



# The Lion's Tale

The monthly newsletter of Stainland Lions Running Club  
November 2016

## Ramblings from the Chair

Well the cross country season has started and what an introduction to it with the Dewsbury Cross Country. A new route that I'm sure had more up than down. It seems every year I make this my comeback race from injury, yes I seem to be injured at the same time every year. It was fantastic to see the turnout of Lions some trying the cross country for the first time. Our new cross country captain Tim Walker was very pleased with the turnout, the biggest of any club. Make sure you keep your diary free for the 27<sup>th</sup> November when it's Pudsey, hopefully lots of mud to contend with and of course the obligatory hill.



The 2016 Championship is nearly over and with the final few points to get it's going to be close. On the 6<sup>th</sup> November it's the Guy Fawkes 10 mile race which is the penultimate race. The final race of 2016 will actually be the Winter Handicap which will take place on the 15<sup>th</sup> January 2017, it will be a double edge sword as it's also the first race of the 2017 not that I'm suggesting any of you run a bit slower to get in a lower division.

The club London Marathon ballot takes place on the 10<sup>th</sup> November after the club run in Heath. So you need to get your rejection letters to me or Andrew Laird Boldy. You don't need to be there to secure a place but please look on the forum for instructions and good luck.

Just to remind you, get yourself booked on the Stainland Lions Annual Dinner it's at Berties once again on the 24<sup>th</sup> February 2017. Cost this year is £31 and you must book and pay before the 15<sup>th</sup> December 2016. Always a popular night, for the people that joined us this year, this is when we award trophies for all the hard work you have done during 2016. This year it could be you. All the details are on the forum for menu choices.

See you all soon

Simon X

# Triathlons and Ironmans

By Andrew Falkinbridge



The legacy of the London Olympics was one of increased sporting participation. I was inspired by the events of 2012, and became more engaged in sport than I ever thought possible.

Four years ago I enjoyed occasional mountain biking. Good enough to take on the black runs at Gisburn, and to cycle up and then down Snowdon. I wasn't pushing myself physically, just having fun and improving my technique.

Fast forward four years and in this Olympic year I've become a double IronMan and completed back to back marathons in Manchester and London. I still can't quite believe how much I've achieved and the personal boundaries I've smashed through.

To become an IronMan is to complete a race with very strict time criteria. You have to swim 2.4 miles (3.8km, 152 pool lengths!) in open water - i.e. outdoors in lakes, rivers, canals or the sea. Then change into your cycling gear and set off to ride 112 miles (180km). Once that is done you get off the saddle, change kit once more, and run a marathon. You have 17hrs from the start gun to complete the swim, ride your bike and to finish the marathon. Quite a challenge.

In 2014 a friend entered a half IronMan event i.e. half of what was mentioned above. At the time I didn't think he'd be able to do it so, I promised that if he did complete it, I'd do the same. He only went and did it! Uh-oh. I need to start swimming and running. The cycling bit would be fine.

I've never been a great runner. My physique is all wrong for pace and podium finishes. We have to make do with what we have got. So one day in June 2014 I went for a run. I think I managed around 3k. I was very pleased with myself. So much so that I went out the next day and did 4k. Very soon I was up to 10k and was astounding myself.

Eight weeks later I was at the start of my first ever running race: the Halifax half marathon. In training I'd done the distance once before, but on the flat. Doing it around our local hills was so much harder, but I finished. And my legs knew about it too!

At the same time I started swimming lessons. It turns out that I'd been taught how not to drown, but not how to swim. Another steep learning curve beckoned and before I knew it I was up at the Gaddings dam above Todmorden swimming in the vast, freezing, open water. That was an eye opener!

By September I was at the start line of the Brownlee Triathlon at Harewood near Leeds. Swimming in the lake, cycling around the roads and running through the grounds. Great fun, but very taxing. How on Earth was I going to do 2-3 times that distance in a few months time?

Roll on Christmas and I found myself at the 1885 to go on a carol singing evening run with some 'Lions'. It sounded like fun, with beer, so why not? I was so impressed I signed up on the spot. The Lions sounded like my kind of club - informal yet dedicated, very friendly and with a whole range of abilities. Not to mention the varied training runs and the multitude of competitions over vari-



ous distances and terrains that are open to all.

