile run. As the months went on and the mileage increased I think we all had at least one run that we didn't feel happy with, either through injury or the lurgy, but we were well supported and there was always someone there to loop back for you, or just to chat, or you met another group going the other way and a high five was given or a hug. I enjoyed those long training runs simply because of the people you were training with, it made all the difference. But by the end of it we all had that little bit of canal that we disliked, mine was from Littleborough, and don't mention the Brandy Wine to Karen. But we did have fun, climbing over and under fences, along high walls and squeezing through small gaps and that was just one run. And that was the training done.



First marathon was Manchester where we had Sean Thompson, Andy Baird, Tim Walker (see his race report), Jan King, Nicki Cartwright, Moira Alderson, Claire Guest, Gail Schofield, Genevieve Thompson, Louise Elliot, Martin Carr, Andrew Falkinbridge, Catherine Bednall, Carol Heptonstall, Emma Forrester Thompson and Matthew Pierson running. With this being a local race there was lots of Lions in support as well to spur on our marathoners. The end cheering spot was amazing with loads of Lions and Rebecca's homemade sign of "Stainland Lions, Let's Make Some Noise". First home was Sean in 3:05:28 and a fabulous time from last minute entrant Emma in 3:34:40. All the Lions looked happy and Moira and Nicki started a jazz hands craze that would carry on. It was a great day for all running it and a few beers were drunk at the end.

## Ramblings from the Chair (continued)

Next “Stainland six shine in south coast marathon” was the headlines in the courier as Matthew Gadd, Karen Thorne, Sarah Lunt, Steph Hull, Helen Whitworth and myself headed down to Brighton for a long weekend. Advertised as flat and fast, it wasn't with Strava saying there was 1300 ft of elevation gain. Back first was Matthew on his first marathon in 4:02:57 with Sarah, Karen and myself all getting PB's and some excellent running from Steph, and Helen on her first marathon. And a massive thank you to our small support team of Sally #funniestlion, Sandra, Roy, Hollie, Byron and Karen's daughter Emma, without whom we wouldn't have survived.

On to London and we had a massive pride of Lions running, from club places, charity places, GFA and those lucky enough to get into the race from the general ballot. There was also a huge support team down in London including (the man, the beard, the legend) David Rushworth who helped a lot of our ladies on their long runs. First back for the Lions was Matthew Pierson with 2:38:14 closely followed by Ed Hyland with a brilliant PB of 2:38:54. Lucy Collins with an amazing time of 2:55:31 which was 14 seconds faster than Tanya did in 2015. There were many brilliant times too many to go through here but what a comeback for Andrew Mackrill and Tara Sherwood both injured through a lot of the training and Andrew Falkinbridge who also ran Manchester two weeks earlier despite ill health.

Over at Blackpool Tim Neville was running the marathon, reports for the marathon and half marathon weren't good saying that there was no atmosphere but Tim still managed a brilliant time of 4.03.59. While 7 intrepid Lions took on the half marathon course, well done to all.

And finally for this month we had 5 Lions that did the Three Peaks race and some brilliant times Jonathan Collins was first in for the Lions 3:46:17 followed closely by Stephen Hall in 3:55.20 and Tanya Seager came in at 3.55.20, the weather hadn't been kind with having snow on the Friday so makes these times even more amazing.

Anybody that has run a marathon you are pretty amazing and awesome and should all be proud of yourselves it is hard work.

Coming up on the 12<sup>th</sup> May we have the Hare and Tortoise race full details on the forum, plus in the championship we have the Sowerby Scorcher on the 21<sup>st</sup> May, and also the CWR, going to be another busy month for all.

Simon x

# Social events for your diary



## Canal Pub Crawl - Saturday 18<sup>th</sup> June

A lovely leisurely walk starting at the Shears Inn, Paris Gates to Sowerby Bridge, calling at The Quays, The Volunteers, The Navigation and ending up in the Moorings. Further details later.

## Summer Bash - Saturday 9<sup>th</sup> July

Live band - the fabulous InEchoes and hot buffet. Further details later.

## Kids Christmas party - up to 8 year olds - Sunday 18<sup>th</sup> December

Further details later.



### Social Team:

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

# Manchester Marathon 10th April 2016

By Tim Walker



The spring marathon season got underway on Sunday with the Asics Greater Manchester Marathon. This is the UK's flattest and potentially fastest marathon and is gaining popularity each year, A record 9,581 runners took to the start line outside Manchester United's ground for the 26.2 miles course which heads out through Sale to Altrincham before returning via Carrington to finish at the Lancashire Cricket Ground at Old Trafford.

Stainland Lions had 16 runners in the event and were lead home by Sean Thompson in an impressive 3:05:28. First back for the ladies was Emma Forester-Thompson, who only entered the race the day before and smashed her previous best time to finish in 3:34:40.

