



John Bassinder

From The Chair

A bit of rambling from our Chair, with a lowdown of what's been happening during April 2023

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from April 2023.

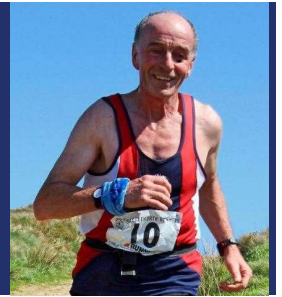
Various

Contributors

Championship & Fell Champs Updates. Ladies Captain's report. Coaching with Colin. In the Lion's Den.

From the Chair

John Bassinder



Busy time for us again with last minute Bluebell preparations, planning the beginners' course, CWR coming up, club races, 35th Birthday Bash and so on. I'd like to begin with this though - In and amongst other things, Gav Dodd and I went to a track-related meeting with other parties including a rep from the council. In all fairness he was very genuine and listened attentively to all we had to say on track issues and on the wider topic of sport in Calderdale. Yet again though we heard the mantra that the government and councils are determined to inspire people to take up exercise and sport [Don't know how many times I've heard these words over the years]. We politely reminded him [yet again] that while councils and governments pay lip service to this, running clubs have quietly been getting on and doing it for years! If they genuinely want to inspire people to take up an activity, they really don't have to look any further than our running club. I really mean this, I'm honestly not just being biased, you want real inspiration then look at our members. I doubt I was the only one who once again found the Lions' stories at Manchester and London marathons emotional and inspiring. As most of us know, running a marathon on the day is just the conclusion, the hard bit is all the unseen hours of training that you have to fit in around everything else in your life to get you to that point.

Here I'm no doubt going to embarrass some people, but I make no apologies. The government think that inspiration comes from speeches made by Health officials. They want to see genuine inspiration?? Then they should have watched Mags storming home in London in a PB of 2:52:51, the result of being totally focused on her training which she somehow fits in around her two children, her work and her position as a Trustee for us. Sometimes out before 7am running 10 miles to work on a winter's morning. You don't achieve performances like that without amazing determination!

They want inspiration? They could have read why Joanne and Emma were so determined to run London together. Despite Emma never having run anywhere near that distance and Joanne coming out of a long injury lay off, and despite both running their own businesses and juggling everything else [including Joanne's time-consuming position as our treasurer]. But thanks to their totally positive attitude they did it – well did anyone who knows them ever doubt they would? - sheer determination, brilliant achievement!

They want inspiration? Look at Clayton. In the middle of a long trek around Thailand, his mind no doubt on anything other than running, gets a call from his beloved Overgate; "Got a spare place in the marathon, can you run it for us?". No hesitation. Arrived home, started the day after and crammed his training into a ridiculous 6 weeks, then did it [Of course he did!]

You want inspiration, look at the many Lions who have been wearing out our canal towpaths lately in all weathers ahead of the upcoming Rob Burrows Marathon where they'll be helping to raise a game changing amount of money for the MND Association.

I could go on with so many stories but one final one for now . . . they want inspiration? They need to look at a quiet lady in our club who seems to set herself targets that take her to the limit, seemingly in order to find out what her limit is. For those who don't know, Genevieve entered the "Jungle Ultra" in the Peruvian Amazon before the pandemic led to the race being delayed. In typical Genevieve fashion she's kept focused and 5 years of training later [!] she's heading out to the Amazon on the 4th June no doubt attracted by the tempting description; "A five day, 230km self-sufficient ultra marathon through the Amazon Rainforest, choked with mud and humidity, the thin air doubling the effort required to move and testing all of your physical and mental resilience". [Well, who could resist that?] This from a lady who joined our club

originally in order to get fit enough to run a 10K. Incidentally, you can follow Gen's blog here: <https://hillanddaleoutdoors.co.uk/blogs/news>".

Last time I'll say it, if anybody wants inspiration, come and look at Stainland Lions.

In other things: Welcome to new members who have joined us in the last couple of weeks, Dave Jennings, Olivia King, Amber Williams, Karen and John Carless. Looking forward to our beginners' course starting on Thursday May 11th and hopefully welcoming more new people. Another cracking away run from Ripponden last month, a brilliant venue to run from and some lovely routes around there. And guess what, the next "Away" is from another fantastic venue that's new to us, also set in a beautiful valley, also surrounded by lovely hills which you know you'll want to run up. See you all at the Stump Cross Inn on May 4th.

Brilliant Lions' turnout for the 'Challenging' first race of the Vets season at Honley and as Captain Gav pointed out, even with 50 clubs from all across Yorkshire being represented Stainland still made up 10% of the field. Don't want to jinx it but in the last few weeks it's been lovely to see the return of spring weather, the lighter nights and all the running stuff that comes with it. Yes, we know running is 12 months of the year, but it's so much more enjoyable as the off-road options open up and you can actually see where you're going.

Several recces for the various legs of the CWR are being organised at the moment, usually posted on FB, so some lovely social runs on offer for anybody wanting to join in. So many positive things to write about at the moment [Not difficult in a club like ours!] but sadly still keep hearing the occasional negative comment. Please, if you've ever any concerns or suggestions, let me know.

Enjoy your running, and whether you prefer to go from 1885, Chippy, Heath or wherever, remember you're a Lion!

Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for April 2023



Five Trigs Fell Race (1st):

A great route following footpaths and trails, including parts of the Pennine Way, visiting 5 local trig points around Delph, Saddleworth. The 18.6 mile route is not marked, and runners must navigate themselves to each checkpoint in the correct order. Jim Harris completed the course in 3:13:36, a whopping 34 mins 43 seconds faster than last year. Gav Mulholland took 2nd place with a time of 2:13:51 (CVFR).

Brun Valley 10k (2nd):

28 Lions headed to Burnley for the 5th race in the Club's Championship. Starting and finishing in Thompson Park, the route heads out through Netherwood, taking in Rowley Lake and the picturesque Brun Valley Forest Park. Phil Moyles was the first Lion home in 33rd place. David Farrar took 2 mins 27 seconds, and Heather Moffat knocked 1 min 58 seconds off last year's times. There were age category wins for Clare Smith (1st F45), Maria Harron (1st F50), Aileen Baldwin (1st F70), David Farrar (2nd M60), Phil Moyles (3rd M45) and Helen Armitage (3rd F55).

Results: Phil Moyles 44:07, Fraser Ambrose 44:48, David Farrar 46:23, Clare Smith 47:58, Martin Wood 49:50, Paul Patrick 49:55, Helen Armitage 50:50, Maria Harron 51:21, Heather Moffat 51:35, Damien Pearson 51:39, Ian Hoskins 51:45, Steve Hallam 51:50, Michelle Rogerson 52:32, Mark Preston 52:45, Steve Crowther 53:31, Ray Mooney 53:46, John Ingles 54:31, Aileen Baldwin 55:21, Lindsay Upton 55:37, Rikki Hammond 58:27, Sue Cash 58:56, Sandy Gee 59:11, John Rushworth 1:01:15, Claire Haigh 1:01:52, Paula Pickersgill 1:02:05, Heather Anderson 1:02:30, Paul Armitage 1:05:25, Richard Brewster 1:08:49.

