



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club

May 2017

Cheers from the Chair - I'll drink to that

Firstly, many thanks for all the positive feedback about the content of my last newsletter, I thought it was good to provide a bit of feedback about my own experience of the Beginners Course and some of it did make me laugh as I was writing it up. Don't hesitate to continue to provide me with feedback, good or bad, it's always useful and helps me to ensure I do a decent job.

London Calling: well, this year was my first ever attendance at the Virgin London Marathon. We had initially booked a hotel for the weekend in the hope that my husband got a place in the general ballot/club ballot but unfortunately he was unsuccessful this time, but we decided to keep our booking and go down anyway to watch the race. Luckily we weren't the only ones from the club in London that day. The Lions support was well spread out over the 26.2 mile course with a bunch of us at the half way point at Tower Bridge, **Tracy Mott** and **Nicki Cartwright** individually at different parts of the course to watch their gallant husbands running, and **Jenny and Tim Walker** also wandering the course to watch a relative participate, as well as doing a bit of Lion spotting. I must also mention, **Family Hirst (Joanne, John, Sarah and Emma)**. A couple of runners mentioned their fantastic support on the day quite particularly, they are a super, lovely family and always ensure that they see all our runners at every race that they support. I would also like to thank **Joanne Hirst** for allowing us (the riffraff) to join her family on Friday night for dinner which she kindly organised 😊



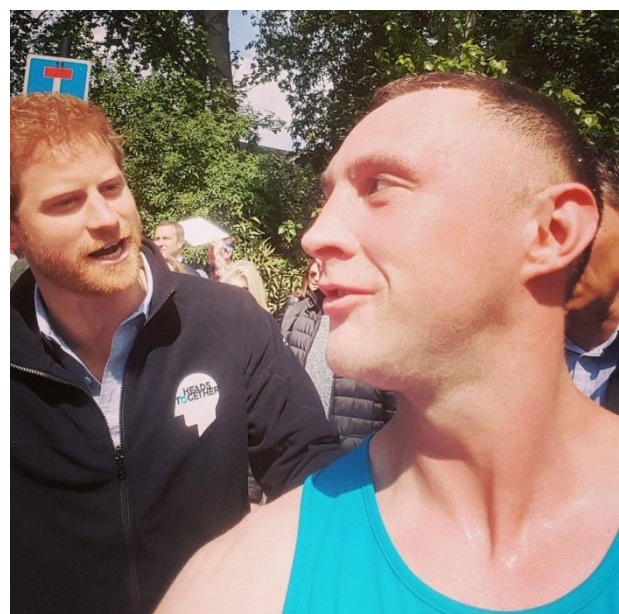
In total the club had 18 runners taking part this year, all with a wide breadth of pace. It was no easy task trying to catch them on the way round. As anyone who has tried supporting at this event knows, just fighting your way through the crowds to get to a decent viewing spot is a massive task in itself. Judicious use of your elbows is always a necessity for occasions like this. However, I think we managed and pretty much all the runners spotted a friendly face in the crowd on the way round, with the exception of **Richard Cade** whose chip timer device didn't work so we were unable to track or spot him during the entire race. Luckily he did meet up with a few Lions at the end before dashing off to meet up with his family to celebrate. Of course, I can't possibly write up about the VLM without mentioning the rather lucky **Clayton Cutter**, who not only ran a fantastic race but was also presented with his medal by none other than Prince William, and also managed to get a selfie with Prince Harry – what a guy!

I thoroughly enjoyed the experience, its so easy to get caught up in all the excitement and wanting to try and catch as many people as you can, even though you can be screaming like mad sometimes due to the general noise levels runners can't always hear or even see us, especially when they are "in the zone". It's really awe inspiring watching, I have only ever done a maximum of 14.2 miles myself (Dent 2015 – burned into my memory forever, not necessarily for the right reasons!) and I can't begin to imagine almost doubling that distance, it just seems mind boggling.

But hats off to our 18 runners, they have all worked so hard this year, training in all weathers, sometimes on their own and at other times with friends and fellow club members, and they all finished the race in one piece, there were some great PB's earned and fantastic performances from or first time marathoners. The club, and everyone in it, is super proud of every one of them. You cannot underestimate the mental resilience you need to undertake the training for a race like this, let alone the physical stamina. The demands both physically and mentally really take their toll, and not everyone is able to cope with this. At the time of writing, we still have a few members training for the Liverpool Marathon which is due to take place at the end of this month, so a big shout out for you guys, keep it up, the end is nearly in sight!



