



Tim Walker

[From The Chair](#)

A bit of rambling from our Chair, with a lowdown of what has happened so far this year.

Susan Cash

[Race Reports](#)

A summary of race reports from

Various

[Contributors](#)

Championship Update; Land's End to John O'Groats Charity Event; Captains Updates; Diary Dates.

From the Chair

Tim Walker



Can you believe it's over a year since the last edition of Lions Tale? It is really good to see it back and full of your lovely smiley faces again! Thanks must go to Debbie and Sue who have been waiting so patiently for races and events to report on and make it worthwhile publishing our newsletter once more.

It's been a funny old year with lockdowns, restrictions on numbers, shut pubs, etc. but it has been great to see how the Club has pulled through. Most of us have gone into our own little "bubbles" to keep some resemblance of normality and keep up our fitness, others have done many a solo mile (they should count as double on Strava!!) in search of sanity! One thing that has been outstanding though is the fundraising we have done; the 2.6 and LEJOG Challenge's for Overgate have been brilliant, not just in the huge amounts of cash you've raised for the Hospice but your own personal achievements, I think everyone went the extra mile or two with Leon's encouragement.

Things are looking up now and the buzz around the Club is fantastic with lots for everybody to look forward to and join in with over the summer. The committee are busy with the Calderdale Way Relay preparations, London Marathon Ballot, scheduling in our inter Club events such as the Hare & Tortoise, Downhill 10k, Summer Handicap and Pub Relay as well as keeping an eye open for when we can have a "social event". We'll have a catch up Zoom session later this month to tell you more and do the all important draw for London Marathon places.

I think everyone should be proud of how we've come through this last year so use every opportunity to wear your vest with pride, "make some noise!" and show everyone what an awesome Club Stainland Lions is.

Lions Publicity Officer

Susan Cash



Bilberry Fields Fell Race

At long last, racing is back.

Seasoned fell runners David Culpan and Martin O'Brien signed up for the Bilberry Fields Fell Race, a new event near Todmorden and one of the first races to take place since the Christmas lockdown. 80 runners took part in the inaugural race, which was held as a time trial with staggered start times to enable the participants to keep an appropriate distance from each other. The 4.6 mile route climbed steeply uphill around Orchan Rocks. The weather on the day was sunny and dry, but wet conditions in the preceding week made for a very muddy course. Total climb 1,200 feet.

Results: David Culpan 50:41, Martin O'Brien 51:29



Photos: David Culpan and Martin O'Brien in action at Bilberry Fields (photos: Mick Fryer)

Hoppits Hill Race

David Culpin & Martin O'Brien enjoying their post-race beers!

Woodentops.org.uk

David Culpan and Martin O'Brien enjoyed Sunday's Hoppits Hill Race, a short sharp race on the outskirts of Dewsbury and one of the very few events to have gone ahead since the Christmas lockdown. 150 runners took part, with the winner setting a new course record. The 3.5 mile route would have been familiar to many of the runners as it covers some of the same ground as the well-established Dewsbury West Yorkshire Winter League cross country race. The weather on the day was sunny and dry, and the ground was bone dry. Total climb 850 feet.

Results: David Culpan 27:39, Martin O'Brien 28:18

Big Flat Runway 10K**NEW CLUB RECORD - 10K**

Matthew Pierson set a new 10K club record on Sunday, clocking a hugely impressive 31 minutes 35 seconds. The previous 10K club record had stood for more than a decade, and Matthew was delighted to take more than a minute and a half off it. Matthew now holds the club 10K, 10 mile and half marathon records. He said after his run that he was happy to show that "there is life in the old dog yet..."

Matthew's super-fast performance also secured him the win at the Big Flat Runway 10K held at Elvington Airfield in York.

Run Tatton Half Marathon and Run Tatton 10K

Gavin Foster ran a new personal best at the Run Tatton Half Marathon on Sunday. He stopped the clock in 1:17:21, finishing in 25th place overall out of 1000 runners. Gareth Knight also completed the half marathon, crossing the line in 1:39:21, while Paul Corns and Gerry Banham took on the Run Tatton 10K, finishing in 42:36 and 46:05 respectively.

**York 5K**

Gavin Dodd tested himself at the York 5K on Friday. The course comprised five 1K loops of an outdoor cycle track, and Gavin was pleased to complete it in under 20 minutes, clocking 19:43.

Charity Challenge – 100 Miles In One Day

Two of Stainland Lions' strongest runners, Ed Hyland and Stephen Hall, took on the challenge of a lifetime, setting themselves the ambitious target of completing two full laps of the Calderdale Way (a total of 100 hilly miles) in under 24 hours.

The Calderdale Way is an extremely tough off-road route that is usually tackled as a relay by teams of runners who each cover one short section of the 50 mile loop. As a keen long-distance runner, Ed had run entire route by himself once before, but to do two laps was a step into the unknown for both men.