Paris Marathon (2nd):

Two Lions completed the Paris Marathon on Sunday, the route takes in the Champs Elysees, the Bois de Vincennes and Boulogne. First time marathoner Donna Nettleton ran in 5:17:20, and Renee Comerford ran a marathon PB time of 5:17:21, knocking 6 mins 23 seconds off her London Marathon time.

**Bunny Run – Race 1 (4th April):**

It was a lovely evening for the return of the Bunny Runs, and nine Lions hopped over to Howarth for the first of three races in April, all of which are part of the Club's Fell Racing Championship. The popular mid-week mini cross-country races usually attract around 150 runners, all vying for the chance to win armfuls of chocolate. Kevin Robinson was the first Lion over the line in 39th place in his first race in over a year. Lindsay Upton tackled her first ever fell race, and Aileen Baldwin was 1st LV70 and came away with lots of chocolate eggs (again!)

Results: Kevin Robinson 20:03, Leon Severn 20:44, James Penson 20:48, Jim Harris 21:14, Damien Pearson 23:05, Paul Patrick 23:27, Kevin Jagger 24:57, Aileen Baldwin 26:02 (1st LV70), Lindsay Upton 28:50.

Salford 10k (7th):

Salford Harriers maintained their decades old tradition of hosting their 10k race on Good Friday. The flat two lap course attracted a field of over 500 from all parts of the North of England and beyond. Chris Hall was the only Lion at this year's event, coming in 93rd place in a time of 36:43, 1 min 28 seconds faster than last year.

Wardle Skyline Fell Race (8th):

The race, which took place near Rochdale, is 7 miles long with 1,250 feet of ascent and a counter in both the Club Championship and Club Fell Racing Championship. Ten Lions ran, with James Penson the first Lion home, sneaking in at just under the hour mark; and there was an age category first for Aileen Baldwin.

Results: James Penson 59:56, Jim Harris 1:01:29, Martin Wood 1:07:21, Paul Patrick 1:08:38, Damien Pearson 1:10:24, Steve Crowther 1:15:41, Lindsay Upton 1:17:41, Aileen Baldwin 1:18:31 (1st F70), Paula Pickersgill 1:25:28, Sue Cash 1:31:13.

Guiseley Gallop (9th):

Michelle Rogerson & Ian Hoskins tackled the Guiseley Gallop on Easter Sunday. The course is two laps mostly on trails through the woods near Guiseley.

Results: Ian Hoskins 55:02, Michelle Rogerson 56:39.

Bunny Run – Race 2 (11th):

“You can dance in the storm. Don't wait for the rain to be over before because it might take too long. You can do it now. Wherever you are, right now, you can start, right now; this very moment” . . . and so we danced – seven hardy Lions, led home by Will Rushworth (CVFR), ploughed the mud and swamps of the Haworth Highlands; Damien Pearson, Kevin Jagger and James Penson all improving on their points from last week. Aileen Baldwin won the 70's category, with Paul Patrick and Lindsay Upton having strong if somewhat damp runs.

Results: Will Rushworth (CVFR) 21:09, James Penson 21:49, Damien Pearson 24:05, Paul Patrick 25:35, Kevin Jagger 26:35, Aileen Baldwin 28:11, Lindsay Upton 30:07.

Battersea 10k (15th):

Paula Pickersgill ran a course PB time of 56:26, a 10 second improvement on her 2020 time. Paula ran with her daughter Amy. The course is totally flat (a big elevation difference from her Wardell Skyline race the weekend before, with a climb of 1,400ft!). Starting and finishing at the parks bandstand, this course laps the park making it great for spectators to catch runners flying round, pushing themselves for a PB.

Hawkshead Lakeland 10k Trail (15th):

Far reaching views of the Lake District fells, rolling Beatrix Potter countryside and a challenging mile-long climb up an ancient 'Coffin Trail' – the Lakeland Trail has something for everyone. Starting and finishing at Hawkshead the route follows circuits along fully marked and marshalled footpaths and bridleways, taking in panoramic views of Windermere and the surrounding peaks of the Coniston Hills, the Langdales and most of the Lakeland fells.

Four Lions took on the challenge. Tanya Blake-Miller was the 2nd Lady home; Craig Miller won his M50 age category.



Results: Craig Miller 58:05, Tanya Blake-Miller 1:01:16, Sally Caton 1:17:17, Ian Johnson 1:24:19.

Vale of York 10 mile & 5 mile (16th):

After you land on the runway of Rufforth Airfield, you take off south around some fast, flat, closed roads in the villages west of York and east of Leeds. If you don't fancy the 10-mile race, this year a 5 mile course was offered instead – just as fast, flat, traffic-free and rural.

Results: 10 Mile – Michelle Rogerson 1:23:12, 5 mile – Ian Hoskins 37:39.

Boston UK Marathon (16th):

After a successful first year, the Boston UK Marathon was back again; said to be the flattest marathon course in the country, it is a road marathon and completely flat all along the course, starting at Boston Market and finishing at Boston College. Gail Schofield was the solo Lion on the day, completing in a time of 4:17:59.

Manchester Marathon (16th):

Once again the atmosphere in Greater Manchester was electric on with over 18,000 runners lacing up to take on the 26.2 mile challenge which starts and finishes at Old Trafford. Gavin Foster led the Lions home in 327th place, producing a half marathon PB of 2:48:14, knocking 2 mins 35 seconds off his previous time. There was also a personal best for Richard Crombie who knocked 1 min 23 seconds off his time.

Results: Gavin Foster (PB) 2:48:14, Richard Crombie (PB) 3:31:12, Laura Goodwin 4:01:56, Tim Walker 4:34:06, Alex Whyte 5:04:09.

Bunny Run – Race 3 (18th)

The sunshine returned to Haworth on Tuesday for the final race in the Bunny Run series. Will Rushworth (CVFR) was first Lion back, there were season best scores for both Paul Patrick and Lindsay Upton, and Aileen Baldwin won her LV70 age category (again!).

Results: Will Rushworth (CVFR) 19:23, Dan Marsden 19:30, Andrew Earnshaw 21:15, Damien Pearson 22:28, Paul Patrick 23:14, Kevin Jaggard 24:54, Aileen Baldwin 26:05, Lindsay Upton 26:34.

London Marathon (23rd)

Thirteen Lions joined over 48,000 runners as they pounded the streets of the Capital on Sunday, making their way from Greenwich past landmarks such as the Cutty Sark, the Shard, and the London Eye, before reaching the finish line by Buckingham Palace. Jamie Westwood was the first Lion over the finish line 1,395th place, followed closely by Mags Beever who ran a marathon PB of 2:52:51, knocking 3 mins 6 seconds off her previous time.

