



John Bassinder

From The Chair

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

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from April & May 2022

Various

Contributors

Championship Update; Ladies & Men's Captains' Reports; Calderdale Way Relay & Bluebell.

From the Chair

John Bassinder



So much has happened since the last newsletter, not sure where to start! Three years since we last staged the Bluebell, the last few months reminded us what hard work it was . . . but the day itself reminded us what a fantastic buzz it was! Huge amount of work had gone on behind the scenes – Clayton did a superb job once again as Race Director, working hard in the months leading up to it and on the day. Chief Marshal Gail, organised as always, proved she really can herd cats by getting around 100 volunteers to the right places at the right time. And the volunteers themselves . . . Amazing! The compliments afterwards said it all – we still have the noisiest marshals, we still have the greatest atmosphere, and we still organise the best races! Too many people to thank individually but we're very grateful to Andrew Falkinbridge for solving a technical dilemma and making sense of the online entries when the rest of us were scratching our heads. Also a special Thank You to the ones we often don't notice – our generous sponsors. Power Tool Rentals, Car & Commercial, JohnJo Clothing, Hall Decorators, and 1885, their money helps us get the ball rolling with advance expenses, gives us a safety net and takes a big worry away from us if we encounter unforeseen costs. Thanks to all of you.

A week later we have five teams in the Calderdale Way Relay; sixty Lions 'enjoying' one of the best team events going. As ever we show other clubs that – as tough as these events are – you shouldn't have to be an elite fell hardened runner to get a place. You've joined the Lions, we believe running is for everyone, if you've never taken part in fell races, cross-countries, or these relays, step out of your comfort zone, give them a go and just enjoy the experience!

Hare & Tortoise race the following Thursday was a little more relaxed, but what a lovely evening. Thanks to all the helpers that night, very impressed with Becki's skills in pairing up the teams and getting us off to a quick start. Best matched pairings I can ever remember, all teams finishing within 7 minutes of each other. Congratulations to the winners, Lance Parker & Tim Walker, and well done to all the runners, especially our beginners – welcome to Stainland Lions, you have now graduated with honors!

All this led up to the finale of the last few weeks, oh yes . . . Presentation Night is back! Proof if we needed it that we are more, so much more, than just a running club. Brilliant choice of venue by Michelle, superb organization once again by chief cat herder Gail. Gail may have had a very busy month but as anyone there will testify, all that hard work appeared to have been forgotten once she'd got her hands on that trophy.

Congratulations to all the winners and a special mention to Alex on winning the Mick Woodhouse Trophy. I'm sure you were all relieved when you realised that I wasn't going to make a speech but believe me, after presenting Alex with that plus her special achievement award, I was so emotional I couldn't have said anything anyway, and I think that went for most of us there – well done Alex! No apologies for repeating what I said at the start – we are so much more than just a running club, it's the inspirational, lovely people we have make us what we are; setting personal challenges that may seem impossible at the time and inspiring others – and that award was so well deserved!

Talking of lovely people, congratulations also to another well deserved winner, Paula Pickersgill on receiving the Roy Spencer Founder's Trophy for all her hard work, not just with the kit but for her always dependable help in everything else whenever we need it. (Full list of winners below). What a month – what a Club!

2021 Awards, presented at the Annual Dinner 2022

Mick Woodhouse Award: **Alex Whyte**

Roy Spencer Founder's Trophy: **Paula Pickersgill**

Most Improved Male Runner: **Fraser Ambrose**

Most Improved Female Runner: **Wendy Paulson**

Pete Smith Cross Country Award: **Dave Hudson**

Special Achievement Awards for:

Alex Whyte – for running every day for a year (now 18 months and still going!)

Stephen Hall and **Ed Hyland** – for completing the Double Calderdale Way in 24 hours.

Will Rushworth – for his 60 mile run from Blackpool for charity.

I also have a Hare & Tortoise award for Aly Brook. In the Championship: 1st, 2nd and 3rd place in each division are listed on the Championship page of our website. Well done everybody – I'm sure you all know who you are, so if you haven't yet received your crystal place contact me.