Jonny Cartwright enjoying his VLM experience



Clayton Cutter getting to know Prince Harry

Steady Away: it has been brought to my attention recently that some of our steadier runners in the club feel a bit left out and that there is a general of lack of support for them. As a very steady runner myself I can't say I have had this experience at all, quite the opposite in fact (as noted in my last newsletter), but it's a worry that a fantastic club like ours, with a great reputation for supporting and a motto of "Never Leave A Lion Behind" that we have members who feel this way. So I would encourage everyone, next time you are either taking part or supporting at a race, do try to cheer in as many of our runners to the finish as you can. With large scale events like marathons, this can prove to be rather difficult, due to tight security and sheer volume of runners/crowds etc, and the natural assumption that most runners have family and friends with them providing that much needed support. To our steadier runners I would say, please do make sure that you get in touch with others running or supporting at the same event. If you are attending a race on your own, then let other Lion runners/supporters know. The club has a fantastic reputation for looking after its own, well earned over the past almost 30 years that the club has been in operation. If you have been training and/or running away from the club, then do try and make the effort when you can to join us on a club night (Mondays and Thursdays). It's always great fun, a chance to meet up with other members, and also on a Thursday you can head to the bar for a drink afterwards and means you get to know other runners of all abilities, and most importantly of all WE GET TO KNOW YOU!

Mind over Marathon: whilst writing, I wonder how many of you watched the recent BBC1 two part documentary following a group of people attempting to overcome mental illness through the simple act of running and training to undertake the London Marathon. Severe mental illness can be an excruciating cross to bear that nobody who hasn't been through it can fully understand. The programme showed us that it can be easy to help those who are suffering, simply by listening and trying to understand. If you haven't seen it yet, then do try and pick it up via BBCiplayer. Inspiring just doesn't seem an adequate word to describe the programme.

Championship Update: Well, our Championship this year, run by our favourite bespectacled **Mark Preston** – is proving to be an interesting one. As you know, it's the best of nine races and you need to score your highest points for these.

So, at the moment we have **Gav "Which Way Do I Go" Holland**, **Ed "Eat my Shorts" Hyland** and **Mark "Pottie" Pottinger** scrapping it out in Division One. It's all to play for in Division 2, with the bearded wonder, **Andrew "Drop it like it's hot" Earnshaw** sitting gorgeously on top, but **Phil Moyles** and **Leon Severn** are both creeping up on him like silent assassins. In Division 3 we have **Mark Preston** trotting along like Red Rum and leading on points with **Helen Fay** snapping at his shapely ankles like a ferocious Jack Russell. However, **Andrew "Kebab" Mackrill** is ahead of both quietly snapping up four 30 point races.

In Division 4 **Martin O'Brien** is literally running away with it, with five 30 point races under his belt, I think a mid-year move is definitely on the cards here! In Division 5 (also known as the Eye Candy Division) that silver haired fox, **Paul Armitage**, is currently on top on points. However, it's really hard to call this one, 30 pointers are equally spread out amongst the group, but looks like **Sarah "Forrest Gump" Lunt** and **Michelle "Crusher" Rushby** are sashaying rather sweetly towards Paul, no doubt the pair are hoping to distract him by their

loveliness! However, like a silent but dangerous bunch of Hammerhead Sharks watching and waiting are the likes of **Sharon Marlor-Gage, Angela Lee, Graham Robertshaw, David Rushworth!!** Meanwhile we wander to the bottom of this table to see the Chuckle Brothers, **Simon Gadd** and **Steve Boyer** both kinda hanging out there, doing nowt – probably hoping that Mark will drop them down into Division 6 ;-)

Over in Division 6, its great to see a bunch of newbies joining in for the first time. Jenny Walker is currently top on points, but carving her way like a knife through butter is **Liz “Top Gun” Hallam**, with her wingmen **Catherine “Ice Man” McHugh, Helen “Goose” Shenton** and **Lin “Hollywood” Divine** all striking a pose like Madonna. But, hark.....what is that I see.....why, it's none other than **Sally “Wigwam” McGregor**.....waking up from her two year hibernation and neatly snapping 30 points from the recent Overgate 10k – I witnessed the sprint finish between Sally and Liz Hallam – so close I thought Liz was going to run up Sally's back! Watch it folks, Wigwam is training and clearly on a mission!!