Results: Jamie Westwood 2:49:17, Mags Beaver 2:52:51, Neil Barker 2:54:57, Paul Alexander 3:05:55, Will Singh 3:38:35, Clayton Cutter 3:50:21, Clare Thomas 4:00:55, Cat Daniels 4:27:25, Jenny Walker, 4:46:37, Ranj Uppal 4:47:51, Manjit Ahjar 4:52:10, Emma Hirst 6:42:07, Joanne Hirst 6:52:19.



PB Corner

Parkrun PB's

April 1st:

Huddersfield: Christine Gale clocked up a course PB of 27:47, knocking 1 min 12 seconds off her previous time.

Penistone: Richard Crombie took 8 seconds off his course time, coming in at 24:02.

April 8th:

Huddersfield: Gavin Foster knocked 27 seconds off his course time taking him to 17:21; this was his fastest Parkrun time also.

Keswick: Karen Carless ran her fastest Parkrun time of 25:13.

April 15th:

Halifax: Chris Hall ran his 50th Parkrun with a course PB of 18:05, knocking 28 seconds off his 2018 time.

April 29th:

Penistone: Richard Crombie knocked 4 mins 26 seconds of his course time, giving him a PB of 19:36.

Club Championship Update - Steve Hallam



Championship Update - April 2023

A Look Back at the Brun Valley Trail 10K:

Back in the Championship for the 2nd year running, due to its previous popularity, this took place on Sunday 2nd April. It turned out to be an inspired decision with 26 Lions on the start line - the highest so far this year!

For the benefit of those not present, here's a rough description of the route:

Starting off in Thompson Park, Burnley, the race gets going along a flat tarmac path, which soon turns into a trail path after a right turn under the main road. After about one mile, the route enters a wooded area with a few undulations but no killer hills! This continues around a circuit that I would describe as a country park, from which you would never guess that the Centre of Burnley was only a mile or two away! Looping around Rowley Lake, the route then follows the River Brun back to Queens Park Road, with a short road section of about 3/4 mile, then a left turn back into the wooded area, which is mainly downhill. Another trail path leads back towards Thompson Park with a 3/4 mile finish back along the path we started on.

Several Lions commented what a great route it was and how much they enjoyed taking part. It's always nice to turn up in force to a place where we wouldn't normally run and meet other clubs from across the border. It was duly noted that Sowerby Bridge Snails also turned up in great numbers as it also featured in their Championship too! Conditions were cool but dry, perfect for a Spring race.

This event was a really good advert for our Club, demonstrating what makes it all worthwhile with the usual banter, friendly competitive spirit and members experiencing something a bit different from their usual club runs. If you haven't entered any Championship races yet, there's some great ones coming up - hope to see more of you there.

I didn't attend the first Fell event in the main Championship (which also qualified for the Fell Championship) at **Wardle Skyline**, therefore can't comment too much. What I can say is that it provided some great scores, especially with the bonus 10 points awarded (designed to encourage trying something a bit different, especially from those who might shy away from the fells, including me!). With that in mind, I aim to be personally involved at the Piethorne 10K when it comes up in August.

Upcoming Races:

Whilst the Championship takes a short break in May, mainly due to our involvement with our own Bluebell 10 race and the Calderdale Way Relay, the next event is the superb **Northowrun 5 miler**, hosted by our local friendly neighbours, the Northowram Pumas. The last time that this was included was back in 2019. It's back in for 2023 and can be entered through the Racebest site at <https://racebest.com/races/skxhg>. The date is Sunday 4th June and promises to be another good turnout with 15 Lions already entered. The entry limit is 250 and is already about half full, therefore please enter sooner rather than later to guarantee your place.

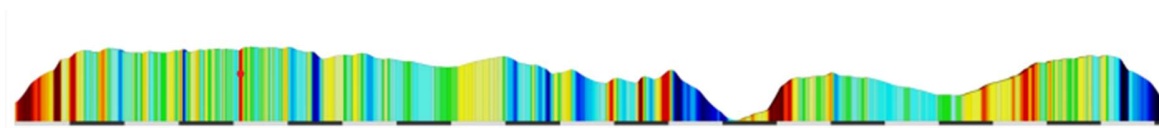
From memory, the route is all on minor but scenic roads, up though Northowram village then with fantastic views across the Shibden Valley. The first half is generally uphill (but manageable) with the second half being mainly a long, fast downward descent that will test your fast pace capabilities in a most exhilarating manner. It starts and finishes at the Cricket Club where the Pumas share their base. If you've not done this one before, get entered now - I guarantee you won't be disappointed (you may be slightly out of breath though!)

One week later on Sunday 11th June, we then have the very popular **Marsden 10** - A lovely route, well-liked by local clubs and Lions alike. This is a multi-terrain event, with some short lengths of tarmac but predominantly trail paths via Deer Hill Reservoir, Wessenden Valley and part of the Pennine Way. The last 3 miles are all downhill! Hosted by Stadium Runners, not to be missed! Booking available through BookitZone, entry limit is 300 but plenty of places currently still available.

That's all for now. See you on a starting line anytime soon.

Fell Championship Update - Jim Harris

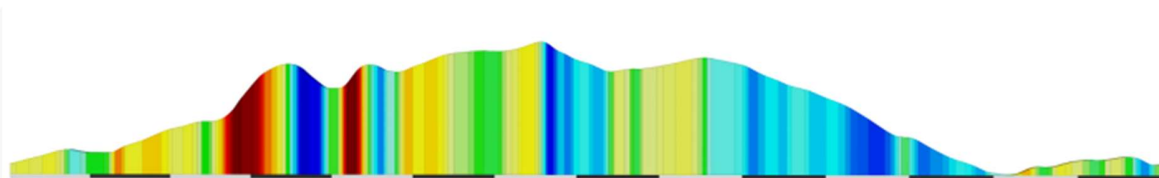
Fell Running Championship – March & April 2023



Don Morrison Memorial Edale Skyline (21.1 miles, 4505ft of ascent):

Only one Lion at this race – me! 151st / 202 and that nasty climb up to Win Hill at 14 miles was every bit as much fun as you'd think.

Race Four		Sun, 26 Mar 23 Don Morrison Memorial Edale Skyline (21.1 miles, 4505ft of ascent) AL		
Winner 1 (TA)	2:40:55			
Winner 2 (NL)	2:44:40			
Winner 3 (KG)	2:48:20			
Average	2:42:48	POINTS	RACE POS	AGE CAT
Jim Harris	4:24:22	62	151st	16th



Wardle Skyline (7 miles, 1250ft of ascent):

Ten Lions at the blisteringly hot Wardle Skyline fell race today. No-one died, no Lion got lost*, one minor battlescar, one Dulux dog woofing runners in and, of course, an age-cat win for Aileen Baldwin. James Penson was the first Lion home, sneaking in just under the hour mark but great performances all round.