The pair started their stupendous challenge at 6am on Saturday and finished 22 hours and 50 minutes later, running right through Saturday night. The duo climbed 18,000 feet in the course of their 100 miles, much of it in freezing temperatures in the dark.

Ed, raising money for St. Mary's Out of School Club Sowerby Bridge, described it as a "test of physical and mental endurance, but unforgettable because of the support of others" adding later, "I don't think I'll be running another 100 miler in a hurry! The love affair with the Calderdale Way is now officially over."



Stephen, raising money for Overgate Hospice & Candlelighters, echoed Ed in praising the support received from friends along the route but added, "It was cold. Never again."

Both athletes particularly wanted to thank fellow Lion Gav Dodd and his tuck shop car-boot full of snacks!

An absolute amazing effort from both. The pair have raised over £2,500 so far for their chosen charities.

Titus Trot

Despite numerous race cancellations this month, It's Grim Up North successfully held their weekend running festival in Bradford over the bank holiday. There were a number of race distances on offer, ranging from 5K right up to ultra-marathon (although nothing long enough for Ed Hyland and Stephen Hall). All versions of the race were entitled The Sir Titus Trot, and Stainland's Chris Bowen ran the 10 mile route, crossing the line in 1:36:27.

Lions' Easter Fundraiser Lands End to John O'Groats Challenge

Lions took on a huge challenge over the Easter weekend to raise funds for their community charity of the year, Overgate Hospice. The challenge being between them Lions pledged to run a whopping 1,083 miles – the distance between Lands End and John O'Groats – in a 24 hour period, starting on Easter Saturday morning.

When Men's Captain Leon Severn first came up with the idea, it genuinely didn't seem achievable; but the event gave everyone an opportunity to pull on their club vests and get out for a great cause, and brought everyone together again for a common purpose, something which has been lacking over the last year.

Come the day, the Lions didn't just run 1,083 miles in 24 hours – they ran 1,654 miles!

- 136 Lions contributed to the total mileage.
- 56 Lions ran between 1 mile and 13 miles.
- 75 Lions ran between 13 miles and 26 miles.
- 4 Lions ran between 26 miles and 31 miles.
- Will Rushworth covered a massive 65 miles – all the way from Blackpool to the gates of Overgate Hospice (see cover photo).

At the time of writing, the fundraising stands at £8,125.











Club Championship Update

Steve Hallam



Championship Update – April 2021

Can't believe it's almost 14 months since I last produced an update on our annual Championship competition. Hopefully, the worst of CV19 and lockdowns are now behind us and we can move on!

With 2021 starting off almost immediately with a winter-long lockdown, we didn't even have our first event until February, which of course was another virtual race. This trend then continued for the next few months. However, from mid-Summer onwards, it looks like we can now attend some proper races, of which I have included quite a few for the rest of the year.

The Eccup 10 is already filling up so get your entries in early! Unfortunately, the Helen Windsor has already been cancelled and it may be that other planned events will go the same way but let's hope not. Although some clashes are inevitable, we now also have the following races included:

- Pendle Trail Race
- Harrogate 20k
- Norland Moor Trail Race
- Wetherby 10k
- Vale of York Half Marathon
- Bridlington Half Marathon
- Lindley 10k
- Guy Fawkes 10

There may be opportunities to add one or two more, but we may have to see how things actually work out.

Feb/Mar/April events. Due to lockdown restrictions, it was necessary to be flexible in our approach, hence the decision to allow extra time for completion, up to the end of April for the first three main events:

Clifton/Roberttown 10K - A route I used to run regularly when we lived in Brighouse and still quite local made this a good choice for the first race. Starting at the Black Horse in Clifton village, following an anti-clockwise loop through Hartshead and Roberttown, with a fast downhill finish on the "mad mile" back to the Armytage Arms. 50 lions turned out for this one, giving us a solid start. Mags Beever recorded the fastest time in 41:11, with Derek Parrington following 2 minutes behind. Paul Corns and Danielle Hirst led Division 2 with sub 45 minute performances. Other notable results came from Richard Dunn (50:31), Diane Waite (55:32), Paula Statham-Drake (60:07) and Jenny Walker (67:08).

Halifax Vets Route - A fast and flat run from the end of the Hebble Trail, following the canal towpath and riverside paths out to Sowerby Bridge and back. Up until a couple of weeks ago, hardly anyone had done this one, but following a late rush, it was completed by 38 runners. Once again, Mags led the field in an impressive 38:54, followed by the massively improved Paul Corns in 42:09. Other performances worth a mention came from Paul Patrick (45:27), John Rushworth (53:39) and Jo Cooke (58:50).