Finally, in Division 7, we have **Mel “Where is my Summer Plate” Shaw** running off with three 30 point races, closely followed by last year's Division 7 Champ, **Alex Whyte** and **Jackie Barker** kick boxing her way into third. However, we also have the lovely **Gail Fawcett**, another newbie to the club, giving it her all currently running in joint fourth with another club legend, **Steph “Queen of Parkruns” Hull**. Well done Gail, that's awesome!

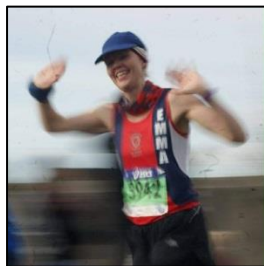
Great running their folks, looking forward to seeing what unfolds over the next couple of months. I'll do another update on the Championship later in the year, unless the excitement gets to fever pitch before then. Don't forget, even though you may be top on points, it is actually how many 30 point (or high scoring) races that count in the end. So check out the Championship tables and see what's cracking off, if you find out to your surprise that you are listed in one of them and you've forgotten and are either injured or not bothered then let Mark Preston know if you want to be taken out (not with a rifle of course, but he will kindly remove you from the tables) – it could be a wise move, save yourself and then jump back in for 2018 instead ☺

That's it for this month. Happy Running Everyone!

Sandra

EMMA FORRESTER-THOMPSON

VETS CAPTAIN



A big thank you again to all the 47 VETS that turned out at Honley for the first race of the season. Unfortunately it clashed with VLM so I was unable to attend, but I was very proud to see that we had representation in most age categories so that is brilliant! We also had almost double the number of members that ran this race last year, so a special thank (and welcome) to all of you who have not run one of these races before and may have had some reservations but still gave it a go.

You all did brilliantly. So much so that the men are at the top of all three categories and the ladies are also first in 'all to count' and 'rest to count' and 3rd in the 'first 4 to count' category. This just shows how important it is to get a good turnout.

The next event is at Kirkstall (see information below) on Tuesday 30th May. It is a 7:30pm start so I recognise that it could be difficult for some to get there. If anyone can offer lifts this might help (please add to my post on the Forum if you can). I will help, where I can, with logistics and questions!

Thank you again to all the first timers and returning vets. Hope to see you all at Kirkstall!

Next Vets Race is the second of the Monthly Grand Prix 2017

Date: Tuesday 30th May 2017
Start time: 7:30pm
Venue: Kirkstall Abbey LS5 3EH
Race HQ: Burley Rugby Union Club, LS5 3NG
Promoted by: Kirkstall Harriers (Under UKA rules, Licence applied for)

The course is about 6 miles and mainly grass, tarmac or dirt track. Given the time of year road shoes should be okay, but if conditions are very wet, trail shoes may be better. £5.00 entry on the day (£1.00 now goes to host club).

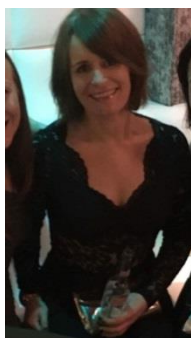
Facilities: Parking over the road adjacent to Abbey House Museum or in the streets behind the Vesper Gate Pub. Please car share if possible and park considerately for the locals if parking in the streets. Changing rooms and toilet facilities available in the race HQ. There is only one small shower block though. Cakes and biscuits will be available after the race.

Directions: from Leeds City Centre – approx 3 miles west from the town centre on the A65.

Emma

REBECCA O'NEILL

SOCIAL SECRETARY



Just a quick update on forthcoming events:

Sunday 7th May Bluebell: our famous club hosted race is taking place this coming weekend. Hopefully as many of you as possible will be turning out to run or help. Don't forget any donated raffle prizes are most welcome, please bring down on the day if you can. We have a bouncy castle in operation and a live band, Psycho Slinkies, who will be playing lots of rather apt music as our runners navigate their way across the river to the finish line. We have a plea out for our members to help fill our famous Stainland Cake Table, so any quality baking would be very much appreciated! Hope to see as many of you there as possible.