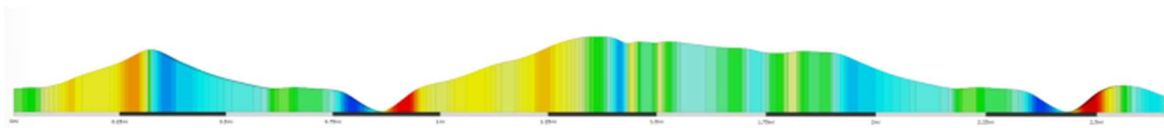
*the first eight runners in this race inadvertently cut a corner and skipped a hill (RO and semi-pro Bobby Ball impressionist. “If you can’t read a bloody map there’s plenty of road races you could be spoon-fed the route on . . .”, but let the results stand). As this would have unfairly depressed the champs scores, I consulted with Steve Hallam (with John Bassinder on standby as a poundland Len Goodman should we have failed to come to an agreement) and used Strava flybys to conclude this was worth at least 90 seconds.

Race Five		Sat, 8 Apr 23 **MAIN CHAMPS** Wardle Skyline (7 miles, 1250ft of ascent) BM		
Winner 1	0:47:51			
Winner 2	0:49:44			
Winner 3	0:50:05			
Average (+ 90 seconds*)	0:50:43	POINTS	RACE POS	AGE CAT
James Penson	0:59:56	85	28th	
Jim Harris	1:01:29	82	34th	
Martin Wood	1:07:21	75	71st	
Paul Patrick	1:08:38	74	77th	
Damien Pearson	1:10:24	72	90th	
Steven Crowther	1:15:41	67	118th	
Lindsay Upton	1:17:41	65	124th	
Aileen Baldwin	1:18:31	65	131st	1st F70
Paula Pickersgill	1:25:28	59	155th	
Susan Cash	1:31:13	56	166th	

*first eight runners cut a corner and skipped a hill so times adjusted to reflect this unfair advantage



This race was also worth a sweet 10 extra points in the main champs – next one to do this is the Piethorne race on 20th August – closer to a trail 10km than a fell race really, and no worrisome nav. Entries are already open: <https://cragrunner.com/piethorne-trails-10k/>



Bunny Run 1, 2 & 3 (3 miles, 328ft of ascent):

Twelve Lions had a crack at at least one of the Bunny Runs up on the moors above Haworth, which was either gorgeously sunny, miserably wet, or a lovely April evening, depending on which day you went. Paul, Kev, Aileen and Lindsay were the hardcore that turned up to all three times – their best points score going towards the fell champs.

Race 6		Bunny Run 1 (3 miles, 328ft of ascent) CS			
Winner 1		0:15:35			
Winner 2		0:16:02			
Winner 3		0:16:22			
Average		0:16:00	POINTS	RACE POS	
Kevin Robinson	▼	0:20:03	80	39th	
Leon Severn	▼	0:20:44	77	46th	
James Penson.	▼	0:20:48	77	48th	
Jim Harris	▼	0:21:14	75	56th	
Damien Pearson.	▼	0:23:05	69	86th	
Paul Patrick.	▼	0:23:27	68	89th	
Kevin Jaggar.	▼	0:24:57	64	110th	
Aileen Baldwin	▼	0:26:02	61	130th	1st LV70
Lindsay Upton.	▼	0:28:50	55	145th	

Race #8		Bunny Run 2 (3 miles, 328ft of ascent) CS			
Winner 1		0:16:49			
Winner 2		0:17:12			
Winner 3		0:17:40			
Average		0:17:14	POINTS	RACE POS	
Will Rushworth.	▼	0:21:09	81	37th	
James Penson	▼	0:21:49	79	47th	
Damien Pearson	▼	0:24:05	72	67th	
Paul Patrick.	▼	0:25:35	67	88th	
Kevin Jaggar	▼	0:26:35	65	96th	
Aileen Baldwin.	▼	0:28:11	61	107th	1st LV70
Lindsay Upton.	▼	0:30:07	57	120th	

Race 9		Bunny Run 3 (3 miles, 328ft of ascent) CS			
Winner 1	0:15:29				
Winner 2	0:16:07				
Winner 3	0:16:13				
Average	0:15:56	POINTS	RACE POS	AGE CAT	
Will Rushworth	0:19:23	82	42nd		
Dan Marsden	0:19:30	82	44th		
Andrew Earnshaw	0:21:15	75	65th		
Damien Pearson.	0:22:28	71	85th		
Paul Patrick	0:23:14	69	93rd		
Kevin Jaggar.	0:24:54	64	119th		
Aileen Baldwin.	0:26:05	61	138th	1st LV70	
Lindsay Upton	0:26:34	60	142nd		



@woodentops.org.uk



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Any Long Race:

As announced when this years fell championship was launched on 30 Jan (and therefore valid for races thereafter) you can submit **one** long race as one of your counters as long as it is on the FRA website (and classified as a long). You just need to message me to let me know to score you (a link to the results is always very welcome) and, much like the main champs “any parkrun” category, if you subsequently do a better scoring Long Race you can switch to that one no problem (e.g. Aileen scored more points at Heptonstall than the Haworth Hobble snowmageddon so that’s the one that counts).

A few people have already messaged with races they have run and I’ve scored them already – (there’s no sell-by date on sending them me).

Race One	"Any FRA long" 30/1/23 onwards								
	Points	Race	Cat	Date	Podium Avg	Winner 1	Winner 2	Winner 3	
Kevin Robinson	71	Heptonstall	BL	26/3/23	1:53:19	1:50:57	1:53:38	1:55:21	
Aileen Baldwin	52	Heptonstall	BI	26/3/23	1:53:19	1:50:57	1:53:38	1:55:21	
Jim Harris	71	Five Trigs	BL	26/3/23	2:17:49	2:13:39	2:13:51	2:25:57	
Aileen Baldwin.	47	Haworth Hobble	?	11/3/23	2:48:28	2:43:01	2:44:00	2:58:24	

2023	Championship Score	Best three Short Race Scores			Best three Medium Race Scores			Best three Long Race Scores			Best Scores from each category plus best three from remainder	Qualifying Races
		#1	#2	#3	#1	#2	#3	#1	#2	#3		
2022 results												6
2019 results												
Aileen Baldwin	245	67	61		65			52			245	4
Susan Cash	56				56						56	1
Steven Crowther	67				67						67	1
David Culpan	68	68									68	1
Andrew Earnshaw	234	86	75		73						234	3
Jim Harris	360	75			82	70		71	62		360	5
Kevin Jaggar	65	65									65	1
Dan Marsden	82	82									82	1
Phillip Moyles	84	84									84	1
Martin O'Brien	134	72			62						134	2
Paul Patrick	143	69			74						143	2
Damien Pearson	144	72			72						144	2
James Penson	251	87	79		85						251	3
Paula Pickersgill	59				59						59	1
Kevin Robinson	235	84	80					71			235	3
Will Rushworth	82	82									82	1
Leon Severn	77	77									77	1
Danny Stafford	82	82									82	1
Lindsay Upton	125	60			65						125	2
Martin Wood	75				75						75	1

