



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
September 2016

Ramblings from the Chair

Let me just put in a disclaimer that I'm not a doctor, physio nor can I do sports massage but I am a runner (I say that in loose terms) that has had everything from shin splints to Plantar Fasciitis in a very short running career of just 3 years. It always seems to be the same time of the year as well, around this time after spring marathon training and doing TR24, but really I went into TR24 with the injury but like a lot of runners I thought I could run through it.

It happens to the best of us, the news that we saw on Facebook regarding Tanya and her injury and the fact she was told she may never run again. We all hope Tanya well, and that the doctors are wrong as she has been such a huge inspiration to many of us and someone to admire. She continues to support us all as a coach as Mark has done over the years and still does. Mark and Tanya are the ones that will help with advice on warming up and cooling down and that is for anyone, even if you have run for a while or indeed just joined us from the beginner's course.



If you have ever been to track on a Wednesday, then that is the perfect way to show what you should be doing before each run. You will do dynamic stretching beforehand then after your track session you will do lots of static stretching. If you can fit this in before every run it will help minimise any injuries. You can also get advice from your run leaders, but sometimes it's just down to you to look after yourself, something I don't always do, which is maybe why I'm injured.

So just in case you wondered here is a list of the 12 most common running injuries courtesy of <http://greatist.com/fitness/most-common-running-injuries-and-how-avoid-them>

1. Runner's knee

Experiencing a tender pain around or behind the kneecap is usually a sure sign of patellofemoral pain syndrome, a fancy term for runner's knee. (And yep, this ailment is so common among runners it was named after them.) The repetitive force of pounding on the pavement, downhill running, muscle imbalances, and weak hips can put extra stress on the kneecap, so stick to flat or uphill terrain, and opt for softer running surfaces whenever possible. To treat the pain, experts suggest taping your knee or using a knee brace, taking anti-inflammatory medications, and cutting back on mileage.

2. Achilles tendinitis

The swelling of the Achilles, the tissues that connect your heel to your lower-leg muscles, can be caused by many finicky factors: rapid mileage increase, improper footwear, tight calf muscles, or even having a naturally flat foot. To help sidestep pesky pain, make sure to always stretch the calf muscles post-workout and wear supportive shoes. Also, chill out on all the hill climbing, which puts extra stress on tendons. Anti-inflammatories, stretching, and the ol' R.I.C.E strategy (rest, ice, compression, and elevation) are the best ways to get back on the path to recovery.

3. Plantar fasciitis

This tricky-to-pronounce pain is due to inflammation, irritation, or tearing of the plantar fascia—doctor speak for the tissue on the bottom of the foot. Excess pounding on the road or strapping on unsupportive footwear (read: flip-flops) can be the culprits here. This leads to extreme stiffness or a stabbing pain in the arch of the foot (sounds like fun right?). To soothe your sole, wear shoes with extra cushion, stretch your heels (rolling a tennis ball works great), and get ample rest to help dull the pain. If the problem persists, doctors recommend wearing custom-made orthotics, a night splint, or in some cases, getting a steroid shot into the heel (ouch!) to speed up recovery and keep on rolling (er, running).

4. Shin splints

If you're a runner who's never experienced that aching, stabbing sensation in your shins, please tell us your secret! Among the most nagging of injuries, shin splints occur when the muscles and tendons covering the shinbone become inflamed. To stop the stabbing, try icing the shins for 15-20 minutes and keeping them elevated at night to reduce swelling. Prevention is a little trickier, but researchers have found shock-absorbing insoles that support the arch do help. Also make sure those sneakers are the right fit for the foot, and stick to running on softer grounds whenever possible. Avoid hills too, which put extra force on the shin's tibialis muscle.

5. Iliotibial band syndrome

Distance runners take note: This injury is not your friend. ITBS triggers pain on the outside of the knee, due to the inflammation of the Iliotibial band, a thick tendon that stretches from the pelvic bone all the way down your thigh. Common culprits include increased mileage (half-marathon training, anyone?), downhill running, or weak hips. To ease the ache, give those muscles some love. Specific stretches, along with foam rolling, may decrease inflammation and help reduce the pain.