Within weeks I was running, walking and stumbling along the Hebden 22 course. More half marathon races and training runs were notched up and things were going well.

At short notice, and with no training, I found myself running the Manchester Marathon and made the rookie mistake of setting off way too fast. Almost setting my half marathon PB, and then blowing up at about mile 17. It's a long way home when your legs have given up! Still, I set my marathon PB on that day and haven't come close to it in the six I've run since then.

May 2015 and I arrived in Mallorca to complete my first half distance IronMan event, and it wasn't as difficult as I thought it might have been. Job done, I could go home now. Only, my friend had upped the ante and gone and entered a full distance IronMan event. Oh no! The promise was back on. I needed to step up again.

Just like a marathon is so much more than two half marathons, a full IronMan is so much more than two half distance triathlons.

I started to do some serious bike training, I'd never been close to doing 100 miles in a single ride before, never mind 112. And my swimming needed to improve. Gaddings became a second home. Add to the mix a new job which involves a lot of travel, and I found myself running around cities all over Europe and beyond. I found that running is a great way to discover new places, I've seen and experienced so much that I would have missed. Although getting up to run a half marathon before breakfast does leave colleagues questioning my sanity!

September 2015 and I was at the start line at IronMan Wales. Generally regarded as one of the toughest courses in the world. And it is. I was planning my time, and looked to stretch out the cycling to save my legs for the run. But I got it wrong. I finished the 112 miles just 72 seconds too late - each of the disciplines has a cut off time. My race was over. Unbelievable. I was gutted, but hadn't got this far to give up now. I immediately entered for the 2016 event, as well as entering IronMan UK, which is held just over the hills in Bolton.





Bolton would be my 'B' race, a training race for Wales - my 'A' race this year. Almost as an aside I had the London Marathon to complete too. All those Sunday morning canal runs with the Lions were absolutely brilliant to build stamina and endurance. Although my pace is still lacking.

Even a bout of pneumonia wouldn't stop me, and I found myself lining up at Manchester once again. It was tough and go but I had to do it to confirm to myself that London was still possible a couple of weeks later as I had missed almost a month of running.

Two marathons, two great events. London is just incredible. It's up there as one of the most memorable days of my life. I'd recommend it to anyone - if they can get a place. And so by July it was time for IronMan UK. I smashed the swim, and had time to chat with fellow Lioness and IronMan Louise Elliott a couple of times on the bike ride. All was going to plan 12km into the run, then my body gave up. I've never felt anything like it and I was condemned to walk and jog the remaining 30k. That's a long walk.

Maybe I was going to miss the 17hrs finish time. It was a possibility. From somewhere I found reserves and started to walk, jog, shuffle and the even run a little. Eventually crossing the line with around 45mins to spare.

I was never ever going to do that again. Forget Wales. It's done... But once that pain wore off and I had rested, I remembered I had unfinished business at Wales. I was going to do it. I already had become an IronMan so had nothing to prove and wouldn't have the stress of having to finish if it wasn't working out.

With just 3hrs training each week in the 10 weeks between Bolton and Wales I was cutting it fine. Soon I found myself in a queue surrounded by hundreds of other men and women in rubber at 7am on a Sunday morning in September ready to jump into the sea.

The 2.4 mile sea swim went, swimmingly. The bike ride was sublime and I arrived with plenty of time to complete a hilly marathon in the looming darkness. At the halfway point my body decided to give up once again. So it was another long 21km march, jog, shuffle and run. And I crossed that finish line in under 16hrs.

Never, ever again.

Two years of swimming, cycling and running to achieve one medal. It was so worth it and I wouldn't have been able to achieve it without help from so many people. Heartfelt thanks to each and every one of you.

So now I'm looking for another challenge. I must enjoy something about all this running and the wonderful support from this Pride of Lions because now I'm looking at Ultra distances, especially the off road trail variety. Ultra-Trail du Mont-Blanc in 2018 maybe?..





# STAINLAND LIONS NEWSROUND



By Sandra Robertshaw

As we move through spooky Halloween and toasty Bonfire Night, none of this deters our plucky Lions who continue to race regardless. This month's report saw the Return of the King and Prince (the Gadd Boys), both making comebacks from injury at the York 10 Miler, and it was great to see our Ladies Captain (the magnificent Paula Statham) who was out showing her support at the same event.