Mon, 1 May 23 Coiners (6.7 miles, 968ft of ascent) BM

Tue, 9 May 23 Jack Bloor (5.2 miles, 1148ft of ascent) BS

Sat, 27 May 23 Hutton Roof (6.8 miles, 1319ft of ascent) BM

Mon, 29 May 23 Austwick Amble (8.1 miles, 1198ft of ascent) BM

Wed, 28 Jun 23 Cragg Vale (4 miles, 801ft of ascent) BS

Sat, 1 Jul 23 Heptonstall Festival (5.9 miles, 1640ft of ascent) AS

Tue, 1 Aug 23 Crow Hill Reverse (5 miles, 1000ft) BS

Wed, 9 Aug 23 Pilgrims Cross (6.6 miles, 1280ft of ascent) BM

Sun, 20 Aug 23 **MAIN CHAMPS** Piethorne (6.2 miles, 900ft of ascent) BS

Ladies Captain's Update - Maria Harron



Ladies' Report

I am back reporting for the Ladies in my role again as Ladies Captain. It is nice to be back even though I am not sure how I will fit it in, I am currently on a deadline to get this done by the end of today! I thank everyone who has also helped in doing their reports for me at short notice and with a deadline.

Marathon season is certainly well under way, and I just love to hear the stories of training and race days. So many fantastic results, well done to you all! Many ladies have taken the time to share these with you, so get comfortable and enjoy what they have to say. Here we go, in no particular order

Laura Goodwin

I'm Usually Slightly Winging it.

A few years ago I thought I couldn't possibly train for a marathon. I've got it all going on (haven't we all) with work, kids, blah blah, and to be honest I'm usually slightly winging it. All of it. But we all know what's it's like when you get that spark of an idea, a race to enter that you can't stop thinking about, a new obsession. So, this year I ran Manchester Marathon

and it's the fourth year that I've done marathon training. I've had to accept the fact that to fit everything in, nothing will be perfect. It's like, training for a marathon/clean house/happy kids, pick two, you can't have three. I've had to fit marathon training around everything else, which often means that I'm running on my own with little forward planning. It won't surprise people to hear that on a solo 20 mile training run, at 10 miles in I ended up with a flat phone and a flat Garmin!



However, after 11 weeks of training, with some decent long runs in the bag, I was starting to feel quite confident and prepared. I had a previous marathon PB of 4 hours and 10 seconds to improve on and I was starting to think it was possible. I was winning at life and at training (I won't mention the new trainers that got lost in the post and later turned up in my own greenhouse with no time to break them in!). Then, a week before the marathon I flew to Spain with some girlfriends for a week of rest and relaxation, though with flight changes and cancellations, I ended up flying home the night before the marathon. I had to wing it with the day before nutrition with whatever I could find in the airport (Pringles, Kit Kats, and a dubious sandwich!).

On the day of the marathon, the weather was perfect. As I found myself in Orange B, the starting group aiming to finish in under four hours, imposter syndrome kicked in as I looked around at all the very tall people with very long legs (I'm a wee 5'3"). I had a good start, keeping up with the tall people, and found the pace that I was hoping for, with a great first half completed. An amazing atmosphere and good vibes from my amazing support crew meant that I was buzzing.

The second half didn't go as well, I had some hip niggles that needed stretching out every now and then. My pace and strategy went out of the window. I tried to keep up with other runners who were keeping a good pace only to see them zoom off into the distance. About two miles from the finish, the four-hour pacer (that I'd not seen since the start) overtook me. Thank goodness that the Manchester route follows the tram route and my family managed to pop up no less than seven times ('Mum', they proclaimed on the way home, 'you don't know what we've had to go through just to cheer you on!').

So with no regrets and plenty of lessons learned, I finished with a respectable chip time of 4 hours 1 minute & 56 seconds. Not a PB this time, I've had better runs, I've had worse and I've mulled it over many times, as you do; and I just have to say, if you are that person, thinking that you don't have time to train for a marathon and wondering how to juggle everything, it's possible, it really is. I'll be entering at least one more marathon (can I break four hours?) and I can highly recommend Manchester. I will never qualify for an early bird entry to anything though, because, and this may surprise you, I'm a little disorganized, I'm a tad last minute, and usually, slightly, winging it!



Alex Whyte

Alex Whyte continues to Run Every Day (RED) and on her 867th day she ran the Manchester marathon in a fantastic time of 5:04:09. She has clocked up more than 4000 miles during RED which is amazing.

Clare Thomas

Those who know me know my love/hate (mainly hate) relationship with running and therefore might be surprised to read that I actually enjoyed my London marathon experience! The whole weekend was ace. The atmosphere was electric. It's true what they say, the crowds really do make it. So much support on route and having my own little team of cheerleaders placed at different mile markers made all the difference! I am pleased to say I experienced the London marathon in all its glory! Granted I was disappointed with my performance but there's always next year . . .



Jenny Walker

After running my first London Marathon in 2018 and having the most amazing day I did say NEVER again, but on Sunday 25th April 2023 I ended up being dropped off at Blackheath by Tim to have a go at my second marathon. I had no great expectations for a particular time and was just aiming to get round in one piece. My running for the past year has had to be restricted due to a knee injury so I've avoided track and hill sessions for self-preservation, I'm also 5 years older than last time!

I told myself if I could get round in under 5:30 I would be happy. The conditions couldn't have been more different to 2018, the hottest London Marathon on record, with constant drizzle and a cool breeze from the start. After major nerves and doubts setting in during the days before I kept telling myself I could get round, I had done all the training, so that's all that mattered.

Inevitably I set off too fast and could hear Judith's voice in my head saying "You need to slow down, you've another 25 miles to go!" I kept looking at my watch and tried to keep to the pace of my training runs but with the crowds spurring me on I was finding this so difficult. By mile 13 I started to think, just maybe I could get under 5 hours, but told myself not to be silly, my legs would tire and I'd slow down. The miles round Canary Wharf and Mudshute went by in a blur, my watch couldn't pick up a signal so it was giving me all sorts of confusing information, but my legs were telling me I was definitely slowing down. Turning the corner at mile 19.5 I was overcome with emotion as a wall of noise hit me from the huge cheering crowds. "Just over 2 park runs to go" I told myself. Still not convinced that my watch was working properly and too tired to do any mental arithmetic, I decided to just keep going and concentrate on finishing.



The support from the crowd for the last 6 miles was phenomenal, lots of people calling out my name and willing me to just keep going, "You've got this Jenny" "Not far to go Jenny". When I got to the Embankment I heard a shout of "Jenny Walker, don't slow down" and saw David Rushworth running through the crowds alongside me, which really spurred me on to keep going and believe that I could actually do it . . . and I did, I finished in 4 hours 46 minutes and 37 seconds; 19 minutes quicker than 5 years ago. I still don't know what I did or how it happened – all I know is it feels AMAZING! What I do know is that I couldn't have done it on my own. I've been so lucky to have had such fantastic support on my training runs from Stainland Sole Mates and especially the amazing Alex Whyte. I was also very lucky to have lots of support from family and friends all along the route with Tim clocking up a very respectable 9.9 spectating miles, walking from the start to the finish.