Winter Handicap - A hilly run starting and finishing at 1885, taking in Outlane, top of Marsden Gate, following tracks overlooking Stainland Dean (complete with a brutal hill finish!) As expected, very well attended with 60 finishers. Will Rushworth taking the honours here in a rapid 38:30. Also great performances from Danny Stafford (47:15), Ian Drinkwater (48:03), Steve Crowther (51:25), Michelle Rushby (57:03) giving John Rushworth a run for his money! Karen Appleyard continued her improving form and promotion to Division 6 with a creditable 71:38, whilst I hope Peter Cawdron isn't in domestic trouble for finishing a good minute ahead of Anne Cawdron in Division 7!

Don't forget the "Own Route" 3K, 5K and 10K's, which will continue until the end of the year, mainly to make up for events effectively lost during the lockdown period. There has only been one recorded 3K so far - Lorraine Naylor produced a decent 12:42 utilising the track at Leeds Road, Huddersfield. Whilst any route for the 3K will be valid, I expect most will come from the track at Spring Hall including any produced at our regular track sessions on a Wednesday night.

Now that official races look set to become broadly available once again, I would discourage using one of these to count as an "own route" event for either 5 or 10K. Although I have accepted a handful of such races during the lockdown/Covid restricted period, I don't believe it is in the right spirit to benefit from the added advantages of proper race conditions that an official race brings. Also, it wouldn't actually be your "own route" and in a normal year, you wouldn't expect to be able to enter a race that's NOT in the Championship, and then include that performance towards your total score.

Trying to co-ordinate a meaningful competition during all the recent challenges and uncertainty has not been an easy task, but I do want to make it as enjoyable and worthwhile as possible with good or great levels of participation. With these points in mind, please accept that we are still in difficult times and some doubt over future events still exists, therefore I only ask for reasonable fairness as much as circumstances allow. I fully appreciate the messages of support that the majority of you give me, but I still get the occasional unduly negative comment that can spoil the feel good factor of being part of a great club.

The next (and maybe last, who knows!) virtual event for the month of May is the Toss 'o Coin route which is usually run as part of the South Huddersfield Trail & Road Series. Just to be clear, for championship purposes, the same format applies to the previous 3 virtual events - You can have as many attempts and/or recces as you wish, with your best result to count. Not to be confused with the intended official version of this race which may or may not go ahead.

I have included actual Parkruns once again, which are set to start up again soon, although I suspect the exact date may be delayed. As previously, any official parkrun at either Huddersfield, Halifax or Brighouse will be eligible.

From late June and for the rest of the year, here's hoping that normal service will be resumed, but we will have to wait and see.

Ladies Captain's Update

Maria Harron



Ladies' Report

I have never written anything like this before but here goes. . . . The last few months have given us pretty much no opportunities to be on a start line but we have loved the virtual races that Steve Hallam has organised for the Championship races. I think I can speak for most in saying that we have enjoyed these moments to get together in small groups and run a virtual race and have more social contact with people again. Even though there has been only a handful of races there has been an amazing amount of running and achievements going on.

Leon Severn's fantastic idea of the Charity Challenge in April was a great success in that we easily ran the required 1083 miles from Lands' End to John O'Groats and that we raised a huge amount of money for Overgate Hospice, but there were also many achievements that happened due to a chance of a challenge amongst the Lions. I am sure there are more but here are some that I have noted:

- Lauren Cobb – ran 10k, furthest she has run in 2 or 3 years.
- Rachel Whiteley – first run in 2021.
- Sara Chan – ran 10k, longest run in a long time.
- Abi Bouckley and Sam Varley – they got lost on their half marathon and ended up doing 15.37m which is the furthest Abi has ever run. They are keeping up their long run on a Sunday too which is great.
- Bev Day – first ever half marathon.
- Jan West – first ever half marathon.

I love the fact that we were given a challenge and it gave us reasons to get out and run, many pledged to run a certain distance but then on the day could not help but run even further than pledged - well done!

As lockdown has eased we saw the start again of some club runs and the new steady hill session led by Paul Armitage and Joanne Hirst. It has been fabulous to see so many ladies joining these sessions and coming back for more each week. Hill training is great for strength and so much easier when you have a team around you to keep pulling you up those hills again and again. At the time of writing there are six ladies' names already on the list for tomorrow's steady hill session: Susan Manning, Dawn Medlock, Claire Alletson, Paula Pickersgill, Donna Pogson and Renee Comerford and this is for a Bank Holiday Monday with heavy rain, great dedication!

Track sessions have also re-started in the last few weeks which have made the regular track ladies very happy. Gaby Ferris, Helen Armitage, Lorraine Naylor, Bev Day, Michelle Rogerson and myself, as regulars, love the drills and advice from the coaches and a speed session that makes us work hard but it always feels so good when it is over! It has been great to see some new ladies coming along to track too, Wendy Paulson and Michelle Rushby have joined us and are seeing the benefits and the fun that we have too.