Celebration Night 9th June: one of our many fabulous get togethers to help celebrate marathon, half marathon, and any other racing achievements so far this year. Open to all members and their partners etc. The cost this year is £17 per head, it will be taking place at our own Heath Clubhouse and includes a fantastic buffet (details on the Forum) and a DJ, so get your glad rags and your dancing shoes ready for this one. If you haven't put your name down yet then please do so as we need to increase attendance numbers for this one. So, as Chubby Checker would say: come on everybody!! We are known for our fantastic social nights, so let's make this a great one – get your names and join us ;-)

Ten Pin Bowling Night 30th June at Electric Bowl in Halifax: many thanks to all of you for your recent feedback which has resulted in a night of ten pin bowling. The price per head is £9 for two games. Start time to be confirmed but likely to be around 7.30pm, which will hopefully give us all an opportunity to grab a couple of drinks after and some food if need be. Feel free to sort out your own team (8 people) from those who are attending.

Yorkshire -v- Lancashire T20 Cricket Friday 11th August at 6.30pm: arranged by our very own Andrew Mackrill, members already booked and it looks like a cracking night out for the group of 32 who have signed up for it.

Bier Keller Friday 17th November: another annual event in our social calendar, with the famous Bavarian Stompers taking place at The Archers at Dean Clough. We have a cut off date for this at the end of this week (7th May) so that tickets can be ordered as it's very popular locally and we don't want to miss out. If you haven't already put your name down for this then contact Diane Thornley ASAP, or check out her post on the Social Section of the Forum.

Watch out for future social events coming up, and as always if you have any ideas on what you would like us to arrange then please let me or one of the Social Team know!

CAT DANIELS

CLUB PUBLICITY OFFICER

A compendium of this month's Courier Reports are as follows:

Monsal Trail Half Marathon: Gerry Banham stormed home in this Half Marathon. Starting from Bakewell Station the route took runners along the old railway line, over Monsal Viaduct and through three long underground tunnels, which provided some relief from the scorching hot yet beautiful weather. Out of a field of 351, Gerry finished 74th in a time of 1:48:52.

Brean Down 10k: Carol Heptonstall was the lone Lion who headed to Somerset for this race, and she took home first place in the VF50 category with a great finish time of 1:24:38.

Manchester Marathon: 22 well prepared and very determined Lions set off to Manchester for the first of the Spring marathon season 2017. Every one of the 22 put in an excellent performance, two Lions came in under the 3hr mark, one took 15 minutes off her PB, and for three crazy Lions this was their first of three or more marathons this year, whilst others battled injury and pain to cross the finish line no matter what. **Results:** Jonny CARTWRIGHT 02:57:43, Simon RAWNSLEY 02:59:05, Sean THOMPSON 03:04:31, Chris HALL 03:09:08, Andrew BAIRD 03:19:51, James MCNUTT 03:37:56, Paul HILEY 03:46:00, Jan KING 03:47:58, Caroline FOX 04:03:12, Laura WRIGHT 04:06:26, Clayton CUTTER 04:06:26, Rikki HAMMOND 04:15:19, Gail SCHOFIELD 04:15:57, Claire GUEST 04:16:45, Sarah LUNT 04:21:51, Nicki CARTWRIGHT 04:21:51, Richard CROMBIE 04:49:52, Catherine BEDNALL 04:52:05, Mark SPEIGHT 05:43:12, Judith MACDONALD 06:31:02, Jeanette CAMPBELL 06:31:03.

Baildon Boundary Way: hosted by Baildon Runners, this trail half-marathon is a lovely, but challenging race now in its 23rd year. The weather was mainly dry and mild, the going was good to firm, faultless organisation, lots of friendly marshals and three welcome water stations on the course. Each finisher received a nice coffee mug and a full colour Buff. **Results:** Derek Doyle 1:48:16, David Culpan 1:55:56, Tracy Mott 2:05:29, Ray Mooney 2:13:26, Sharon Marlor-Gage 2:17:30, Terry Marlor-Gage 2:30:55, John Rushworth 2:32:08, Steve Boyer 2:37:51, Alex Whyte 2:41:47.