The first weekend in October proved to be a busy one with a big field of runners turning out for the **Plusnet Yorkshire Marathon** and the 10 Miler. The club was represented in the Marathon by eight runners, out of a field of 3,826, which included first time marathoners, Cameron Rushworth (of the Fabulous Running Rushworths) and Mel "Mile Muncher" Shaw. First to finish for the Lions were Sean Thompson for the men and Helen Fay for our ladies. All had worked hard with their training and put in some fantastic times as a result. **Results:** Sean Thompson (123, 03:04:55), Andrew Laird Boldy (391, 03:25:29), Cameron Rushworth (838, 03:43:36), Helen Fay (912, 03:46:26), Andrew Mackrill (1,035, 03:50:26), Tim Neville (1,057, 03:51:14), Mel Shaw (2,811, 04:48:00) and Stephanie Hull (3,338, 05:14:08).

For the **Plusnet Yorkshire 10 Mile Race** the club managed to field 33 runners, out of 2,245. A Fun Bus was in operation for the majority and all the hard paid off as everyone was hand fed some rather sumptuous cakes on the way home, thanks to the Mary Berry-type efforts of Diane Thornley and Sandra Robertshaw (we didn't ask the runners to score the competing Lemon Drizzle cakes, thank goodness!).



Sean Thompson at York (above)



The Lions at York (left)

Amongst our runners we had two husband and wife teams, as well as one father/son and one mother/daughter combination, all competing with each other. First to finish for the Lions was a magnificent one, two, three for our ladies with Rochelle Drake who sped round the delicately undulating course in a fantastic time of 01:12:33, swiftly followed by Cat Daniels and Karen Thorne with the latter managing to score a personal best by knocking a massive 15 minutes off her previous time at this distance. Ranjit Uppal led our men home fol-

lowed by Tim Walker, Matthew Gadd and Graham Robertshaw (the latter having the coveted position of following Caroline Ford).

**Results:** Rochelle Drake (188, 01:12:33), Cat Daniel (547, 01:22:01), Karen Thorne (621, 01:23:33), Ranjit Uppal (654, 01:24:07), Tim Walker (657, 01:24:10), Matthew Gadd (710, 01:25:20), Claire Guest (774, 01:26:28), Sarah Lunt (786, 01:26:34), Caroline Ford (955, 01:29:24), Graham Robertshaw (1054, 01:31:11), John Hirst (1057, 01:31:15), Joanne Kitcher (1049, 01:31:04), Diane Thornley (1260, 01:35:10), Jenny Walker (1266, 01:35:18), Jo Lumb



(1305, 01:35:37), Joanne Hirst (1293, 01:35:42), Kate Ryley (1334, 01:36:29), Catherine McHugh (1467, 01:38:31), Tara Sherwood (1504, 01:39:17), Dawn Medlock (1526, 01:39:37), Simon Gadd (1533, 01:39:45), Alex Whyte (1567, 01:40:37), Anna Stones (1817, 01:46:03), Anne Cawdron (1868, 01:47:2), Simone Zoledziejewski (1863, 01:47:15), Emma Aveyard (1864, 01:47:19), Cheryl Hill (1867, 01:47:23), Karen Appleyard (1933, 01:49:31), Renee Comerford (1940, 01:49:44), Abi Howarth (1990, 01:51:44), Colette Croft (1992, 01:51:44), Hazel Woollin (2144, 02:04:53), Judith MacDonald (2145, 02:04:53).

Meanwhile back in our local area, a Club Championship Race was being held, notably the **Withins Skyline 7 mile Fell Race**. Whilst a fun bus was being deployed to York, those left behind who were fighting for Championship points attended this little corker of a race. The Club were represented by 20 runners out of a field of 290. First to finish for the Lions was Jonny Cartwright, followed by Jonathan Collins and Mark Pottinger, and leading our ladies home were Aileen Baldwin who not only won her FV60 age category but she also set a record finish time for this category of 64:14, she was followed by Nicki Cartwright and Angela Lee. **Results:** Jonny Cartwright (20, 47:57), Jonathan Collins (26, 49:11), Mark Pottinger (41, 50:43), Andrew Earnshaw (98, 56:01), Martin Wood (129, 58:12), Kevin Jagger (130, 58:17), Jim Harries (135, 58:36), John Bassinder (145, 59:13), Adam Scratcherd (146, 59:17), Martin O'Brien (183, 63:23), Paul Patrick (187, 63:43), Aileen Baldwin (193, 64:14), Graham Teal (197, 64:41), Ian Johnson (207, 65:41), Mark Preston (213, 66:40), Ray Mooney (229, 68:58), Steve Boyer (249, 73:22), Jonathan Taylor (263, 75:32), Nicki Cartwright (270, 77:44), Angela Lee (271, 77:45).