Michelle Rushby has sadly had to stand down as Social Secretary due to other commitments on her time, we'd like to thank her for the work she's done in the past . . . and also for the help she's offered in the future! Martin Wood has volunteered to become the new secretary, as it's a voting committee role there will be a short meeting sometime soon to vote Martin in. With his brilliant Beer Keller organising skills I know you'll all welcome this news as much as I did. Martin has some plans to get the ball rolling and would welcome new ideas from anybody else – if you have any fresh ideas by all means have a chat with him.

Following the Bluebell race a lot of runners have asked about the Stainland Trail being resurrected. It's been three years since we were able to do it but there seems to be enough interest to get it back on, so here goes! The date has been set for Sunday 18th September, 10:30 from the 1885. Richard Lambert has volunteered to be Race Director and all the usual help with marshalling etc would be most welcome – without enough help the races can't happen! Entry details and so on will appear later.

Club dates coming up:

- Thursday 30th June: Dave Hutchings Downhill 10k from Heath.
- Thursday 21st July: Summer Handicap from 1885 with food afterwards.
- Sunday 14th August: Stainland hosting the YVAA Vets race from Heath.
- Sunday 18th September: Stainland Trail Race from 1885.
- Wednesday 21st September: Provisional date for Spring Hall Track Sports Day.

A Tribute to Linda Williamson



It was with much sadness that we had to say a final farewell recently to Linda Williamson, a Lion for many years and a true stalwart of the Club. Linda has been ill for a short time and passed away in Overgate Hospice on the 25th May aged 68.

You may not have known Linda personally, but whether you speak to those who ran regularly with her or someone who had met her just briefly, everyone will agree, she was a lovely, lovely person. For me she exemplified the real Lions spirit, always cheerful, always smiling, always ready to volunteer, along with Bill.

I don't think it's any exaggeration to say that many of us come to think of the Lions as an extended family where many life long friendships have been formed, and I know the thoughts of the whole Lions' family are with Bill, her children and grandchildren. Personally our Club is where I've met some of the most interesting people – and those people are so often the quiet ones! Many Lions were at Linda's funeral on June 9th where the congregation (including those standing and many who couldn't even fit into the room) celebrated her life. It was naturally a sad occasion but also a celebration of a life well-lived, as we heard how she'd run marathons and many other races, cycled the length and breadth of the country and beyond, visited Everest Base Camp, learned Spanish, travelled extensively, flown on Concord, sailed around Turkey, toured Scotland in a motorhome, paddle boarded in lochs Oh, and played the saxophone at the reopening of the Piece Hall!

She was an example to her family and all who knew her and she epitomised the spirit of so many Lions I have the pleasure of calling friends. Enjoy life and live it to the full!

John B.

Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for April & May 2022

Pendle Fell Race (2nd April):

Two Lions headed to Burnley to tackle the Pendle Fell Race; this classic 4.5 mile race with 1,499 ft of ascent takes runners up to the Pendle summit plateau before dropping to the very foot of the 'Big End!' A quad-burning ascent to the trip point is followed by a technical descent then a last charge back down to Barley.

Results: Damien Pearson 45:12, Paul Patrick 50:29.

Five Trigs Fell Race (2nd April):

After being postponed for two years the Five Trigs Fell Race went ahead on 2nd April; the sun shone and the snow showed its face for a bit. Lion Jim Harris joined 120 runners taking part. The route follows footpaths and trails, including parts of the Pennine Way, and visits five local trig points around Delph and Saddleworth. Participants must navigate themselves around the 18 mile route visiting 9 checkpoints along the way.

Results: Jim Harris 3:48:19.

Brun Valley 10k Trail (3rd April):

22 Lions headed to Burnley for the 5th race in the Club's Championship. Starting and finishing in Thompson Park, the route headed out through Netherwood, taking in Rowley Lake and the picturesque Brun Valley Forest Park. David Farrar was the first Lion home in 42nd place; there were age category wins for Maria Harron (1st F50), Helen Armitage (1st F55), Paula Statham (1st FS), Rebecca Gvozdenko (2nd FS) and Sue Cash (3rd F55).