So it just goes to show you don't necessarily need fancy gels (I fuelled up on Jelly Babies and Mini Soreen) and you don't have to be the fastest runner to achieve great things – sometimes "miracles do happen!"

Cat Daniel

After having the best day at Manchester Marathon a few years ago I had a run of bad luck with marathons and didn't complete one for a few years. I always said I wanted to run London through so was delighted when I got a ballot place. I have a condition called Lupus, which is an autoimmune disease, it's fair to say that without Lupus UK and the specialist centre they recommended I wouldn't be able to run a marathon, so I decided to raise them some money too. The day was amazing, what a race, I cried when I ran over Tower Bridge. The wheels came off for me at about 20 miles but I still ended up with a respectable time of 4hrs 27 so I'm pleased enough. Definitely not running another one through 😊



Manjit Ahlar

London Marathon for Anil

A year almost to the day of the marathon I lost my nephew Anil very suddenly and unexplained. He was kind, gentle, sensitive with the most beautiful soul, who would help and do anything for anyone. I decided to run the London marathon in his memory last year whether I got a ballot place or virtually. I got a ballot place, so fate had intervened. My chosen charity was SADS UK.

SADS UK <https://www.sadsuk.org.uk>SADSUK

My marathon journey has been very emotional, and I have had some good training runs and some bad ones but Anil kept me going every step of the way.

My run started quite well but by mile 19 my knees and hips were shattered and I was in absolute agony and was struggling. I did ask St John's for paracetamol but I had to fill out a form so I said "forget it"!! Anil kept me going and I was so happy to get across that finish line.

Wherever a beautiful soul has been, there is a trail of beautiful memories."

Life will never be the same again for my family, but I'm so lucky to have had him in my life for 36 years.

Love you always Anil. ❤️❤️



Donna Nettleton and Renee Comerford

Donna Nettleton and Renee Comerford laced up their running shoes and tackled the Paris Marathon.

Renee and Donna were raising funds for Prostate Cancer UK – a cause close to her heart as it had meant that one of their co-runners had to drop out of the race.

Renee said: “Sadly Claire Alletson was unable to run the race with us, which was a blow as we always run them together. Claire’s dad Bob sadly died from Prostate Cancer 10 days before the event. He’d been a keen marathon runner and I’m sure she inherited his genes. We want to thank everyone who has taken the time to donate to this very personal cause.”

Renee has run 2 marathons to date and this was Donna’s first. Their top tip for newbies would be:

Just put one foot in front of the other and just try and get out there. It doesn’t have to be a race. It’s all about your own personal goal. You have to believe to achieve.



Gail Schofield



Well done to Gail Schofield for completing the Boston (UK) marathon in 4:17:59. It is only a very small marathon (in that there are not many runners rather than it being less mileage) set in Lincolnshire. Certainly not to be confused with Boston, USA, but looks like a nice marathon to do.

Congratulations Gail!

Joanne and Emma Hirst

It took me a full day to get my head around everything that happened on Sunday. Emma and I are so overwhelmed with all the messages and support we have received in the build-up and on the day of the marathon.

I won't lie – it was hard. But the charity we were running it for, MS Society, was in the back of our minds the entire 26.2 miles. I want to say thank you to everyone that has donated so far, which has gone over the £5000 mark, which is unbelievable to even write! It means the entire world to us that we have been able to donate this money to a brilliant charity due to MS recently affecting our family. I also want to say thank you to everyone that was cheering for us the entire way around the course, we couldn't have done it without you, and all your messages on the day meant the world to us.

To run a marathon in the year I turn 60 was a (very crazy!!!) bucket list achievement and in the end I enjoyed soaking up the London Marathon experience and crossing the finishing line, which last year seemed absolutely impossible! I am so proud of my daughter Emma for completing the marathon with true determination to help raise this money, and to start from the absolute beginning with her running. She's an absolute star and I couldn't have done this without her.

If you wish to donate, the link is below for our JustGiving page:

<https://www.justgiving.com/fundraising/teamhirst...>



Mags Beaver

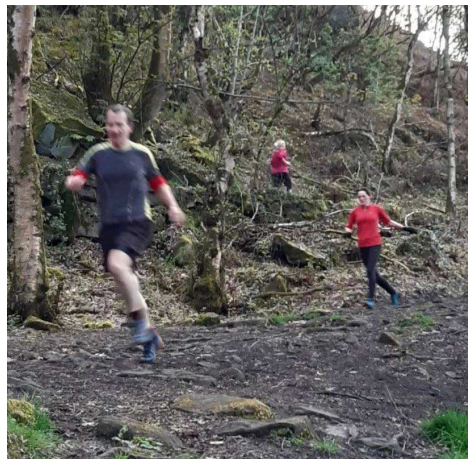
A very special mention to Mags Beaver for smashing the SL Club record and her personal PB at the London Marathon in a time of 2:52:21, just incredible! Congratulations!



Well done to everyone. A marathon takes commitment and determination and these ladies have certainly shown this. I hope they are all recovering well and thinking about their next race whatever that may be! I am looking forward to hearing about all the ladies who have now started their taper for the Rob Burrows Marathon in May. It seems to have come around really quickly but looks like so much hard work, many miles and maybe a little bit of chatting has gone into the training runs since the start of the year. We wish you all the best and look forward to hearing about it in the next Newsletter.

Calderdale Way Relay is coming up in May too, and we are excited to have two ladies vets teams all lined up and ready to go. Enjoy your recces and we look forward to seeing the photos and stories next time.

Well done to all the ladies (and men) that came to Colin Duffield's off-road hill sessions. Lots of great advice given from Coach C on the differences between running on the flat, up and down when off-road. We thought about our stride and posture alongside good running technique. Some good exercises were given to help us as runners for strength and mobility. Lots of standing on one leg and becoming very unstable! The first session was just done in the park on grass, the second session was in woods where we had opportunities to practice two different circuits. The first circuit had tree roots, brambles, some stones and strategically placed (by Colin) tree branches across the path etc. and then the second was far more technical, loads of hazards with steeper climbs and descents. The progression from the grass to the woods was fantastic and certainly I learnt a lot and have lots to think about and practice. I gained confidence with the repetition of those circuits but need to get out there and think about it a lot more so it becomes more natural. Lovely to hear people talking about it all at the session and then at other club nights too. As a coaching team we are going to do more of these so we hope you will join us.



Thanks again to all the ladies that have contributed to this report, I hope you have enjoyed reading it as much as I have done, very inspiring, I may even have to think about a marathon for myself next year!

Edinburgh Marathon Training - Karen Carless

When I told John I was hoping to write a piece for the newsletter about training, and our first marathon training in particular, he asked if it was about the pain of men's sore nipples!

