



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
June 2017

Cheers from the Chair – I'll drink to that

Bluebells are ringing: well another very successful Bluebell Race has been completed since the last newsletter. A massive thank you to **Sandy Gee, Karen Thorne, Steve Boyer**, the Social Team, River Crossing Team, Car Parking Team, Marshalls and..ahem..Junior Lions. It was the best ever to date, with a bouncy castle, live band, sumptuous cakes, great t-shirts (designed by our own **Andrew Laird-Boldy**), the river crossing was put up in such an efficient record breaking way that the River Crossing Team actually got to see the start of the race for a change! The race was sold out well in advance, and over 450 runners ended up taking part. There was a fabulous Sweeping Team, consisting of **Andrew Laird-Boldy** (is their no end to this man's talents, not only is he an outstanding runner himself, our Men's Capt, designs our t-shirts, designed the new club logo, has put together and sweated bullets putting together our massive entry for the Calderdale Way Relay, and now he is one of our Official Sweepers as well!!). Andrew was accompanied by two very glamorous Sweeping Assistants, in the very shapely forms of **Diane Thornley** and **Helen Shenton**. The three of them did a fantastic job, and please do check out all the photos that Helen took of each and every marshal as they made their way round, they are brilliant! I am very sad to say that this year was the last one for **Sandy Gee** as Race Director, and **Karen Thorne** as Chief Marshaller, both are stepping down from these roles which they have held for the last few years. Time for somebody with grit and determination, to take it on – watch this space for confirmation about which dynamic duo will be taking this on going forward! A thousand thanks to **Sandy** and **Karen** who have done a truly outstanding job.

Begin the Beguine: well that's it for another year, and yet again another very successful beginners course, led by our Dangermouse and Penfold – David Rushworth and Graham Robertshaw. This year we had 72 sign up for the course, with 40 taking part in the Fun Run at the end and 30 signing up to join the club afterwards. Many thanks indeed to all of our Run Leaders who took the time and effort to help lead each group round every Monday, a massive commitment which we all appreciate, and also to all our members who came down to help, including that little car parking hero Catherine McHugh. Last but not least, our thanks to our Club Coaches, Mark Pigford and Tanya Blake, who put together their usual first Monday Night Frolics and helped to get everyone warmed up each week. It's always a joy to watch our newbies work so hard and get better and better as the course progresses. I hope they all enjoyed themselves, we now have 30 bright sparkly new members in the club, please do take time to spot anyone you don't know and introduce yourselves. We are a lovely, friendly and inclusive club and we want our new members to feel welcome.

Ferry Cross the Mersey: Well am fresh back from this year's Liverpool Rock and Roll Running Weekend, and what a weekend it was. Lucky for me we had a long one, arriving on Friday night (just in time for a Take That concert, not that we went to it but had fun dodging the people traffic), and finally staggered home on the Monday. In between we had the delights of running the 5k on Saturday morning, my first attempt at this one – clearly attracted by the huge medal you get for running it. My other half decided to "pace" me round (as it wasn't a Championship race, haha) and I ended up scoring one of my faster runs, albeit still not a PB. Events like this always

make me laugh as there are running photos galore, you can't blink an eyelid in Liverpool without somebody taking your photo. I always check them out with great anticipation that I actually look like Kylie Minogue in a pair of hot pants, but am always sadly disappointed. This race was no exception and the photos of Graham Robertshaw reaching out for my hand as we were about to enter the dark tunnel back into the Echo Arena, showed me looking like a Yorkshire version of Edvard Munch's "Scream" painting (albeit after quaffing a few pork pies) was as disappointing as usual. One of these days I will have a decent photo of me running and not looking like I am being chased by the Grim Reaper! Sunday involved the full and half marathon's taking place, loads of Lions participating in the half, and the usual hard as nails bunch undertaking the full marathon. Everyone finished the races safely and in one piece, albeit with one or two suffering a little bit. Special mention for Alison Pearson, Anne Cawdron, Mick Porter and Sharon Stott who have been training really hard for their first full marathon and finished it in 5:30 – spectacular guys, well done. Not forgetting of course, Stephanie Hull and Helen Whitworth who incredibly used it as a training run as they have an Ultra coming up soon - awesome. A very quick mention to Jenny Curry who crept up behind me in the last couple of miles and with typical Yorkshire humour she told me she was broken and that her back was killing her, I could barely respond in a coherent fashion by then but was so uplifted that she was with me that it spurred me on and I managed to run it in - even doing a bit of a sprint finish – thank you Jenny!!