Results: David Farrar 48:50, David Collins 49:36, Maria Harron 49:38, Helen Armitage 50:22, Steve Hallam 50:48, Gary Barnes 51:25, Steve Crowther 52:54, Heather Moffat 53:33, Paula Statham 53:40, Amjid Khan 53:52, Rebecca Gvozdenko 56:03, Hayley Kelly 56:25, Sue Cash 57:41, Laraine Penson 58:27, Paul Butterfield 59:25, Phil Richards 1:00:51, Jenny Marshall 1:01:42, Paul Armitage 1:02:39, Dawn Medlock 1:08:32, Wendy Paulson 1:11:08, Manjit Ahir 1:11:19, Diane Thornley 1:11:19.



Stephen Hall 14 miles into the marathon

Manchester Marathon (3rd April):

Once again the atmosphere in Greater Manchester was electric, with over 24,000 runners lacing up to take on the 26.2 mile challenge which starts and finishes at Old Trafford. Stephen Hall led the Lions home, coming in 158th and knocking nearly 5 minutes off his previous best time. There were also personal bests for Paul Alexander, Richard Crombie Alex Whyte and Trish Hallowell, and strong performances from the first time marathoners Danny Stafford, Laura Goodwin and Alison Audsley. There was magnificent support from members of the Club along the route.

Results: Stephen Hall 2:38:06, Paul Alexander 2:58:42, Mark Pigford 3:02:33, Gavin Dodd 3:20:44, Richard Crombie 3:32:35, Danny Stafford 3:35:35, Clayton Cutter 3:48:55, Gareth Knight 3:57:48, Laura Goodwin 4:00:10, Tim Walker 4:27:18, Alison Audsley 4:46:10, Alex Whyte 4:59:25, Patricia Hallowell 5:00:21.

Paris Marathon (3rd April):

Four first time marathoners took part in the race across Paris, taking in the Champs Elysees, the Bois de Vincennes and Boulogne.

Results: Lindsey Upton 3:34:19, Clare Thomas 3:43:41, Ella Boyle 3:57:29, Claire Ratcliffe 3:59:21.

London Landmarks Half Marathon (3rd April):

Four Lions headed to the capital to complete the London Landmarks Half Marathon – the event is not your average half marathon, from cultural landmarks and heritage to the city’s quirky and hidden secrets – runners get to explore the capital on a route like no other! Starting on Pall Mall and finishing by Downing Street, the route has fabulous views of London’s most iconic landmarks, including Big Ben, St. Paul’s Cathedral, Nelson’s Column, the Gherkin, the Shard, the Tower of London & the London Eye. There were personal bests from both Renee Comerford and Donna Nettleton, who have both tackled this race before.

Results: Claire Alletson 2:00:31, Donna Nettleton 2:21:17, Renee Comerford 2:31:28, Emma Taylor 2:57:23.



Baildon Boundary Way (3rd April):



Organised by Baildon Runners and billed as “possibly the greatest trail half marathon in the country”.

Results: Martin O’Brien 2:02:58, Jan King 2:17:07 (3rd M65).

Bunny Runs – Race 1 (5th April):

It was a blustery evening on Penistone Hill for the return of the Bunny Runs, and eleven Lions hopped over to Howarth for the first of three races in April, all of which are part of both the Club's Championship and Fell Racing Championship. These popular mid-week mini cross country races usually attract around 150 runners, all vying for the chance to win armfuls of chocolate and Cadbury's Crème Eggs. Despite the windy conditions, there was a new Lady Vet 70 record set by our very own Aileen Baldwin in a time of 24:48.

Results: Andrew Earnshaw 22:01, Ben Golding-Smith 23:19, Jim Harris 23:35, Paul Patrick 23:58, Aileen Baldwin 24:48 (1st LV70), Steve Crowther 24:53, Helen Hudson 25:19, John Ingles 27:10, Mark Preston 28:00, Anne-Marie Ulliyott 28:27, Emma Taylor 37:01.