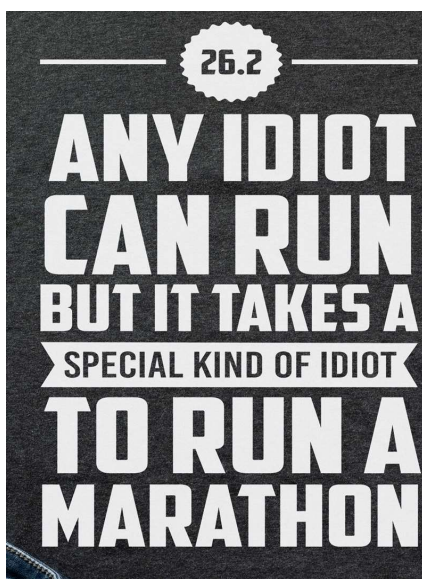
Well it wasn't, but it is a good line in the opening paragraph. It isn't just John but the thoughts of others when you say you are training for a marathon versus the reality of training for a marathon.

We entered Edinburgh Marathon after having had too many beers, celebrating completing the Great North Run, and a misguided idea of how hard the training would be. It was going to be especially difficult fitting it in with triathlon training! But when we commit to something, we follow it through. So, I read and read, and listened to podcasts, and watched everything I could and decided on a training plan to follow. The information was, and is overwhelming, and at times conflicting. Trying to decide who, and what was right for us wasn't easy. And to be truthful what is right for me isn't always right for John.

I think I get a bit too obsessive and over study, over train and overthink. It's so easy to do when you start look for 'helpful' information and are passionate about something. Everything can be a minefield from socks to technology, nutrition, shoes, compression gear, training plans and especially statistics. Average times, average ages etc. etc. Sometimes knowledge is a hindrance I think. That's when the testing has to start, the discovering what works for you.

When we told family and friends we were training for a marathon they just replied that we are crazy. Running friends seem to understand but no one else. I try to explain that sense of achievement, the feeling of freedom when I run. The feeling of fresh air in my lungs. The beauty around me on my journey. The benefits physically and mentally. That I can just go out there and run. How good it feels to reach a goal, be it further, faster, or a higher climb. But I am struggling to convince people.

The comments about our 'jogging', about it being 'just a hobby', about how 'you can stop this silly running after you've done your marathon can't you?', and basically how people can't imagine anything worse!!



Truthfully, I've been training for a long time, for various events and challenges. Primarily for fundraising, but often for personal achievement, and with all of that training nothing prepared me for just how much time and commitment marathon training requires.

Four runs per week is usual, but when one of those takes up 3 to 4 hours of your Sunday, it was a shock. But the most pleasant of shocks.

Swimming at 7am, 3 to 4 times a week, cycling 3 times per week, running 4 to 5 times, strength training 2 to 3 times, Pilate and walking were my every week sessions around a full-time job. But that commitment of the long run, at my pace, that was a genuine surprise to my (what I thought was fit) system.

I love the nutrition element of training but even that was so much more difficult than I imagined. General meals were not a problem, ensuring we have the correct macros and right amounts of each. Generally I was used to training fasted in a morning, and on my usual 5 to 10km runs. This has had to change too. Now our pre

long run fuel consists of overnight oats with dried fruit, dark choc chips, chia seeds and berries, a pop tart or jam bagel and a banana. During the run it's gels, chews, Kendal mint cake, electrolyte drinks and having to wear a vest to carry it all. Following anything over a couple of hours it is ensuring that we refuel straight away to replace the glycogen stores. (This is definitely a running positive!). I knew about all these things but originally, foolishly, I thought that I could manage without so much fuel. I was wrong!! There are so many new things to take into account, to keep trialing and testing still.

I used to hate running anything further than 5km.
I used to hate running full stop and especially hills!

But I kept going until I didn't, because it is a triathlon discipline and I wanted to improve as much as possible. I wanted to love it as much as John and get closer to his pace.

And the more I run the more I love it. I can't wait for long run Sundays. That easy pace and thrill every time we add a mile (not so much the aching legs 24 hours later). I love speed training at the track and pushing myself to my limits. I quietly envy people who can run further and make it look so easy. I would love to run at a pace the people I admire run at. Watching any challenge, especially endurance events or individuals who have overcome adversity, fills me with awe, admiration and emotion.

People are so incredible.
The power of the mind is incredible Because when your legs start to ache that is what will get us through.



I don't know how we will perform in our first marathon, just as I didn't know how we would be at our first parkrun, my first day at my new job or a first anything!

But I do know that with the right training, self-care, nutrition, mindset and support anyone can achieve anything..... Including us.

Edinburgh marathon we are coming for you.
And the pizza, milkshakes, cakes and beers afterwards

It really would be crazy not to replace all of those burnt calories after all!

Coaching with Colin Duffield

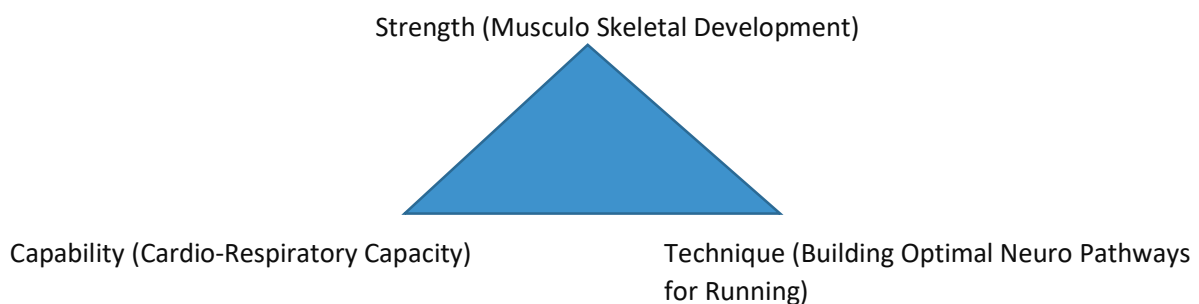
Five Things That Probably Aren't True

Number 1: *'The best way to get better at running is just to run'*

Firstly, to get better at running you definitely have to run, at least a bit. That's not even worth debating. However, let's think about what's going on here. Why do we improve?

Running forces your body to adapt itself to the act of running get the job done. So it improves your cardiac and respiratory function (you get 'fitter'), whilst slowly developing the right muscles (you get stronger in the right places), and it builds a neuro response so running becomes more intuitive and natural, what you might call technique (you move better).

So far so good. It's the Improvement Triad that I've banged on about to anyone I've had a hand in training over the last 100 years (or it feels like it).



So, the question is, is there anything else you could be doing that might help any of these responses and make them happen more quickly or to a greater degree than just simply running? Do we just need to run or should we be doing other stuff to help us develop as runners. Something more effective than just simply running?

Of course we should. You probably guessed.

In the old days, we just ran. My initial running was all about how many miles, how fast, and very little else. I got better and faster, but slowly and only to a point. Also, any improvement curve was interrupted by regular annoying injuries. So, what was I NOT doing that might have helped?

Developing your Cardio-respiratory system will probably develop more quickly than the other elements of the triad and your strength won't keep up. You may be too fit for your body and your strength development won't keep up.