Well done to each and every one of you who participated over the weekend. It was a great Lions turnout and a really enjoyable weekend. We are already booked on for next year, so if you have never experienced this rather thrilling Scouse weekend, get booking on for the 2018 run as quickly as you can and this time we can organise a really good Lions Party afterwards to celebrate. A range of photographs below of the fun crew who gave it their all this year:





It's not all about the base, it's about numbers: I read a really interesting article recently in Runners World (the magazine is full of all sorts of interesting stuff if you are a bit of a running geek). Having done my little feedback above about Liverpool, and having an all round poor performance myself which resulted in awful running photos, still no improvement on my 5k time, and a personal worst for the half marathon, I was rather cheered to read this one. Most of us take up the sport of running to get healthier and to challenge ourselves. Whilst we all tend to concentrate on finish times, split times and all the usual data overload involved in running, little thought tends to be given about the real things we should notice about ourselves. Firstly, getting off the sofa and out of the house for a run of any description, the number of PB's you have smashed during your running career, the overall improvement in your speed since you first started running, the number of times you look forward to going out on a run, the number of time you go out for a run dreading it and really having to make the effort to get out of the door – and then end up having a great run with wonderful friends, how many times has that happened to any of us? A lot I bet. Whilst we all concentrate on PB's and whether we managed to beat our nearest rival, its not often that we think about the small victories we all have every day/week that we run.

I had a shocker of a run a couple of weeks ago and ended up peeling off and running down the canal on my own, I then noted I was doing 13min/mile and was so distraught I stopped, switched off the offending Garmin and started walking back to the club. Within seconds a shout of "Cooooeee" behind me, heralded the arrival of Karen Thorne and her posse running at a blistering pace and bearing down on my like Cleopatra and her hand maidens. My first reaction was to cringe with embarrassment, but Karen got right in my grill (like a mother would with a reluctant child) and checked that I was okay before taking her group off, I eventually made my way back to the club, even running some of it. Just before the turning into West Vale, and without saying anything, I was swept back to the club by Jonny Cartwright who spotted me trudging back and silently looped back to collect me having finished his own run. Karen and I exchanged messages the next day, where she cheered me tremendously by giving me her own running tale of woe that she suffered that same day, proving the point that we are not alone when we suffer with our running. In the end, I laughed at my own silliness. Just getting out at all is a victory, doesn't matter ultimately about speed and splits, we make small improvements every day, we just don't notice them. Next time you get yourself out of the door, throw the Garmin in a drawer, run without it and enjoy yourself – I bet you score a PB!!

The IT Crowd: Now then, I have often heard the phrase “I can’t get on to the Forum”, so thought I would do a little introductory piece about two of our young guns - two young fellas who operate all things IT for the club. It’s unlikely that most of you will know them, as they are extremely rare and you don’t often see them at the club these days. Like a pair of almost extinct dormice they are fairly quiet and you have to approach with caution or you might scare them! We have details of what they both do and how to get hold of them if you are having a problem.

Adam Scratcherd: looks after the main site structure and function of our website and updates content. So the likes of myself, Cat Daniel, Julie Field, Steve Boyer, Mark Preston etc can provide Adam with information and he will add it to the website for us.

Matthew Gadd: looks after the Members Forum, mapMYrun, updates race results, race reports, adds races etc.

Problems logging on, not sure what to do? Then contact our lads via the following email address and they will help: support@stainlandlions.com.



Adam Scratcherd and Matthew Gadd

Happy Running Everyone!

Sandra

CAT DANIELS

CLUB PUBLICITY OFFICER

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

It has been another fabulous month with challenges met, personal bests achieved and Lions tackling distances and races they never thought possible. Here is a summary of what everyone has been up to....