**Wardle Skyline Fell Race (9th April):**

The race, which took place near Rochdale, was 7 miles long with 1,250 feet of ascent, and the 6th event in this year's Club Fell Racing Championship. Seven Lions ran (official results to follow) but Rikki Hammond and Aileen Baldwin came away from the winners enclosure with bottles of wine; Andrew Earnshaw was first Lion back.

Flat Caps 10k (10th April):

30 Lions headed to Sowerby Bridge Cricket Club to tackle the hilly Flat Caps 10k on 10th April. This is the 6th race in the Club's Championship calendar and second race of the week. There were lots of age category places, including Helen Armitage 1st FV55, Jackie Barker 1st FV65, Judith Greenwood 1st FV75, Michelle Rogerson 2nd FV45, Jan King 2nd MV70, Virginia Lewin 2nd FV65, Martin O'Brien 3rd MV60, Clare Thomas 3rd FSen, and Hayley Kelly 3rd FV50. The undulating route around the picturesque Calderdale country-side starts and finishes at the cricket club. The race is a fundraiser for the Christie NHS Foundation.

Results: Ben Golding-Smith 49:12, Daniel Stafford 50:20, John Ingles 52:00, Helen Armitage 52:06, Martin O'Brien 52:12, Gerry Banham 53:08, Gary Barnes 53:50, Michelle Rogerson 53:51, Mark Preston 55:37, Clare Thomas 55:54, Hayley Kelly 57:01, Amjid Khan 57:37, Rebecca Gvozdenko 57:44, Laraine Penson 57:51, Tim Walker 59:00, Paul Butterfield 1:02:09, Paula Pickersgill 1:02:43, Paul Armitage 1:03:36, Manjit Ahlar 1:03:46, Jan King 1:04:00, Gordon Murray 1:07:17, Alex Whyte 1:07:47, Graham Robertshaw 1:11:41, Richard Lambert 1:12:34, Jackie Barker 1:13:06, Virginia Lewin 1:13:53, Judith Greenwood 1:14:04, Peter Cawdron 1:15:05, Emma Taylor 1:15:25, Gail Fawcett 1:27:30.

Bunny Runs – Race 2 (12th April):

16 Lions were amongst the 147 runners who turned out for the second of this year's Bunny Run series, vying once again for the chance to win armfuls of chocolate. Conditions were somewhat warmer than the previous week, although the ground was wetter it stayed dry for the race. Andrew Earnshaw was first Lion, taking 39 seconds off his time last week. After tackling the course for the first time last week Emma Taylor was back again this week, knocking an incredible 1 minute 46 seconds off her time. There was the inevitable age category win for Aileen Baldwin who took 13 seconds off last weeks time and setting a new LV70 record for the second week in a row.

Results: Andrew Earnshaw 21:22, James Penson 21:46, Jim Harris 22:21, Paul Patrick 23:18, Liz Norman 24:06, Aileen Baldwin 24:35 (1st LV70), Martin O'Brien 24:40, Tim Walker 25:54, John Ingles 26:17, Mark Preston 26:26, Jonathan Taylor 29:19, Sue Cash 29:43, Alex Whyte 34:18, Jackie Barker 34:24, Emma Taylor 35:15, Gail Fawcett 49:36.

Salford 10k Road Race (15th April):

Salford Harriers maintained their decades old tradition of hosting the now Salford 10k on Good Friday. The flat two lap course attracted a field of over 400 from all parts of the North of England and beyond. Chris Hall was the first Lion in 92nd place.

Results: Chris Hall 38:11, Paul Corns 45:13, Steve Hallam 46:22, Gail Schofield 53:50.

Guisseley Gallop 10k Trail Race (17th April):

Martin O'Brien tackled his second trail race of the week, the Guisseley Gallop, which returned on Easter Sunday for its 25th staging. The course is two laps mostly on trails through the woods near Guisseley.

Results: Martin O'Brien 52:41 (3rd M60).