If you have never been to track then please give it a try; track is for everyone and will help your technique, help to prevent injuries and will help you to run faster too. It is not just for the fast runners, it is for everyone. For me, as I approach my

mature years in life, I want running to grow old with me so I think that good technique will help prevent bad habits and injuries so I can continue running for as long as I can. It is the highlight of my running week, come and try it!

More amazing achievements that I have seen have been from ladies who were set a challenge by Diane Thornley. She suggested to them to run the distance of Lands' End to John O'Groats throughout 2021, a great motivator to keep running consistently throughout the year and a medal and t-shirt (or a tree planted instead of the t-shirt) at the end of the year! So many ladies could not resist the challenge of another medal and seeing as it is only the start of May so many are on track to achieve the 874 miles before the end of the year:

- Helen Shenton 300+ miles
- Diane Thornley 300+ miles
- Joanne Cooke 363 miles
- Dawn Medlock 388 miles
- Christine Cliffe 400 miles
- Bev Day 406 miles
- Wendy Paulson 420 miles
- Jan West 523 miles
- Lin Devine 524 miles
- Catherine McHugh 633 miles

Anne Marie Ulyott decided to do the challenge too but is taking the scenic route and is aiming to get 1083 miles done this year. She has already run 371 miles so again is on track to complete her challenge.

A similar idea was taken on by Anne Cawdron who is doing the virtual South West Coast Path which is 630 miles in 2021. She has run 257 miles already and is hoping to actually run some of it for real in the summer on the South West Coast Path.

Well done to all these ladies, I think there are more doing it too and I apologise for not mentioning you (please message me in time for the next newsletter). A particular mention to Catherine McHugh who needs to think about another challenge for the year as she has almost finished, amazing!

Great to see marathon training going on for various races, either as virtual or real. Karen Thorne is doing the Kielder marathon this month and I think others are too but I have to be honest and say that I am unsure which ladies are doing the training and who is just out for a fun long run with Karen, so please help me out and let me know! However, Colette Croft has completed a virtual marathon this weekend which is an incredible achievement to run such a long distance on her own. Well done Colette!

Good to see Mags Beaver back on form and running really well in preparation for future races including her first ultra-marathon. She has run some fantastic times already this year for the championship races, a great start - well done!

Also a well done to Manjit Ahir who I have noticed due to the Strava Running Climbing Challenge and seems to love running long runs on the beautiful big hills of Calderdale. Manjit will love the cross-country races when they start up again, I will be in contact nearer the time! I was amused that I bumped into Manjit for the first time when we were both running on the flat canal this weekend!

Having now written this I can see that the theme of this has been about the importance of having a goal and being motivated by Lions. The last year has been so hard but we have all worked hard to keep going and get through these times. There have been several people mentioned above that have given us fantastic ideas and challenges that have been embraced by many and helped us to get out there and run. Well done all, keep going!

2021 Committee



Tim Walker - Chair



Vice Chair – Vacant Position



Catherine McHugh - Secretary



Joanne Hirst - Treasurer



Sandy Gee – Membership Sec.



Gail Fawcett – Social Secretary



**Karen Thorne –
Race Co-ordinator**



Leon Severn – Men's Captain



Maria Harron – Ladies Captain



**Paul Armitage – Run Leader
Co-ordinator**



**Richard Lambert – General
Committee**



Cat Daniels – Welfare Officer



**Communications Sec –
Vacant Position**



**Beginner's Captain –
Vacant Position**

**June 2021:**

27th – Eccup 10 mile (Championship)

July 2021:

4th - Run Harrogate 10k (Championship)

17th – Pendle Trail 5m (Championship)

August 2021:

22nd – Norland Moor 10k Trail Race (Championship)

September 2021:

5th – Wetherby 10k (Championship)

12th – Vale of York Half Marathon (Championship)

October 2021:

3rd – Bridlington Half Marathon (Championship)

17th – Lindley 10k (Championship)

November 2021:

7th – Guy Fawkes 10 mile road race (Championship)

THIS WILL REMAIN IN THE NEWSLETTER – NEW DATES WILL BE ADDED BY REQUEST. EVENTS WILL REMAIN ON THE LIST UNTIL THEY PASS.

PLEASE SEND DETAILS OF ANY DATES THAT YOU WOULD LIKE TO ADD TO THE LIST.

WE WANT TO KNOW ABOUT YOUR ACHIEVEMENTS FOR THE NEWSLETTER - SMALL OR GREAT, THEY ARE ALL IMPORTANT. PLEASE ALSO LET US KNOW WHAT YOU WOULD LIKE TO SEE IN THE NEWSLETTER GOING FORWARD