Three peaks

Two brave and determined lions traversed the Yorkshire three peaks, Pen-y-ghent, Ingleborough and Whernside this weekend in the famous yet brutal 3 peaks fell race. Runners rely on their self navigation skills on the 24 mile route with 5000 ft of climbing. Checkpoint times are tight allowing the runners little margin for error. The runners scale Penyghent first then make their way to the Chapel let Dale checkpoint. From there the route heads past the iconic Ribbleshead viaduct then makes its way up Whernside forcing competitors to scramble up the last 50 metres to the checkpoint at the summit. From there the runners descend to the hill Inn checkpoint then climb up Ingleborough to the summit at 2500ft. Competitors finish with a tricky descent back to Horton field.

RESULTS: Jonathan Collins 03:42:16 , Helen Hudson 05:13:33

Coiners fell race

A fast tour of Coiner's country on paths, tracks & moorland, taking in Erringden Moor, Stoodley Pike and Bell House Moor. The route offers spectacular views of Cragg Vale and passes by the old coiners cottages of Bell House and Keelam.

RESULTS: Damien Pearson 0:59:03, Leon Severn 1:00:25, Richard Crombie 1:01:57, Martin Wood 1:02:13, Andrew Earnshaw 1:03:08, Aileen Baldwin 1:08:49, Rikki Hammond 1:16:47, Ray Mooney 1:18:28

Cake race

Ray Mooney headed over to Diggle to compete in the Cake race finishing in 1:47:29. The moorland route is 10 miles long with 1700ft of climb taking in moorland scenery, industrial heritage, and Pennine farmland ending with as much cake as you can eat, most of it brought along by the runners themselves.

Bluebell Trail 10

A beautiful sunny day greeted the Runners for the wonderful Bluebell Trail race hosted by Stainland Lions Running Club. This ever popular race saw 468 runners setting off from Clay House to enjoy the spectacular woods and Bluebells, climbing the serious climb of Trooper Lane to be rewarded with magnificent views from Beacon Hill. The reward at the end of the 10.3 miles a lovely cooling river crossing that refreshed tired legs in time to enjoy the post run entertainment. A day that was enjoyed by all the family, great tunes from the Psycho Slinkies, a bouncy castle for the children, ice creams and bacon butties made this a truly fabulous event that left sunny smiles on everyone's faces

BLUEBELL TRAIL RESULTS:

Jonathan Collins 1-09-35, Derek Parrington 1-19-05, Derek Doyle 1-24-24, Andy Earnshaw 1-28-27, David Culpán 1-30-36, Aileen Baldwin 1-33-15, Paul Corns 1-39-35, Michelle Rogerson 1-47-33, Ian Hoskins 1-48-21, Stuart Hardaker 1-58-44, Kim Ison 2-03-36, Zoe Mallinson 2-06-01, Andrew Falkingbridge 2-08-16, Anthony Pinnington 2-09-06, Alex Whyte 2-11-32

John Carr 5k

Margaret Beever travelled across to Esholt hall to take part in the first of three races making up this friendly series. She crossed the line in a spectacular 18 mins 39 seconds finishing first in the F35 category.

A mighty pack of lions travelled over to Leeds for the **Leeds Half Marathon**. The city centre route starts at The Headrow alongside Victoria Gardens, heads out of the city centre, takes in a section of the Ring Road and returns via Abbey Road and Kirkstall Road before finishing in Cookridge Street alongside Millennium Square.

Results: Jan King 01:46:17, Mark Speight 01:53:46, Graham Robertshaw 02:07:19 , Diane Thornley 02:10:36, Kate Ryley 02:10:49 , Catherine McHugh 02:16:24, Valerie Nicholson 02:17:22, Helen Shenton 02:20:31, Jane Potter 02:30:25, Patricia Hallowell 02:27:42, Lisa Galvin 02:34:37, Helen Whitworth 02:47:59, Gail Fawcett 02:49:12, Claire Goulden 03:14:46

Richard Crombie led the lions home in the **Kirklees 10k challenge** finishing in 22nd place overall in 00:42:38. Starting and finishing at Cathedral house the route is mostly made up of scenic canal towpaths although runners are surprised with a killer hill through the woods at the turning point.