Kinder Downfall Fell Race (17th April):

Two Lions took on the Kinder Downfall Fell race on Easter Sunday. They ran 9.6 miles and approximately 2,000 ft of ascent.

Results: Ray Mooney 1:54:23, Rikki Hammond 2:03:33.

Bunny Runs – Race 3 (19th April):

18 Lions were amongst the 163 runners who completed the third race of this year's Bunny Run series. The ground was dry with just a gentle breeze – great conditions for running. Damien Pearson was first Lion this week. Lots of Lions improved on their times from the previous week, including Jim Harris, Paul Patrick, Martin O'Brien, John Ingles, Mark Preston, Alex Whyte, Jackie Barker and Emma Taylor. There was once again the inevitable age category win for Aileen Baldwin who took another 40 seconds off her time and set another new LV70 record for the third week in a row.

Results: Damien Pearson 20:25, Jim Harris 21:44, Danny Stafford 22:00, Paul Patrick 22:53, Gareth Knight 23:10, Maria Harron 23:31, Martin O'Brien 23:42, Aileen Baldwin 23:55 (1st LV70), John Ingles 25:00, Mark Preston 25:26, Heather Moffat 25:33, Virginia Young 26:47, Laraine Penson 27:00, Phil Richards 29:26, Alex Whyte 31:37, Jackie Barker 32:15, Trish Hallowell 33:08, Emma Taylor 35:21.

Burnsall Half Marathon (23rd April):

Two Lions took on the first race in the Due North Race Series at the beautiful riverside location of Burnsall. Taking in several sections of the Dales Way Footpath with around 500m of ascent. Riverside paths, stone tracks and open fields provided a great mix of terrain, and the climbs are rewarded with 360 degree views of the Yorkshire Dales. Fraser Ambrose came in 42nd place out of a field of 258 runners; Aileen Baldwin tackled her second trail race of the week and again took 1st place in the F70 age category.

Results: Fraser Ambrose 1:57:03, Aileen Baldwin 2:15:07.



Newlands Memorial Fell Race (23rd April):

Lions James Penson and Jim Harris tackled the first running of the Newlands Memorial Fell Race in the Lake District. The race route traces a heart in the valley over Robinson, Dale Head and High Spy before descending to Cat Bells and down to Stairs Village Hall in Keswick. The 11.5 mile route has 3,600 feet of ascent and runners had to clear five checkpoints along the way.

Results: James Penson 2:34:43, Jim Harris 2:38:37.

Run for Wildlife 10k (24th April):

Wendy Paulson was the solo Lion at the Run for Wildlife 10k set at the newly expanded Yorkshire Wildlife Park. The route takes runners alongside some amazing animals, and this year the race started from the new side of the park so runners could take in as much of the park as possible.

Results: Wendy Paulson 1:08:38.

Leeds 5k & Club Championship (27th April):

Held at the Brownlee Centre Cycle Circuit, the series is a great opportunity for runners to achieve their best 5k time.

Results: Gavin Foster 17:32, Chris Hall 17:43 Gavin Dodd 19:51.

67th Three Peaks Fell Race (30th April):

Lucy Collins was the solo Lion tackling this years Three Peaks Fell Race, with 23.3 miles and 5,279 feet of ascent, the route traverses the Yorkshire Dales mountains of Pen-y-Ghent, Wharfedale and Ingleborough, and is one of the oldest, most famous fell races in Britain.

Results: Lucy Collins 4:19:15.

Morecambe Half Marathon (1st May):

Derek Parrington came in 15th place at the Morecambe Half Marathon on 1st May. The route was mainly traffic free, mostly flat and fast and take in the beautiful views across the bay and Hest Bank.

Results: Derek Parrington 1:29:12.

Willow Valley Flyer (1st May):

Brighouse Bumble Bees hosted the Willow Valley Flyer for the second year on Sunday. A 7.5 mile route on roads, bridleways and footpaths, taking runners around and through the Willow Valley Golf Course to Hartshead and Clifton, a deceptively undulating out, loop and back race.

Results: Paula Statham-Drake 1:06:47 (1st FS).