6. Stress fracture

Non-contact sports can lead to broken bones too. Stress fractures are tiny cracks in the bone caused by repeatedly pounding greater amounts of force than the leg bones can bear. If this happens to you, taking some time off is a must and usually involves crutches with a side of physical therapy. And in some cases, an x-ray may reveal its time to go under the knife. To avoid the side-lines, make cross-training your BFF to avoid overuse, wear proper shoes, and get enough calcium to keep bones strong.

7. Patellar tendinitis

It's often referred to as "jumper's knee," but this injury is also common among distance runners. Patellar tendinitis strikes when overuse (sensing a pattern here?) leads to tiny tears in the patellar tendon, which connects the kneecap to the shinbone. Over pronation, over-training, and too many hill repeats are likely causes. To reduce the risk of patellar tendinitis, strengthen the hamstrings and quads (at the gym or at home), and ice the knee at the onset of pain. Doctors also recommend physical therapy to help soothe and strengthen the tendon.

8. Ankle sprain

A sprain occurs when the ankle rolls in or outward, stretching the ligament (and causing some serious pain). Curbs, potholes, tree branches, or just an unfortunate landing are just a few of the culprits. Recovery may be a little shaky at first, but many experts suggest doing balance exercises (like single-legged squats) to strengthen the muscles around the ankle. Stick to some solid rest after the sprain occurs—how long depends on the sprain's severity, so see a doc for a more specific game plan. They might also recommend an ankle brace or air cast, and taping it up when you're ready to get back out there to prevent re-twisting.

9. Pulled muscles

When a muscle is overstretched, fibres and tendons can tear and cause a pulled muscle. (The calf and hamstring are common muscle pulls among runners.) Overuse, inflexibility, and forgetting to warm-up are a few possible causes. To prevent a pull, make sure you do a proper warm-up, cool-down, and dynamic stretching pre-workout. While the pain persists, lay off running (up to five days!), and stick to gentle stretching and icing the muscle.

10. Blisters

More annoying than a younger brother, blisters can pop up when we least expect it. As the heel rubs against the shoe, the top layer of skin can tear, leaving a bubble between the layers of skin. The best way to beat them is prevention: Make sure the shoe (literally) fits and wear a good pair of synthetic socks. If a blister still appears, cover it up with special Band-Aids, moleskins, or gels.

11. Chafing

For most, there's no escaping it. When skin rubs against skin (we're looking at you, thighs), the skin can become angry and irritated. To stop the sting, throw on a pair of longer running shorts or capris to avoid that skin-on-skin action. When in doubt, there are also products like body-glide to keep things moving.

12. Side stitches

Ever get that awful pain on the side of the stomach? Formally called exercise-related transient abdominal pain (ETAP), side stitches can really creep up—affecting nearly 70 percent of runners. Many experts believe the pain is caused by the diaphragm beginning to spasm from being overworked and suggest poor running posture could be to blame. If it strikes, try bending forward and tightening the core, or breathing with pursed lips to help ease pain.

Keep on running and stay injury free

Simon x

Social events for your diary



Comedy Night - Saturday 24th September

Comedy night at the Works in Sowerby Bridge - £12.50. Please buy your own ticket and meet us there. You won't be on your own approx 12 have already booked

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! The menu is now on the Forum along with names of people with places. **Please confirm you are still attending, along with your menu choice and deposit ASAP.** NB - please only pay your deposit, the balance is payable on the night



Social Team:

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

STAINLAND LIONS NEWSROUND

By Sandra Robertshaw



As we move into the hot summer nights, here is this month's news report, unabridged so slightly different to the official printed version:

Flat Cap 5: a perennial favourite for the club and again part of the Club Championships. Hosted by Dewsbury Road Runners at The Leggers Inn at Dewsbury, the course pretty much lives up to its name being mostly flat and fast, but that wasn't all, the race was topped off nicely by a delicious pie and peas supper, well earned by all who ran. This year a total of 236 runners took part, with the club fielding 38. Supporters were startled out of their reverie to note that by the time they had walked back from the start line to the pub for a pint the first finishers were already blazing a trail across the finish line. First Lions to finish were Paul Senior, swiftly followed by Jonny Cartwright and Adam Scratcherd. Fresh from her exploits at the James Herriot Trail Race, Margaret Beevor led the Lady Lions home, followed by Julie Field and Helen Hudson. **Finishers - Top 10 Stainland Men:** Paul Senior (7th, 30:37), Jonny Cartwright (9th, 30:56), Adam Scratcherd (10th, 31:04), Chris Hall (17th, 32:54), Andrew Laird Boldy (34th, 34:38), David Hutchings (42nd, 35:17), Richard Crombie (48th, 36:13), Martin Wood (54th, 36:39), David Culpan (62nd, 37:14) and Michael Greer (66th, 37:38). **Finishers - Top Ten Stainland Ladies:** Margaret Beevor (20th, 32:58), Julie Field (50th, 36:22), Helen Hudson (95th, 40:01), Nicki Cartwright (108th, 41:32), Angela Lee (112th, 41:52), Sharon Marlor-Gage (127th, 43:18), Cat Daniel (136th, 44:08), Karen Thorne (138th, 44:15), Joanne Redmile (158th, 46:03) and Paula Pickersgill (165th, 47:09).



Asda Foundation York 10k: part of the Jane Tomlinson Run for All Race Series, the flat route takes runners right through the historic heart of York. Nine Lions took part this year, with the rather naughty Kim Ison and Zoe Lunn who both masqueraded like Batman and Robin in the official results (as Debbie Hyde and Zoe Mallinson respectively). **Results:** Kim Ison (1955, 55:22), Holly Maddocks (1958, 55:22), Lesley Henderson (2599, 58:48), Judith Greenwood (2981, 01:00:50), Zoe Lunn (3869, 01:11:12), Lesley Henderson (2599, 58:48), Stephanie Hull (4279, 01:10:55), Jenny Curry (1948, 01:18:56) and Emma Taylor (4981, 01:30:17).

Cross Bay Challenge: four of our intrepid souls undertook this challenging little half marathon, where runners, walkers and even cyclists race the tide across Morecambe Bay. This proved to be a serious challenge, with the area suffering one of the windiest August days for 26 years. Not only did runners start the race struggling through quicksand, but were soon running through water as high as their waists during the course of the race, so not one for the feint hearted. Support was provided by quadbikes roaming the beaches, and with a cut off time of 3hrs it was a nail-biting attempt by all concerned to finish the course. I am reliably informed by Rebecca O'Neill that all the competitors finished and came home alive! First Lion to cross the line was David Culp who finished in 59th place in a time of 02:11:56, fresh from her exploits at the James Herriot Trail Race the famous Rebecca O'Neil came storming through (literally) to finish 71st in a time of 02:16:14 and was also the third female veteran to boot, next up came our resident world travelling runner Andrew Falkingbridge who finished 81st in a time of 02:20:19 and last but not least the devine Tim Walker strolled across the line in 95th place in a time of 02:22:45.

70th Birthday at Halifax parkrun: And also this month we had one of our veteran's Avril Smith celebrated her birthday by taking part in the Halifax parkrun over at Shroggs Park. There was a big club turnout on the day to support this truly amazing lady!



