



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
August 2016

Ramblings from the Chair or The Glastonbury of Running

Because we have such good social media and the Courier reports I have decided not to do the letter from the chair this month but try and write something of my experience of the TR24 or the Conti Thunder Run. This was my second year doing it so I must have liked something from last year. So let me start.

First of all this is a hard job to get a team in, although I was told it was better this year as entries opened up at 9AM and there was a proper queuing system, this year I think we had Tony, Tracy and Tim holding out for spots, it sells out quicker than an AC/DC gig announced at the Victoria Theatre alright AC/DC wouldn't play Halifax but you get the picture.

Planning for this isn't easy, as it seems like you take half a house with you just for 2 nights, tent, chairs, a gazebo if you happen to still have one in the boot of your car, 4 or 5 changes of running clothes, different shoes for road and my speedcross. Then there is food what do you fuel yourself with for 48 hours, in the end we ended up with cake supplied by Katie, burgers and sausages supplied by Karen, proper fuel, oh and the obligatory cider and lager.

Matt and I arrived after Tony, Tracy and Big Red. Big Red was putting his tent up it looked like he'd been camping on the edge of cliff full of migrating birds. He said it was a little mouldy a little ha ha. We actually got our tent up pretty quickly since the last time we put it up took us about 3 hours. A little later Sally, Dan and the kids arrived. We could now settle down with a few beers and ciders and chill for the night, well when I say chill we had to keep an eye out for a tennis ball thrown with some force by either Tony or Dom, Tony did manage a well placed shot that knocked over my can of cider luckily I caught it quick enough so not to lose the whole can. We also found out that if you were on O2 or Tesco mobile that you couldn't get a 3G signal, what how would we check Facebook, and Strava our runs, although Big Red sat there and announced he had a better signal here than at home.



So after a few beers and ciders we retired to our tents to try and grab some sleep after deciding we would get up early to do the Rosliston parkrun in the morning, might as well add another 5K to the potential 40K we would do in 24 hours. Little did we know we had the loudest man in camp right next to our tents, when I say loud I'm not exaggerating I'm slightly deaf plus I had ear plugs in and I could still hear every word he said it seemed like he was in my tent, I felt like I should offer him a cup of tea. I became aware that the rest of the camp could hear him when Sally sent a text saying "Who's rent a gob". After a while of listening to his boring running stories Tony got up to go round and tell him to shut up, to which he said I'm not that loud, there was a chorus that went round the camp going yes you bloody well are. He was later heard to say that we must be in this to win it, yeah OK then. Eventually I think I managed to grab a couple of hours sleep.

So morning came and it was warm, we made our way to Rosliston parkrun. First thing I noticed was Simon Brass and his bunny ears, it was nice to see so many other familiar faces as well. They announced that they knew this day was coming and had prepared in advance, turned out that they had 476 runners this Saturday when they normally get about 120. Anyway we lined up ready to start. It was slow at first due to the fact that there was so many and the tracks were forest paths, fairly flat but like I said earlier so warm. I did do a slight double take when I saw Sally stood waving at us and not running, the joys of having children that suddenly don't want to run. Anyway we finished and enjoyed it and made our way back to camp, and I just managed to get a signal to upload the run to Strava.

When we got back Tim, Karen and Katie had arrived all rested from a proper night's sleep in their own beds and Tony and Tracy having put up Karen and Katie's tent for them. It wouldn't be long before we would have to start, on the Stainland Team the running order was decided it would be Tony, Big Red, Matt, Tim, me and Sally. Tracy, Karen and Katie were on Team Crazy.

So at midday on the Saturday we sent Tony off on his first run, because you get a lot of the faster runners doing the very first lap you get dragged along. Tony said that he enjoyed the first 2K but not the second 8K, the course is a little hilly off road through fields, the camp and forest track. Anyway we were like a well oiled machine for the changeovers you had to have someone on the course at all times. My first run was around 4.30pm taking the baton off Tim watching out for that Stainland shirt to come into the finish area. That first run was the hardest one not sure if it was due to a lack of sleep, the heat or possibly a combination of both but last year on my first run I had managed just under 59 minutes this first run was 1.06, but I was fairly happy with that looking at the times the team were bringing in. As I came in from my first run I handed over to Sally. You would think that 4 ½ hours is a long time between runs but by the time you have gone and cheered someone on, replenished your lost fuels, got changed out of your sweaty running gear your almost ready to go again. The next run would be a head torch run, around 10pm this would be the best run I did, it felt amazing I think it might be better because you concentrate on what's just in front of you, so you don't see what's coming up. It felt a lot faster but in the end it wasn't that much faster around 1.05. That means my next run should be a dawn run, time to get a shower and see if I can grab a couple of hours sleep. It didn't happen and at about four in the morning it was time for my 3rd 10K. I'd forgotten to charge my head torch so just had a saintly glow which was fine for the fields as the sun was coming up, but in the woods it was still dark, so I had to either trip up several times over tree roots or find someone with a nice fully charged head torch to run with, I did a combination of the two, because I was steadier in the woods I came in at 1.11. One more run to do.