Coiners Fell Race (2nd May):

15 Lions took on the Coiners Fell race on Bank Holiday Monday. The race is a counter in both the Club Championship and Fell Racing Championship. The 6.7 mile route with over 900 feet of ascent takes runners on a fast tour of the Coiner's country on paths, tracks and boggy moorland, taking in Erringden Moor and Stoodley Pike, and offers spectacular views

of Cragg Vale and passes by the old coiner cottages of Bell House & Keelam. Will Rushworth was the first Lion back in 21st place out of a field of 113 runners.

Results: Will Rushworth 58:28, Damien Pearson 1:00:35, Fraser Ambrose 1:02:22, Daniel Stafford 1:04:32, Lance Parker 1:06:01, Paul Patrick 1:08:10, Aileen Baldwin 1:09:11, Andrew Earnshaw 1:09:33, Ray Mooney 1:12:20, John Ingles 1:15:28, Tim Walker 1:19:34, Clare Thomas 1:19:51, Laraine Penson 1:20:57, Alex Whyte 1:39:27, Jackie Barker 1:40:06.

Milton Keynes Marathon (2nd May):

Mags Beever was the lone Lion at the Milton Keynes Marathon on Monday, coming in 87th Place. The course takes advantage of the world-class system of cycle paths to give runners a course that's interesting, inspiring, fun to run, fast, and different from other marathons.

Results: Mags Beever 3:07:43.

Bluebell Trail (8th May):

This weekend saw the Lions host their flagship event, the mighty ten mile Bluebell Trail, brilliantly organised by Race Director Clayton Cutter and Chief Marshal Gail Fawcett and their great team.

The Bluebell Trail is one of the best known races on the local calendar. Eagerly anticipated for its mix of beautiful scenery, challenging hills and famously "refreshing" river crossing to finish. This year's event was extra special as the Club had been unable to hold the event for the past two year due to Covid. With over 300 runners, the conditions on the day were perfect, with the sun shining and plenty of bluebells in flower along the route. Dozens of enthusiastic marshals were on hand to ensure that everything went smoothly. The runners were particularly glad of the marshal's encouragement on the day's most challenging climb, the legendary Trooper Lane. After this lung-busting effort up the steepest road in Halifax, exhausted runners were rewarded with supplies of water, plus panoramic views from the top of Beacon Hill and a welcome downhill run to the finish. There was a great atmosphere at the finish line and well-earned cakes. The race was won by Matthew Pierson of Stadium Runners in 1:08:40, Ashleigh Greenwood was 1st Lady (also of Stadium Runners); there were age category wins for Johnathon Collins – first Lion home (1st MV45), Aileen Baldwin – first Lioness home (1st FV70), Sally Caton (1st FV45) and Dick Spendlove (1st MV70).

Results: Johnathon Collins 1:16:43, Gavin Foster 1:16:59, Chris Hall 1:20:29, Mark Pigford 1:23:49, Makinder Dhinsa 1:34:46, Lance Parker 1:35:54, Aileen Baldwin 1:37:34, Sally Caton 1:39:14, Dave Collins 1:40:36, Dick Spendlove 1:41:56, Martin O'Brien 1:42:48, Gerry Banham 1:49:02, Zoe Russell 1:51:49 Peter Benn 2:20:55.

Leeds Half Marathon (8th May):

Two Lions were amongst the thousands of runners who took to the streets of Leeds for Sunday's half marathon. Runners set off from the Headrow and headed around the north west of the city along Meanwood Road, around a section of the Ring Road and back down Kirkstall Road to the finish.

Results: Clare Thomas 1:47:32, Claire Ratcliffe 1:56:40.

Geneva 10k (14th May) and Half Marathon (15th May):

Darren & Melissa Reece travelled to Switzerland to compete in both the Geneva 10k on Saturday and the Half Marathon on Sunday. Darren Reece finished in 29th place in the 10k race out of a field of over 2,600 runners; the race takes place in the evening with the city of Geneva lit up and the moon reflecting on the lake. The Half Marathon offers a more urban route in the heart of Geneva. The course is close to the water and takes runners alongside the lake. Darren Reece came in 177th place out of a field of 3,800 runners

Results: 10k – Darren Reece 36:23, Melissa Reece 1:05:10. Half Marathon – Darren Reece 1:27:46, Melissa Reece 2:42:50.