There were a large contingent of supporters for the Lions who spurred on the first timers to complete their first marathons and helped Nicki Cartwright, Gail Scofield and Tim Walker get the PB's they were looking for. Matthew Pierson and Andrew Falkingbridge both used this event as a practice run for when they compete in the London Marathon in two weeks time.

## Manchester Marathon Full Results

Sean Thompson 3:05:28

Matthew Pierson 3:08:04

Emma Forester-Thompson 3:34:40  
(PB)

Andy Baird 3:49:23

Tim Walker 4:00:37 (PB)

Jan King 4:03:18 (FT)

Nicki Cartwright 4;06:01 (PB)

Moira Alderson 4:09:58 (FT)



Claire Guest 4:13:52 (FT)

Gail Scofield 4:22:40 (PB)

Genevive Thompson 4:42:44 (=PB)

Louise Elliott 4:42:44 (FT)

Martin Carr 4:43:53

Andrew Falkingbridge 5:15:10

Catherine Bednall 5:16:41

Carol Heptonstall 5:17:03 (FT)

# Running and Globe Trotting

By Clare Brear



When I set off last summer to travel on the Trans Siberian to Beijing and beyond, I hoped that I'd be able to find some races along the way to take part in. Narrowly missed out on the Gdynia Park Run in Poland and the St Petersburg one was way out of town....the only other Park Run in Russia was in Kazan which wasn't on my route. Logistics then kind of took over, covering vast distances within the constraints of visas wasn't easy, so the running had to take a back seat. It was only when I reached South East Asia that I started to look around again for possible races - the problem there I found was usually it was pre entry and you needed local address or they began so early there was no way I could get to the start by public transport. Never mind I thought there's always Australia where I knew Park Run was quite popular.

Arriving in Darwin after seven months of not racing I was a bit worried that I had forgotten how to run. I'd done mad bike rides on bad bikes, climbed active volcanoes and walked across towns with 17kg's on my back after arguing with many a tuk tuk driver about their pricing structure but I knew that wasn't the same as actually pulling on my running shoes and hitting the road.

Fate played a nasty trick as having been so fit crossing Asia, I spent the first week in Oz not eating, projectile vomiting when I did and not wanting to be more than 30 metres from the nearest toilet. Wasn't the best preparation for joining the other 191 runners on the start line of the Darwin Park Run at the unearthly hour of 7.00 am, I will never again moan about 9.00 am starts back home. The course itself was just short of two laps of the Bicentennial Park on the Esplanade, which was recently named as one of the top ten best places in the world to run. Though even at that early hour of the day the humidity was over 80% so I knew I wasn't going to break any records, just to get round would be an achievement. The run itself for me was an exercise in going backwards through the field and I crossed the line in one of my

worst times ever, just under 36 minutes. Although I struggled I was pleased to just finish and it was great that when I got back to my hostel the receptionist seemed really interested in giving Park Run a go when I explained what I'd been up to. Things could only get better, I told myself!

A week later I found myself staying at the renamed "Stalag 17" hostel in Adelaide, not realising it was Easter and planning ahead not one of my strong points, all the good places were booked up. The only redeeming feature of this dive of a place that had so many rules I'd broken at least two within the first 30 minutes of arrival was its central location, close to the start of the Torrens Park Run. Had a bit of time on the Friday to check out the course - it was lovely weaving its way along the riverside path for 2.5km before the turn round point and every 500m was marked. Unfortunately due to repairs to the path this was not the course that was used the following day - Adelaide it seems is lucky to have the option of choosing between courses both of which are out and backs. About 300 runners turned up for the start at 8.00 am, plenty of out of towners with it being the holidays as well as quite a few of us from the UK and thankfully it was as a lot cooler than Darwin. Like the other course the new one was fairly flat it really spurred me on when someone shouted "C'mon Halifax" as essentially I was running blind with no watch and no idea of what lay round the next corner. Three minutes quicker than Darwin and it was great to chat to a couple of other runners over Easter cakes and buns, just a shame I couldn't stay longer but check out time at the hostel was 9.30 am and being late could have potentially cost me my 20 dollar deposit.

On my last Saturday in Oz before flying on to New Zealand, I found myself in the city of Albury on the New South Wales/Victoria border where I knew they held a Park Run pretty much in the city centre. I'd arrived late the night before so had no chance to check out the course in Hovell Tree Park before the start but I knew from reading it wouldn't be hilly and looked pretty straightforward to find. Out of the three races this was probably my favorite course as the route followed the Murray River through a lovely leafy park before crossing the river over into Victoria and the the twin city of Wodonga. It was another out and back course so nice not to have to do laps like in England but then again Australia has so much more space. Whether it was down to the cooler weather and feeling a lot better or a combination of both, I managed to finish in just over 30 minutes which after the disaster in Darwin I was really pleased about...though it was shame there were no cakes, if only Easter happened every week!

Taking part in all three Park Runs was a great experience even though I wasn't 100% fit most of the time - lovely to try out different courses and meet other runners from around Australia. It also added a bit of normality to my trip doing something that I would normally do back home, looking forward with trepidation now to taking on the hills of Halifax and Hudds once more on my return!