We worked out that with everyone's times it would mean that if Sally did a 4th lap she would be starting around 11.55am. Of course there was much discussion and some hilarity in trying to decide if she should or not, but that would mean she was still running when a lot would have finished. So we decided to make my run the last lap and at least I wasn't under pressure to bring in a good time. Stadium Runners were camped up quite near the start and as I went on my 4th lap they were just taking a team photo which of course I joined in with. On the rest of the course I got talking to a runner from another club who had started with 8 in their team and were now down to three, she had only prepared herself for 3 laps and was now on her fourth so we encouraged each other round. There was a lot of that everybody said well done when they passed or when you passed them, I certainly wouldn't have liked to do this as a solo. Both Karen and I were doing the final laps but I think Karen was about 15 minutes ahead of me. As I came in, coming up to slug hill (Karen had earlier called it Henman hill but after running it a couple of times it had now become slug hill) I heard the rest of Lions cheering me in, it was great to hear. I finished at one minute to 12 with Simon Brass cheering me on near to the finish line. That was it, all over. All of us are up for it again next year despite the lack of sleep, the 45K, it was fun, despite Karen saying I looked miserable, err that's my normal happy look. And plus Sally has said she will do 4 laps next year.

Simon x

Social events for your diary



Comedy Night - Saturday 24th September

Comedy night at the Works in Sowerby Bridge - £12.50. Please add your names to the post on the Forum if you would like to attend

Walk & Sunday lunch - Sunday 23rd October

Further details later

Bier Keller - Friday 18th November

A night of drinking and dancing with the Amazing Bavarian Stompers. Tickets are £20 inc supper and disco until late. Tickets booked, you can book your own ticket direct if you want to join the party!

Kids Christmas party - up to 8 year olds - Sunday 11th December **PLEASE NOTE CHANGE OF DATE!**

Further details later

Christmas meal - Friday 9th December at the Golden Fleece

Sorry it's full! You can leave your name on the Forum as a reserve should a place come available



Social Team:

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

With a Brain Tumour Stay Headstrong

By Dave Hutchings (Hutchie)



Photographs

Top left: 4/2015 after 2:59 marathon, 30 hours before seizure.

Top right: 12/2015 after tumour removal operation.

Bottom Left : 6/2016 Stainland downhill 10k Ben Mounsey 1st, me 4th.

Bottom Right: 7/2016 Joe Percy 10K.

Pre-operation

Starting at the London marathon 2015 I crossed halfway in 1:26. Sadly I felt faint 3 times after 16 miles but a quick walk then run each time was not too bad (2nd half in 1:33) and kept me under 3 hours in 2:59. 26 hours later I had issues while trying to coach the Monday hill run. Later my wife got me to Calderdale Accident & Emergency and after full checks I had a seizure. A CT brain scan indicated a brain bleed which was monitored with MRI scans for 7 months. During this time I still competed reasonably but had issues during some races and parkruns.

In July last year good news, the brain bleed had shrunk and I had much fewer issues during running. November with the next scan was good and bad. 29th overall at Spenborough vets race, 12th at Huddersfield parkrun 21/11/15 in 19:11. However on 26th November a meeting with a senior consultant at Leeds showed the bleed had gone and behind it was a tumour. They could remove that in 4 days. Regrettably it was a very serious tumour, Glioblastoma grade IV. The good news is it was completely removed. The bad news from the consultant is that it will grow back. The idea with a 'gold standard' treatment is the growth back may be limited to many years.

Post Operation

Out of the hospital early December I competed in the Halifax parkrun less than 3 weeks after the operation and finished 6th. I was told a combined Chemotherapy and Radiology (X-ray treatment) for 6 weeks solid would be good. So in January it started and I still ran in the 2 cross country races, not the best but pretty damn good. So much so that half way through Chemotherapy and Radiology a Pudsey Pacers guy who worked in the X-ray department asked at the hospital how I did. Turns out I beat him and was the 6th male Stainland Lion back and 2nd over 40, getting some points. This was partly because the faster ones were injured or couldn't race. I managed to crack 20 minutes for the 5K parkrun and a bit of training at the back of my house was ok until issues in March / April.

The best run for me was the Stainland 10K downhill. I found it was dedicated to me but I still wanted to do it even though I was on a high chemotherapy dosage that week. Initially I took it easy for about 10 seconds then speeded up going past 60 or so Lions at the start and gradually working my way up. I finished 4th out of 92 club runners in 38:28. Afterwards I found Ben Mounsey great to talk to. He has cheered me on and gave me hope at every race since my operation. For all on this race (or timed event) I felt one of the biggest boosts I've had for some time. I was awarded a choice of prizes for 4th overall or 3rd male perhaps - so a 4 pack of beer. The cheer from the Lions around was massive and as I raised the pack up to the ceiling in a salute the cheer got louder. I thought that was so fantastic. For me to get all this at a run and the donations to a good cause (Brain Tumour Charity) was just so good, thank you. There has been some bad news for me. I had to surrender my driving licence and can't drive until December 2017. I have had some bad effects and lethargy from the X-rays and Chemotherapy sessions but these have pretty much gone away now. Knowing that the tumour could come back in a manner that can't be treated as well is actually less of an issue to me than other people who care.

Thank you, thank you to all who have helped and those who will. The lifts to and from races, Steve Boyer, Jimmy, John Bassinder, Coach P, Steve Hallam and others.

I will be doing the London Marathon in 2017 if I'm ok. I want to get around in 2:59. That might just hit the papers or news. Anyway I want to keep up the running to get around 20 minutes on a 5K parkrun and do the championship races. To me this means at least 8 further months of being vertical...