Pontefract 10k (15th May):

Gary Barnes ran his first sub-50 10k at the Pontefract 10k on Sunday. The race starts and finishes at Pontefract Park and heads to North Featherstone before turning onto Willow Lane to begin its anti-clockwise loop back to the park.

Results: Gary Barnes 48:34.

Calderdale Way Relay (15th May):

Sunday saw half the runners in Calderdale taking part in the Calderdale Way Relay, a six leg relay event run in pairs, which covers 50 miles of the Calderdale Way. It's the one race where you put personal glory aside and work together for the Club. Six legs, 12 runners per team, 88 teams in total, across 50 miles of Calderdale's finest trails. Leon Severn and Maria Harron did a fantastic job of pairing together Lions of similar speed, so that each team could run effectively. The Lions had five teams with 60 runners in total. The ladies came 3rd in their category and 48th place overall with a time of 9:06:55 in total.

Results: Team 1 Mens – 7:59:3 (27th place); Team B Ladies – 9:06:55 (48th place); Team C Mixed – 9:17:33 (56th place); Team D Mixed – 10:06:28 (75th place); Team 3 Mixed – 11:41:00 (84th place).

Blackstone Edge Fell Race (18th May):



A counter in the Club's Fell Racing Championship, this 3.5 mile course with 1,000 feet of climb has an unforgivingly steep blast up to the trig point from Littleborough enlivened by some bogs, some tussocks, some rocks, and some tussocky rocky bogs. Unfortunately Lion Virginia Young fell victim to the terrain and had to hobble back. James Penson was first Lion home in 39:23.

Results: James Penson 39:23, Andrew Earnshaw 42:15, Paul Brough 44:37, Jim Harris 45:09, Dick Spendlove 46:38, Martin O'Brien 46:51, Aileen Baldwin 48:51, Clare Thomas 57:08, Claire Ratcliffe 57:18.

Great Manchester Run 10k & Half Marathon (22nd May):

Sunday's Great Manchester Run saw people of all ages and abilities return to the city's streets in carnival-like celebration of running and fundraising, with over 20,000 lined up to take the 10k & Half Marathon alongside elite athletes and with the support of thousands of volunteers and spectators.

Results: Half Marathon: Gavin Foster (42nd place) 1:19:48, Chris Hall 1:30:15, Cat Daniel 1:50:19. **10k:** Sue Cash 51:12.

Yorkshire Veterans Grand Prix Series – Race 1 @ Honley (22nd May):

24 Lions took part in the first race of the series, which this year comprises of seven cross-country races held in various locations across Yorkshire. Points are awarded for individual and team performances and tallied up over the course of the series. Not only did Stainland's Vets Captain Gavin Mulholland do a top job marshalling his troops, he also led from the front, winning the men's race in a time of 38:27. Mags Beever was the first Lioness home in a time of 44:05. But it's not all about fast times – every single runner contributes to the team's points score.

Results: Gavin Mulholland 38:27, Jamie Westwood 43:23, Mags Beever 44:05, Mark Pigford 47:25, Jim Harris, 49:17, Lorraine Naylor 51:29, Clayton Cutter 51:42, Paul Corns 52:36, Paul Patrick 52:54, Martin O'Brien 53:14, Maria Harron 53:18, Martin Wood 53:26, Helen Armitage 54:00, Steve Hallam 54:00, Aileen Baldwin 54:20, Dick Spendlove 54:42, Dave Collins 55:07, Mark Preston 56:25, John Ingles 56:38, Steve Crowther 56:58, Dave Hudson 59:13, Jonathan Taylor 66:04, Paul Armitage 66:22, Paula Pickersgill 66:32.