Another competitive weekend saw an interesting spread of races. Two half marathons (Bridlington and Manchester) and finally a very wet and muddy Yorkshire Veterans Athletics Association (YVAA) challenging trail race.

**Bridlington Half Marathon:** five of our Lions undertook this seaside jaunt with Steve Hallam leading the way. Fresh from her outstanding effort at the York Marathon, Stephanie Hull tested herself to the limit by undertaking this half marathon just one week later, and the Winsome Waites (husband and wife team, Diane and David) decided the seaside half was also one for them. All did very well with Steph and Helen even having enough energy left for fish and chips after the race. **Results:** Steve Hallam (142, 01:43:12), David Waite (235, 01:51:35), Diane Waite (236, 01:51:37), Stephanie Hull (513, 02:35:01), Helen Whitworth (514, 02:35:01).

#### **Manchester Half Marathon:**

another favourite for the Lions with 11 club runners participating this year. The group were led home by Jolly Jonny Cartwright for the men, and Danielle "Kuddly" Kobak finishing first for the ladies. Amazing efforts all round with a clutch of Personal Best times for the majority. **Results:** Jonny Cartwright (120, 01:19:54), Paul Hiley (182, 01:23:09), Danielle Kobak (541, 01:31:07), Stefanie Hopkins (658, 01:32:57), Craig Miller (755, 01:34:11), Sally Caton (756, 01:34:12), Rebecca O'Neill (2203, 01:46:30), Cat Daniel (2587, 01:48:54), Claire Guest (2643, 01:49:20), Nicki Cartwright (2734, 01:49:45) and Ravishing Roy Lunt (3026, 01:51:43).



Cat Daniel, Rebecca O'Neill, Nicki Cartwright and Ravishing Roy Lunt at Manchester

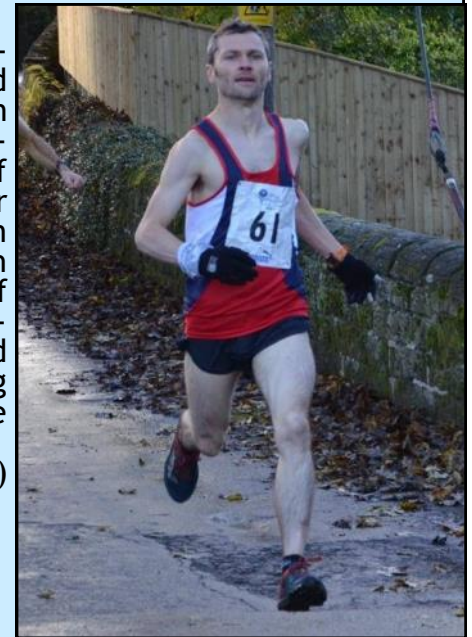
**YVAA Vets Race:** Meanwhile back in the local area the Vets Race hosted by Pudsey Pacers got underway on a very wet and muddy Sunday morning. A good turnout of 26 runners from the club, who were well cheered on by one rather lovely Lion Supporter, all had a good time despite the wet weather and the course proved to be a challenging one with plenty of hillage. The club took the honours with our own Gavin Mulholland winning by quite some dis-



tance, with Julie Field storming though for our Ladies. **Results (Men):** Gavin Mulholland (1, 35:03), Mark Pottinger (4, 38:30), David Roberts (17, 40:49), Richard Crombie (36, 44:18), Mark Pigford (37, 44:30), Kevin Jagger (46, 45:05), David Hutchings (50, 45:42), Martin Wood (51, 46:13), Jim Harries (57, 47:30), Mark Preston (60, 48:08), Martin O'Brien (62, 48:22), Graham Teal (64, 48:51), Tim Neville (76, 51:24), Sandy Gee (77, 51:36), Ray Mooney (85, 54:14), Dave Hudson (86, 54:31), Steve Boyer (88, 55:41), Paul Armitage (94, 57:47), Jonathan Taylor (95, 58:45) and Graham Robertshaw (99, 59:39). **Results (Ladies):** Julie Field (5, 44:03), Lorraine Naylor (12, 47:18), Emma Forrester-Thompson (16, 47:41), Helen Fay (19, 49:16), Karen Thorne (32, 54:46), Paula Pickersgill (48, 57:59).