Results: Richard Crombie 00:42:38, Gabby Fellis 00:47:05, Paul Corns 00:47:58, Kim Ison 00:55:33, Debbie Hyde 01:01:02, Zoe Mallinson 01:01:39 , Zoe Lunn 01:05:20,

Two lions travelled to Esholt for the second in the **John Carr race series**. Margaret Beever completed the race in 18:39 and won the F35 category for a second time in a row. Anne-Marie Kileen completed the 5k distance in 30:05.

Over 200 runners set off in glorious sunshine for the 9th annual **Sowerby Scorcher** 10k run, with most getting back before the rain started. Amongst them a pride of lions taking on the undulating and beautiful route to compete for club championship points.

Results: Gavin Mulholland 39:23.7, Andy Earnshaw 47:16.9, Derek Doyle 47:39.6, Gerry Banham 49:33.4, Rebecca Butler 49:36.7, Paul McCormick 50:51.9, Helen Fay 51:19.2, Steve Hallam 53:32.3, Mhairi-Clare Luke 54:42.9, Matthew Gadd 56:36.1, Sandy Gee 57:29.7, James Mcnutt 57:36.0, Alson Audsley 58:29.0, Mike Dunning 58:47.2, Paul Armitage 1:00:06.6, Gina Anderson-Keble 1:00:12.9, Graham Robertshaw 1:00:39.6, Martin Carr 1:01:52.7, Stuart Hardacre 1:01:56.0, Liz Hallam 1:02:10.2, Simon Gadd 1:02:28.4, Roger Allan Smith 1:02:45.4, Diane Thornley 1:03:18.2, Lin Devine 1:03:25.9, Catherine Mchugh 1:07:01.8, Sue Cash 1:08:00.6, Judith Greenwood 1:08:21.4, Mel Shaw 1:09:35.0, Alex Whyte 1:10:02.1, Jackie Barber 1:12:05.1, Carol Heptonstall 1:12:49.1, Richard Lambert 1:13:05.6, Jenny Hardacre 1:22:40.5

7 teams of Lions tackled the 6 legs of the **Calderdale way relay**.

The Stainland Lions Vets team, made up of Paul Hiley, Paul Senior, Tanya Blake, Craig Miller, A Laird-Boldy, Andy Baird, Jon Collins, Jonny Cartwright, Derek Parrington, Sean Thompson, Jamie Westwood & Jason Westwood, stormed to victory winning the category trophy and completing the 6 legs in 6:56:42 finishing in 11th place overall.

Other Results: Ed Hyland, Chris Hall, Adam Scratcherd, Phil Moyles, Leon Severn, Mark Pottinger, Matthew Pierson, Ashley Cavalier, Damien Pearson, Gavin Foster, Andrew Earnshaw, Stephen Hall - 7:07:14

John Ingles, Trevor Lester, Ian Johnson, John Bassinder, Richard Crombie, Will Rushworth, Dave Webb, Martin Wood, Kevin Jagger, Jim Harris, James McNutt, George King - 8:02:06

Danielle Hirst, E Forrester-Thompson, Rochelle Drake, Rebecca Butler, Gaby Ferris, Julie Field, Suzanne Patterson, Maria Harron, Paula Statham, Lorraine Naylor, Helen Faye, Stephanie Hopkins 8:20:26

Paul McCormick, Steve Crowther, Andrew Smith, Aileen Baldwin, Paul Patrick, Cameron Rushworth, Graham Teale, Laura Wright, Johnathan Taylor, Helen Hudson, Gerry Banham, Matthew Gadd 9:21:05

Jonathan Pybus, Paul Corns, Steve Boyer, Tim Walker, Paul Armitage, Sandy Gee, Ray Mooney, Steve Hallam, Liz Norman, A Falkingbridge, John Rushworth, Paula Pickersgill 10:38:05