Overgate Hospice 10k Challenge: Gavin Mulholland lead the Lions home in this Club Championship Race taking in some of the best scenery and the best hills Halifax has to offer. Rebecca Butler was the first female lion home storming round in 46:41. **Results:** Gavin Mulholland 37:20, Philip Moyles 43:12, David Roberts 43:22, Leon Severn 44:32, William Rushton 46:15, Rebecca Butler 46:41, Andrew Earnshaw 46:58, Stefanie Hopkins 47:15, Andrew MacKrill 47:30, Paul McCormick 47:48, Martin Wood 47:51, Steve Ashworth 48:02, Jim Harris 48:25, John Ingles 48:41, Helen Fay 49:32, Louise Naylor 49:36, Martin O'Brien 49:51, Gaby Ferris 51:01, Mark Preston 51:15, Aileen Baldwin 51:34, Gerry Banham 51:45, Jodie Manning 51:46, Michael A Dunning 52:04, Julie Field 52:18, Victoria Kennedy 52:27, John Hirst 52:57, Steve Hallam 53:30, Ian Hoskins 53:53, Matthew Gadd 54:24, Joanne Cooke 55:01, Michelle Rushby 56:06, Joanne Kitcher 56:20, Alison Audsley 56:28, Paul Armitage 57:05, Michelle Rogerson 57:08, G Anderson Keeble 57:18, Martin Carr 59:24, Graham Robertshaw 59:46, Sally McGregor 59:50, Liz Hallam 60:09, Lauren Cobb 60:41, Lauren Cobb 61:21, Lin Devine 62:34, Catherine McHugh 63:41, Jenny Walker 63:51, Paula Pickersgill 63:52, Susan Cash 65:11, Zoe Mallinson 67:15, Mel Shaw 67:49, Lisa Galvin 70:39, Zoe Lunn 70:54, Manjit Ahjar 71:18, Carol Heptonstall 72:34, Stephanie Hull 72:55, Gail Fawcett 76:35.

Wardle Skyline: six Lions took advantage of the glorious sunny afternoon by taking on the Wardle Skyline Fell Race, which included 1m250ft of climb, on a 7 mile course circular course taking in Watergrove Reservoir. **Results:** Jonathan Collins (6th, 50:32), Kevin Jagger (59th, 1:01:09), Derek Doyle (75th, 01:02:57), Martin O'Brien (88th, 01:04:50), Aileen Baldwin (97th, 01:06:34) and Ray Mooney (118th, 01:12:45).

Sheffield Half Marathon: Five Lions travelled to Sheffield to undertake this undulating half marathon on what can only be described as a boiling hot summers day! Tracy Mott led the Lions home in 1:48:49 an excellent achievement particularly considering she is part way through a challenge that sees her run at least a half marathon a month in 2017 to raise money for Blood Cancer Research. **Results:** Tracy Mott 01:48:49, Sarah Lunt 02:04:09, Karen Thorne 02:05:19, Claire Guest 02:06:37 and Simon Gadd 02:17:20.

Vale of York 10: The Vale of York is a fast, flat 10 mile PB waiting to happen. Taking off from a runway to glide around some fast, flat, roads. Helen Fay led the Lions home and was also second in the F50 category. **Results:** Helen Fay 1.15.04, John Hirst 1.27.28, Paul Armitage 1.34.49 and Joanne Hirst 1.43.07.

Salford 10k: A Good Friday Race for all is this popular and fast 10k, a two lap course which brings out the top runners from clubs on both side of the Pennines. A small but perfectly formed band of Lions decided to interrupt their Easter Egg Friday, collected their Yorkshire Passports and threw themselves into Salford for a quickie. First to finish for the Lions was Paul Hiley who came in 84th in a super time of 36:45, and first Lioness home was Suzanne Patterson finishing 190th in a time of 41:55. **Results:** Paul Hiley (84, 36:45), Suzanne Patterson (190 41:55), Lorraine Naylor (220, 43:00), Helen Fay (252, 44:26), Diane Waite (331, 48:02), Paul Armitage (413, 51:36).