The first race of the **West Yorkshire Winter League** series got underway this month. This year we have 13 clubs taking part and every runner counts for their club. The first race of the season was hosted by Dewsbury Road Runners and is one of the more challenging races in the series, with numerous Lions vying for Gurn of the Week, judging by the photos. There was a huge turnout for the Lions, and the entire field of runners was led home by our own Gavin Mulholland, we also scored the first lady back to base with Lindsey Oldfield taking the honours. Stainland Lions came top of the team results, with Queensbury running a close second and Pudsey Pacers third. Our men currently sit in 3rd position, behind Pudsey in first and Queensbury second, and our ladies are sitting pretty at the top with Baildon running close behind in second place and Queensbury third.

Gav winning in Dewsbury (right)



Lindsay Oldfield and David Roberts at Dewsbury XC (left)

There are gazelles and there are wildebeests..... (Ed)

The Lions at Dewsbury XC





A lone Lion took on the **Great South Run**, a fast and flat 10 mile course taking you through the iconic sights of Southsea and Portsmouth, including the historic dockyards, home of HMS Victory, past Spinnaker Tower and fishing on the seafront, positively tropical when compared to the delights of Dewsbury. Our own Richard Spendlove tore it up in a time of 01:13:19, finishing in 1071st position.

And the last weekend in October proved to be relatively quiet by Lions standards, with only three races to report.

First up is the rather challenging **Bronte Way Fell Race**, a cracking 7.5 mile with 1152ft of climb from Wycoller Country Park in Colne. Nine Lions took on this race out of a field of 192, with Andrew Earnshaw blazing a trail to the finish leading his fellow Lions home, first to finish out of the three brave lady ladies who joined in was the ever youthful Aileen Baldwin. **Results:** Andrew Earnshaw (45, 01:07:46), John Ingles (95, 01:17:25), Martin O'Brien (98, 01:17:50), Nick Thompson (115, 01:21:24), Aileen Baldwin (116, 01:21:53), Karen Thorne (161, 01:35:46), Steve Boyer (165, 01:36:45), Paula Pickersgill (168, 01:37:52) and Sandy Gee (176, 01:41:37).



Some of the Lions who were at The Bronte Way  
Pictured above

Next up, our favourite husband and wife running duo, the Winsome Waites, who this time entered the **Wistow 10k** near Selby, with David Waite finishing 82nd in a time of 46:11 and the lovely Diane following in his wake in 110th position in a time of 49:11 out of a total field of 250 runners.

Diane Waite at the Wistow 10k



And finally in our Nutters Corner, we have the ever adventurous Andrew Falkingbridge who this time took on the **Snowdon Marathon** which consisted of the small matter of a full 26.2 Trail Marathon starting in Llanberies in Wales, up the famous Maesgwm and onto Wales's highest peak - Snowdonia and through the stunning Padarn country park before returning to Llanberis. Andrew spanked out his usual excellent performance, finishing in 1,850 position in a time of 04:50:23. It's official, the man is an absolute running machine!

Well done to everyone who raced this month, the hard work and fantastic efforts that have taken place never ceases to be an inspiration to us all.



# Social events for your diary

By Diane Rafferty



## Bier Keller - Friday 18<sup>th</sup> 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 11<sup>th</sup> December

At Heath, 4 to 7pm. Childrens entertainer, party food and a visit from Santa. Please add your childs name to the post on the Forum if you want them to attend

## Christmas meal - Friday 9<sup>th</sup> December at the Golden Fleece

Sorry it's full!

## Annual Dinner - Friday 24<sup>th</sup> February at Berties

Please note the closing date is the 15<sup>th</sup> December, see the Forum for all the details - please post your name and menu choice on the Forum before that date



### Social Team:

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