Andrew Mackerill, Louise Pottinger, S Marlor-Gage, Moira Alderson, Simon Gadd, Joanne Hirst, David Rushworth, John Hirst, Angela Lee, T Marlor-Gage, A Pinningham, Sue Manning 10:51:57

A huge pack of Lions headed to the home of The Beatles to take on the Liverpool Rock and Roll Half and Full Marathons. The well planned and surprisingly undulating route took in famous landmarks galore, City Hall, Abbey Road and both Goodison Park and Anfield for the full marathoners. Local bands were stationed along the route adding to the fantastic atmosphere and spurring runners along when the going got tough. Both routes finished with a run alongside the Mersey ending at the Echo arena. Some competitors even took on two races completing the 5k challenge on the Saturday as well as the half or the full.

Half Marathon results: David Culpan 1:39:42, Andrew Mackrill 1:43:02, Paula Statham 1:44:38 John Hirst 1:46:31, Raymond Mooney 1:57:36, Matthew Gadd 2:01:29, Simon Gadd 2:01:30, Graham Robertshaw 2:07:22, Roy Lunt 2:08:42, Diane Thornley 2:08:51, Dawn Medlock 2:08:52, Joanne Cooke 2:08:53, Paul Rogers 2:10:03, John Rushworth 2:10:48, Joanne Hirst 2:17:23, Lesley Henderson 2:17:26, Judith Greenwood 2:21:47, Tara Sherwood 2:24:21, Abi Howarth 2:24:22, Jackie Barker 2:34:39, Sandra Robertshaw 2:51, Jenny Curry 3:00:28

Marathon Results: Jonny Cartwright 3:05:41, Simon Rawnsley 3:24:54, Richard Crombie 3:54:38, Lesley Sanders 3:57:44, Cat Daniel 4:08:08, Nicki Cartwright 4:08:42, Rebecca O'Neill 4:28:09, Sarah Lunt 4:33:38, Claire Guest 4:55:36 Michael Porter 5:12:56, Alison Pearson 5:12:59, Anne Cawdron 5:12:59, Sharon Stott 5:13:00, Stephanie Hull 5:56:00, Helen Whitworth 6:04:51.

Tracy Mott smashed the **Women Can Off-road Coastal Marathon** tackling fields and rocky descents. The route contained 3,000ft of up with two brutal climbs at mile 11 & 17/18 but was a glorious day with fantastic views in the sunshine. She completed the route in 4:56:09

REBECCA O'NEILL SOCIAL SECRETARY



Just a quick update on forthcoming events:

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!

Calderdale Way Relay 2017

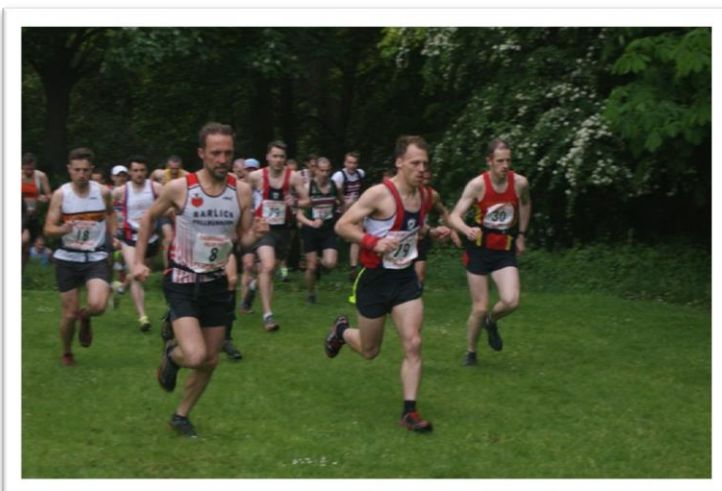
By Andrew Laird Boldy

Wow! What a Calderdale Way Relay that was! Amongst the tumbles (Maria, Graham and Will to mention three), injuries, fights (not involving Stainland runners I hasten to add), comedy moments (Becky 'which way do I go?' Butler, take a bow) and wonderful weather there was some awesome running, and a great team performance from all our seven of our Lions teams.