Guisley Gallop 10k: the 22nd staging of this popular event on tracks, trails, canal bank, towpath, road and also passes The Woolpack Pub (the former fictional Public House on the ever popular ITV Soap Opera Emmerdale). Obviously the excitement of being so close to such a famous pub tempted a small band of hardy Lions. First to finish for the club was Martin O'Brien in a time of 49:52, and first Lioness home was none other than Aileen Baldwin who also finished third in her age category of F65. Newbies to the club Ian Hoskins and Michelle Rogerson continue to tear up the racing calendar and were the third and fourth Lions to finish, Ian in 259th position and Michelle in 364th. **Results:** Martin O'Brien (148, 49:52), Aileen Baldwin (165, 50:43), Ian Hoskins (259, 55:38), Michelle Rogerson (364, 01:00:21).

Hollingworth Lake 5k: Many have strolled around the scenic Hollingsworth Lake and enjoyed its flat, easy walking and wonderful views. So clearly this was a good venue for a fast and flat 5k race, step forward Richard Crombie who was the sole Lion undertaking this cute one. Thanks to his hard work training for the recent Manchester Marathon, Richard tore up the course and finished 40th in a time of 20:40.

Virgin London Marathon: 19 well prepared lions headed to the streets of London to take on the Virgin London Marathon. After months of dedication, thousands of miles, multiple physio appointments and thousands of pounds raised this incredible pack of lions conquered everything that was thrown at them across the 26.2 miles all putting in a fantastic performance with multiple PB's along the way. Ed Hyland led the lions home in an amazing 2:35:59, Margaret Beever lead the ladies home breaking the sub 3 hr barrier in 2:58:18. **Results:** Hyland Ed 02:35:59, Hall Stephen 02:53:33, Beever Margaret 02:58:18, Cartwright Jonny Paul 03:00:42, Seager Tanya 03:03:14, Miller Craig 03:11:16, Cade Richard 3:22, Laird-Boldy Andrew 03:28:37 Harron Maria 03:29:47, Zito Amanda 03:29:59, Forester-Thompson Emma 03:32:47, Pigford Mark 03:39:08, Mott Anthony John 03:42:14, Johnson Ian 04:19:49, Cutter Clayton 04:23:20, Serban George 04:36:49, Patrick Paul 05:25:44, Nicholson Valerie Gail 05:31:23, Maddocks Holly 05:37:12.

Yorkshire Vets: The lions were out in force for the first race of the Yorkshire Veteran's Grand Prix in Honely. The beautiful undulating route lead competitors across a multitude of terrain ending with a fast downhill finish. There was great team support from lions contributing to high point scoring. Strong finishing for all participants sees the lions lead in the men's and overall categories with the ladies in third. **Womens Results:** Suzanne Patterson 49:34, Helen Fay 52:51, Louise Pottinger 52:54, Aileen Baldwin 53:06, Helen Hudson 53:34, Gaby Ferris 55:05, Joanne Cooke 59:05, Michelle Rushby 59:11, Angela Lee 59:33, Michelle Rogerson 61:47, Gail Schofield 64:06, Dawn Medlock 67:54, Carol Lord 68:11, Rikki Hammond 68:46, Liz Norman 69:41, Jackie Barker 72:29, Alex Whyte 74:35, Diane Thornley 74:37, Catherine McHugh 74:44, Helen Shenton 74:56, Carol Heptonstall 83:06. **Mens**

Results: Gavin Mulholland 38:15, Jonathan Collins 40:51, Mark Pottinger 41:45, Richard Hand 42:43, Paul Hiley 43:47, David Roberts 45:11, Derek Doyle 48:37, Andrew Baird 48:57, Jim Harris 49:08, Martin Wood 49:16, Steve Ashworth 50:08, Kevin Jaggard 50:13, John Ingles 50:56, David Farrar 53:26, Martin O'Brien 54:31, Jan King 55:37, Paul Corns 55:38, Mark Preston 55:55, Steven Crowther 57:31, Steve Hallam 57:46, Graham Teal 57:58, Andrew Falkingbridge 59:44, Paul Armitage 59:59, Jonathan Taylor 64:25, Alan Gibson 68:12, Richard Lambert 77:55.

Blackpool Half Marathon: Run on Blackpool's Promenade passing all the great landmarks and tourist spots this flat one lap half marathon is perfect for PB chasers. Two Lions made the trip with Alison Smith finishing first for the Lions in a time of 1:48:51 and Jo Lumb completing in 2:18:26.

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