That's why any improving runner should definitely be doing running specific strength training, particularly along your kinetic chain (the bits that are important to running). It's not just about getting them stronger it's about learning to recruit them. Effective strength training will allow you to utilise the improvements in your cardiovascular system to their best use.

Secondly, without technique you'll very quickly hit the running equivalent of a glass ceiling. So, drills and skills work are important. Stuff like stride length, upper body engagement and head position make a massive difference but might need a deliberate focus to get better. More on this in a later 'Things That Aren't True', so summat to look forward to!

Luckily, the old and grey bearded forefathers in Stainland Lions have, perhaps by accident, perhaps with beautiful foresight have built in opportunities for Hills and Track training, when we can think about this stuff.

We also have a coaching team that can help. Use them.

Easter Quiz - Answers

Just in case you did do the Easter Quiz in last month's Newsletter – here are the answers you have been waiting for!

1. Which country started the tradition of the Easter Bunny? **Germany**
2. How many marzipan balls are traditionally on a Simnel cake? **11**
3. The first Easter eggs were dyed what colour? **Red**
4. What is the tradition behind the Hot Cross Bun? **The bun represents the cross on which Jesus Christ died.**
5. In Switzerland, what animal delivers Easter eggs to children? **The Easter Cuckoo Bird**
6. What is the Sunday before Easter Sunday called? **Palm Sunday**
7. Besides bunnies, what animal is considered an Easter Symbol? **A Lamb**
8. What popular game is traditionally played at Easter? **Easter Egg Hunt**
9. Where is Easter Island located? **The Southern Pacific**
10. What meat is traditionally eaten on Easter Sunday? **Lamb**
11. What dance traditionally takes place at Easter? **Morris dancing**
12. What is Easter named after? **The Anglo-Saxon Goddess Eostre**
13. Where was the UK's first Easter egg produced? **Bristol in 1873.**
14. Why does the date of Easter change every year? **Because it is based on the moon's cycle.**

In The Lion's Den with Gav Dodd



Helen Armitage



When did you start running?

I first started going out for a run with a friend and we would do a few miles to keep fit and probably hoped to lose a bit of weight at the same time. I think this would have been about 1999. We gradually built the miles up until we could do about 10 miles on a Sunday morning.

What made you join Stainland Lions?

After deciding that we needed a goal to give a bit of purpose to our running, we entered the Great North Run and I think that was in 2000. However, I also played badminton at that time with Mark Preston and he persuaded me to join Stainland Lions.

Favourite race distance?

I do prefer the longer events, so a 10 mile or a half marathon is my favourite distance. Weirdly I also prefer hilly routes.

Occupation?

I worked for Barclays Bank for 41 years until December 2021 when I was made redundant. I decided that 41 years is long enough for anyone to work and didn't bother looking for another job. I now say that I'm retired and I'm thoroughly enjoying it.

Favourite gadget / running shoes?

My favourite gadget has to be my Garmin watch. I just love all the information it provides, and I like seeing other people's runs on Strava. It is inspiring to see the kind of events and distances people can do. My favourite running shoes are probably Brooks Glycerin, I have stuck with them for a long time.

Aims for the future?

I think my aim is just to keep doing as much as I can. I really enjoy the group activities of hills and track as I know I wouldn't be disciplined enough to do them on my own. Maybe my PB times are behind me now, but if I can complete well in my age category at races then I'm happy with that.

Best advice / tips for training?

To anyone starting out running I would say just enjoy it. Take time to build up on your distance and pace if you are thinking of entering an event; but if you're only looking to do a Parkrun once a week that's ok as well. Although running with other people definitely helps to keep you motivated, being part of a Club can bring lots of benefits to your running journey.

Favourite Meal?

My favourite meal out would probably be a curry with a few beers. Although I also like a glass or two of red wine.

Favourite Film/Show?

We recently went to see Les Misérables in London which was amazing and have tickets for the Abba Voyage in July.

Plans/goals?

I thought about trying to qualify as a coach to (1) Give something back to the Club; (2) To give myself a bit of a challenge, something that would get me out of my comfort zone.

I really do enjoy the coaching but also realise there is so much more to learn. It's great to have other coaches in the Club so that we can help and support each other and hopefully help other members to improve.

Proudest moment?

I recently did the Wilmslow Half Marathon and felt that I had trained quite well for it. It was my second ever fastest half, and at 58 I was quite chuffed with that!



May 2023:

Thursday 4th – Away Run @ Stump Cross Inn.

Sunday 7th – Bluebell Trail.

Thursday 11th – Beginners Course.

June 2023:

Saturday 24th – 35th Anniversary Celebrations.

July 2023:

Thursday 27th – Summer Handicap.

September 2023:

Sunday 17th – Stainland Trail.

2023 Championship Races:

- Sunday 4th June – Northowrun 5, Northowram Sports & Activity Club.
- Sunday 11th June – Marsden 10, Victoria Street, Marsden.
- Wednesday 14th June – Joe Percy Invitation 10k, Storthes Hall, Huddersfield.
- Friday 7th July – Holme Valley 5 Miler, Holmbridge Church Hall, Holmfirth.
- Wednesday 19th July – Hepworth Trail Race, Hepworth Football Club.
- Wednesday 2nd August – Hopwood Trot, Hopwood College Sports Pavilion.
- Sunday 20th August – Piethorne Trail, Bulls Head, Rochdale.
- Sunday 3rd September – Tholthorpe 10k, The Village Green, Tholthorpe, York.
- Sunday 30th September – Stairway to Heaven, Holmbridge Church Hall, Holmfirth.
- Sunday (Mid-October T.B.C) Holmfirth 10k, Hade Edge Bank Hall.
- Sunday 29th October – Bronte Way Fell Race, Aisled Barn, Trawden, Colne.
- Sunday 5th November – Guy Fawkes 10, Ripley Castle.
- Sunday (November T.B.C) – Clowne Half Marathon, Chesterfield.
- Saturday (December T.B.C.) – Ambles Revenge, Waggon & Horses, Oxspring.

2023 Fell Championship Races:

- Monday 1st May – Coiners (6.7 miles)
- Tuesday 9th May – Jack Bloor (5.2 miles)
- Saturday 27th May – Hutton Roof (6.8 miles)
- Monday 29th May – Austwick Amble (8.1 miles)
- Wednesday 28th June – Cragg Vale (4 miles)
- Saturday 1st July - Heptonstall Festival (5.9 miles)
- Tuesday 1st August - Crow Hill Reverse (5 miles)
- Wednesday 9th August - Pilgrims Cross (6.6 miles)
- Sunday 20th August – Piethorne (6.2 miles) ***also in Club Championship***
- September – Thievely Pike (4.3 miles) tbc
- Sunday 10th September – Yorkshireman Full (26.1 miles)
- Sunday 10th September – Yorkshireman Half (14.9 miles)
- Sunday 29th October – Bronte Way (7.5 miles) ***also in Club Championship***
- Saturday 9th December – Moors the Merrier (21.1 miles)

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