## Congratulations To You Marathoners

By Coach Mark Pigford

Firstly, I'd like to start off by congratulating everyone who has just completed their Spring marathons. Hopefully all the cold wet evening / morning sessions finally all came together and the blood, sweat, tears and all the hard work you put in was worth it in the end. If you didn't get the time you trained so hard for, or was hoping to get, don't be too disappointed or down hearted, as finishing a marathon is a massive achievement in itself!



The good thing about running is that when things don't go as planned you can pick yourself up dust yourself down, put it down to experience and plan for your next adventure. We've all had our ups and downs in running. The ups make us feel on top of the world, the downs make us stronger. If you train hard and most importantly, believe in yourself and your own ability, then you can accomplish anything you wish. Nobody was born to be a fast runner. Yes, I know there are different muscle structures that give some people an advantage, but they still have to train hard to get to where they want to be.

The **track** and **hill** sessions are a great place to start. I'm not going to lie to you and tell you they're easy sessions, because they're not. They're designed to push you out of your comfort zone, to build up your strength, speed and to help you run more efficiently. Over the summer months we are going to be working on more short speed sessions, rather than long endurance based sessions. I know the sheer mention of track and hills frightens the living daylights out of some runners, I don't know why? It's not as if the 4 horse men of the apocalypses are going to be there to drag you to hell, it might feel like it at times, but you're quite safe! You're quite lucky at Stainland to have these sessions available, not many running clubs do, so while your all so young, fit and healthy...make the most of them.

I'll leave you with a little joke now to finish off, something to take your mind off the pain when your next sprinting up a hill...

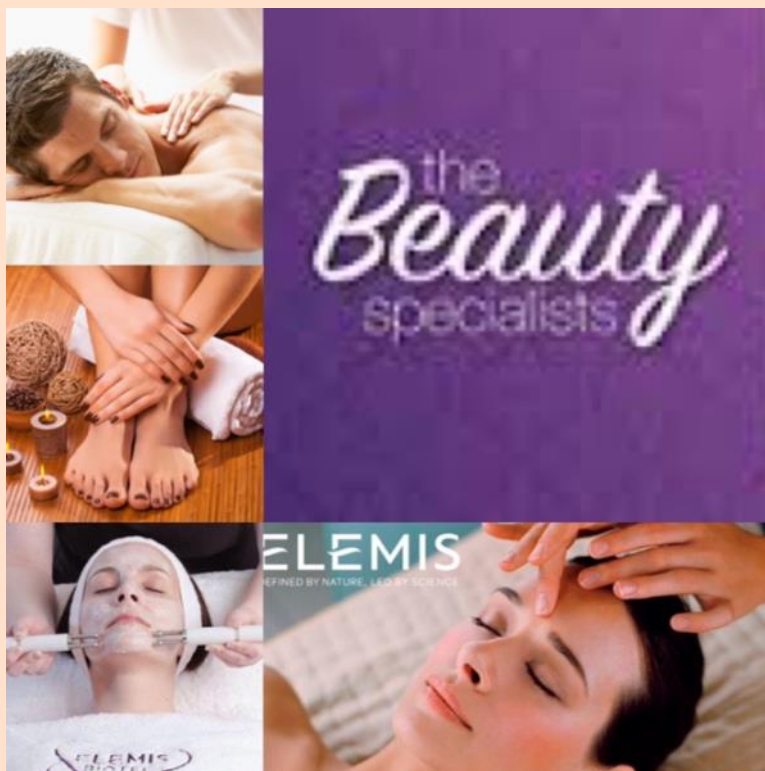
*Richard and Steve where racing each other to the top of a hill, when Richard turns round and says, "If I get to the top first, I'm going to write my name at the top so everyone knows I beat you!" Steve thought about for a minute then replied, " If I get to the top first I'm going to rub it out so nobody knows!"*

Just to make it clear no names were used from Stainland Lions in the making of this joke. If there are any similarities, it's purely coincidental.... Honest! Enjoy your running everyone and I'll see you at hills and track, and if anyone would like any information about their running or plans, then all you have to do is get in touch with me.

Mark



## TLC Corner — Reward yourself after all that marathon!



The Beauty Specialists is a salon located in Dean Clough, Halifax. Our aim is to provide a comprehensive treatment menu, which caters for both men and women.

We are passionate about the quality standards and services that's why we offer a wide variety of Elemis face and body spa treatments, Crystal clear treatments, along with all your beauty treatments, manicures, pedicures, eye treatments, HD brows, waxing, LVL lashes, nail enhancements, shellac, spray tans and holistic treatments.

We are also excited to introduce the Elemis Biotec machine, a machine which has 8 different facials with five different technologies that gives brilliant results!

To all Stainland Lions members we are offering 10% off all full price treatments.

Throughout April we also have an introductory offer of £25 for a full body massage.

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The Beauty Specialists xx