Leg one runners and supporters wait nervously at Heath

Registration started pretty early at Heath. A few apprehensive runners and last minute pep talks followed, and as soon as the 96 teams had lined up by Clay House the starter pistol fired and they were off!



Ed leads the way with Matthew close behind

Ed Hyland and Matthew Pierson led the way for the Lions, closely followed by the two Pauls (Senior and Hiley). Special mention should go to the showboaters of the leg –Mr Mackrill and Rushworth, who being last minute draftees, did not know where they were going. Rumour has it they navigated via pubs, stopping for hydration, but personally I think this is scandalous talk and can not be verified, despite lots of digging on my part!

Ed and Matthew set a blistering pace putting the A team in 7th place overall. The Pauls put the vets team in 15th. Jingles and Dave Webb (team D) and Danielle and Suzanne (Womens) also did great times and both pairs got the baton to the second leg.

Other Stainland teams on first leg

Paul McCormick and Graham Teal (Team E) 1.53:56, Jonathon Pybus and Ray Mooney (Team F) 2.10:56, Andrew Mackrill and David Rushworth (Team G) 2.15:04

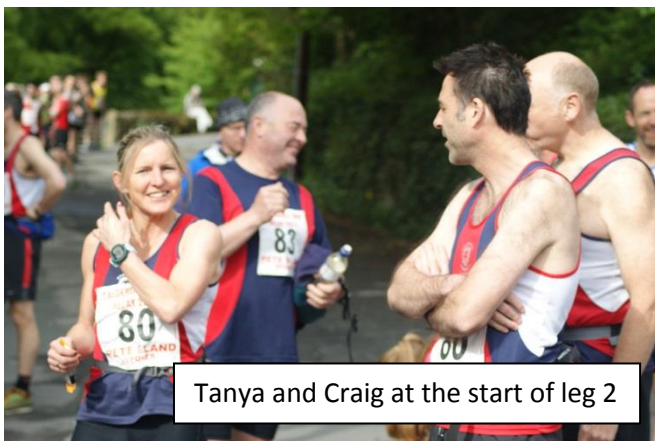


Mackers and David

The Hinchliffe Arms in Cragg Vale is a lovely spot – even with over 196 runners and spectators there. Soon as the batons were handed over the runners are climbing steadily for what seems like miles to Stoodley Pike, free falling down the cliff face to Mankinholes and then on to Todmorden. Chris Hall and Ashley Cavalier in the A team set a great pace, but Tanya Blake and Craig Miller were soon reeling them in, and just about caught them at the baton hand over point.



Emma Forrester Thompson and Maria Harron were going really well for the womens team, until Maria had a fall just out of Mankinholes, and cut her knee very badly. They had to stop for first aid, but Maria gets the iron woman award for picking herself up, carrying on and overtaking some of the teams who had got in front of them. Unfortunately due to the injury stop they did not manage to hand over the baton before the mass start. Trevor Lester and Martin Wood continued the fine run for team D, and got the baton to their partners on leg three.



Other Stainland teams on second leg

Louise Pottinger and John Hirst (Team G)

1.27:51, Paul Corns and Steve Hallam (Team F) 1.30:52, Steve Crowther and Laura Wright (Team E) 1.34:25

Leg three is the shortest leg at just under five miles, but boy what a five miles! The first couple of miles see an ascent not dissimilar to Trooper Lane, but longer! Adam Scratchard and Damien Pearson set a cracking pace up the hill and re-established the lead for the A team on the two Andrews (Baird and Laird Boldy) in the Vets. Ian Johnson and Kevin Jagger did a fine leg as well, handing the baton on to leg four. Rochelle Drake and Paula Statham, in the womens team, also ran well and beat the cut off for the mass start.

Other Stainland teams on third leg

Andy Smith and Jonathon Taylor (TeamE) 1.02:38,
Sharon Marlor Gage and Angela Lee (Team G) 1.07:53,
Steve Boyer and Liz Norman (Team F) 1.11:50



The one and only Jonny Cartwright (Poor Jon who had to put up with him!)