Yorkshire Veterans Athletics Association (YVAA) Race hosted by Halifax Harriers. A good turnout as this was a club championship race, a flat and fast course along the canal to Copley and back proved to be popular with all the runners. First Lion to arrive at base was Gavin Mulholland and first Lioness was Julie Field. **Top Ten Stainland Men:** Gavin Mulholland (3rd, 34:17), Jonathan Collins (9th, 36:09), Mark Pottinger (11th, 37:15), Richard Brown (13th, 37:46), David Roberts (20th, 38:37), Paul Hiley (25th, 40:30), Andrew Laird Boldy (28th, 40:45), James Penson (33rd, 41:06), James Harris (40th, 41:51) and Richard Crombie (43rd, 42:22). **Top Ten Stainland Ladies:** Julie Field (7th, 42:42), Sally Caton (8th, 43:07), Gabby Ferris (19th, 45:22), Aileen Baldwin (20th, 45:37), Emma Forrester-Thompson (21st, 45:45), Rikki Hammond (25th, 47:40), Rebecca O'Neill (26th, 47:42), Angela Lee (27th, 48:29), Sharon Marlor-Gage (31st, 49:13) and Diane Waite (34th, 50:19).



West Yorkshire 5 Road Race: organised by Bradford Airedale Athletics Club, but hosted by West Yorkshire Fire Service from their Headquarters at Birkenshaw, this was a challenging 5 miler, which unfortunately was sadly lacking in uniformed Fire Fighters, however runners put aside their disappointment and ran anyway. Four Lions took part, with Rikki Hammond fresh from her Summer Handicap win and taking part in the Vets Race coming in 105th in 40:02, swiftly followed by Jan King 127th in 41:40, Graham Robertshaw 172nd in 44:28 and Carol Heptonstall 231st in 53:43.

Rikki, Graham and Carol



Askern 10 mile Road Race. Organised by the Askern District Running Club, this was a scenic but rather tough course, however the four Lions who ran completed it in good time. **Results:** Derek Parrington (45th, 01:04:35) Richard Brown (49th, 01:05:03) and husband and wife team Diane Waite (212th, 01:26:15) and David Waite (213th, 01:26:15) who must surely have held hands whilst crossing the finish line for this one!

Birchwood 10k: a route which runs in and around Birchwood in Warrington. This race has been ranked in the Top 100 UK road races by Runners World Magazine and boasts one of the most extensive prize lists. The sole representative for the club was Richard Brown who scored a well earned Personal Best, finishing in 38:42, and in 51st out of a field of 1,012.

Pendle 3 Peaks Fell Race: incorporating three of the toughest climbs in the area followed by some great descents and plenty of fast running in between. Jonathan Collins was the sole Lion undertaking this particular challenge, and he came storming through in 96th place in a time of 1:36:34.

Kilnsey Cragg Fell Race: A rather gruelling challenge which consists of the ascent and descent of the famous Kilnsey Crag, one of the toughest fell runnings tests in the sport. Four Lions were crackers enough to take this one on, with Jamie Fradgley leading them home. **Results:** Jamie Fradgley (3rd, 30:50), Jonathan Collins (10th, 32:15), Ashley Cavalier (17th, 33:27) and Aileen Baldwin (68th, 43:09).

Denby Dash 10k: a 5-mile scenic and undulating off-road race, this time Jonny Cartwright led the charge for the Lions finishing in 7th place in a time of 38:36. **Results:** Jonny Cartwright (7th, 38:36), Mark Preston (35th, 48:17), Rikki Hammond (36th, 48:22) and Sue Cash (85th, 01:04:46).

Honley 10k: A nice little trail race around the Oldfield and Honley Woods area. This time the charge home was led by Derek Doyle coming in 15th in a time of 50:53. **Results:** Derek Doyle (15th, 50:53), Julie Field (17th, 51:10), David Culpan (31st, 54:22), Nick Thompson (35th, 56:48) and Nicki Cartwright (63rd, 65:10).

Well done to everyone who took part in races over the last few weeks, a lot of hard work and perseverance has seen a lot of our Lions representing our club in an outstanding fashion - keep up the good work!



The September code is USJ4, valid until 1st October 2016.

If you need some inspiration, please have a look at our latest catalogue with many brands updating their lines with new models and colourways. <https://www.sportsshoes.com/media/catalogues/SU16.pdf>

Have a great month and keep active!

Kind regards,

Claudia