Blackshaw Head is a great hand over point for spectators. You can see the leg three runners coming down the road for some distance then a quick left turn up a short track to give the baton to leg 4 runners, who then run back down the track and then across the fields toward Heptinstall. Following a steep descent to Hardcastle Craggs, there is a climb and a half up to Midgley Moor via Pecket Well. The views from the Moor make this arguably the most spectacular leg, but a quick descent to Jerusalem Farm leads to probably the toughest finish of any of the legs, the long climb to Wainstalls.

Gavin Foster and Phil Moyles set a blistering pace for the A team, but the Vets had the jokers in the pack – well quite literally one of them, in the two Jons (Jonny's) of Cartwright and Collins. The JCs managed to catch Gavin and Phil right on the line at Wainstalls – what a run!

John Bassinder and Jim Harris (Team D) had a really good run as well – John must have gone easy on Jim as he allowed him to stop and take photos! Best face paint award goes to Rebecca Butler and Lorraine Naylor on the womens team – not only did they have the best make up, they also did an amazing time.

Other Stainland teams on fourth leg

Aileen Baldwin and Helen Hudson (Team E) 1.41:40, Tim Walker and Andrew Falkingbridge (Team F) 1.54:32, Moira Alderson and Terry Marlor Gage (Team G) 2.04:12

Becky and Lorraine – think your make-up has smudged



Leg five starts quite literally in the middle of nowhere, with hardly a building in sight outside Wainstalls. A quick trot across the moor and you go through Bradshaw, skirt Illingworth, climb up to Queensbury and across the Shibden Valley to Shelf.

Derek Parrington and Sean Thompson led the way for the Vets, with Leon Severn and Andrew Earnshaw not too far behind for the A team.

Sean and Derek flying at the end of 5

Special award for series of best photos go to Leon and Andrew (who were drafted into the A team in the last week) with Leon making running look so effortless and well, the Gurn master not.

Other Stainland teams on fifth leg

Richard Crombie and James McNutt (Team D) 1.11:00, Gaby Ferris and Helen Fay (Womens) 1.15:00, Paul Patrick and Gerry Banham (Team E) 1.15:00, Simon Gadd and Tony Pinnington (Team G) 1.39:00, Paul Armitage and John Rushworth (Team F) 1.52:00



Simon trying the Cartwright jump



Leon and the Gurn master general

The sixth leg is the glory leg. It has a reputation for being 'all downhill' but the climb from Brighouse to southowram has never felt downhill to me. There is a long descent from Southowram down to Salterhebble and a quick scamper around the canal basin and along the road to the cheering crowds at the finish line at Heath.



Leg 6 mass start



The Westwoods await the baton

The Westwood brothers (Jamie and Jason) put in an awesome leg for the Vets pushing the team up to 11th overall, and overtaking Wharfedale Vets in the process to win the Vets trophy. The first time Stainland have ever won this at the Calderdale Relay, and only the second time we have ever won any of the categories.

The leg also goes very close to David Hutching's house, and it was great to see him out supporting.



Stephen celebrates 'dragging' Mark around leg 6



Hutchie's prime supporting position



Will and George

Mark Pottinger and Stephen Hall just managed to turn up in time after being on a stag weekend, to take the baton home for Team A. They did a great time, despite Stephen's pit stops! Team A finished 23rd overall.

Will Rushworth and George King also ran brilliantly, the 25th fastest – pushing Team D up to 44th overall.

Other Stainland teams on leg 6

Julie Field and Stef Hopkins (Womens) 1.31:24, Cam Rushworth and Matthew Gadd (Team E) 1.53:26, Sandy Gee and Paula Pickersgill (Team F) 1.57:55, Joanne Hirst and Su Manning (Team G) 2.17:57

Overall Stainland Teams

| | |
|-------------------------|----------|
| 11 th Vets | 6.56:42 |
| 23 rd Team A | 7.07:14 |
| 44 th Team D | 8.02:06 |
| 53 rd Ladies | 8.20:26 |
| 73 rd Team E | 9.21:05 |
| 93 rd Team F | 10.38:05 |
| 95 th Team G | 13.21:32 |



Julie and Stef



Paula and Sandy



Cam and Matthew



Joanne and Su