Yorkshire Veterans Grand Prix Series – Race 2 @ Kirkstall (24th May):

Tuesday saw 19 Lions head to Kirkstall Abbey for the second in the Yorkshire Vets Grand Prix Series. Vets Captain Gavin Mulholland won the men's race for the second time after a two-way fight with Baildon's Michael Malyon at the start but a short sharp climb three-quarters of the way round gave him a slight edge to take the win. Stephen Hall, in his first Vets race, came in 5th place and a huge boost to the top four team, along with Jamie Westwood and Mark Pottinger. The ladies were as consistent as ever, with Lorraine Naylor, Maria Harron and Aileen Baldwin taking individual prizes. Richard Spendlove was the first V75. The next race is with South Leeds Lakers on 22nd June.



Results: Gavin Mulholland 33:17, Stephen Hall 35:43, Jamie Westwood 38:54, Mark Pottinger 40:30, Richard Hand 41:27, Simon Rawnsley 43:19, Jim Harris 45:00, Steve Hallam 45:02, Paul Patrick 45:11, Lorraine Naylor 45:56, Maria Harron 47:10, Martin O'Brien 47:17, Dick Spendlove 47:27, Mark Preston 47:29, John Ingles 47:37, Aileen Baldwin 48:15, Dave Hudson 48:55, Paul Armitage 59:26, Paula Pickersgill 59:51.

Dovestone Diamond 10k (25th May):

Conditions were good for the Dovestone Diamond 10k multi-terrain race, which took place on Wednesday. The first 3 miles were very hilly on some testing terrain, with the second half being very fast, mainly downhill and taking runners around the scenic Dovestone Reservoir at Saddleworth. Mags Beever was 2nd female home and 1st FV40, Paul Corns knocked 2 mins 2 seconds off his previous time; and the Men's Team of Fraser Ambrose, Andrew Earnshaw & Jim Harris came in 8th place.

Results: Mags Beever 44:23, Fraser Ambrose 46:02, Andrew Earnshaw 48:59, Jim Harris 49:58, Paul Corns 50:02.

That's So Hebden Bridge Fell Race (26th May):

With 1,150ft of climb over 10km, the That's So Hebden Bridge race starts near Calder Holmes Park and heads up to Stoodley Pike and back via Erringden Moor. The final run-in is along densely wooded paths and tracks before finishing back at the park. Paul Patrick was the first Lion home, with Aileen Baldwin taking 1st place in the F70 category.

Results: Paul Patrick 65:58, Aileen Baldwin 70:45, Ray Mooney 74:33.

Helvellyn & Dodds Fell Race (28th May):

Two Lions tackled the Helvellyn & Dodds AL Fell Race on Saturday, another counter in this year's Club Fell Racing Championship – on paper the toughest in this year's calendar. Undersold as a 15 mile with 4386 ft of ascent – the actual race was 15.6 miles with 5,474 ft of ascent! The promised cool northerly breeze didn't materialise and both runners were a bit sun-cooked by the end.

Results: Jim Harris 3:44:07, Damien Pearson 3:46:52.

**Edinburgh Marathon & Half Marathon (29th May):**

Two Lions joined the thousands of runners who took to the streets of Edinburgh for the long-awaited Edinburgh Marathon Festival on Sunday. The races kicked off at the Capital's Holyrood Park Road before going down the Royal Mile and heading out to the coast, where they crossed the finish line in Mussleburgh.

Results – Marathon: Darren Reece 2:59:39 (326th place). **Half Marathon:** Melissa Reece – 2:26:25.

PB Corner

April 2nd 2022:

Halifax Parkrun: Ben Golding-Smith knocked 59 seconds off his 2017 time, giving him a course PB of 21:18. Phil Richard took 53 seconds off his 2015 time, taking him to 27:12.

April 9th 2022:

Huddersfield Parkrun: Peter Cawdron produced a course PB of 32:50, knocked 1 second off his previous time.

April 16th 2022:

Huddersfield Parkrun: Sue Cash smashed out another course PB of 24:43 knocking 4 seconds off her time – this was Sue's third PB in a row and fourth this year.

Halifax Parkrun: Danny Stafford knocked a massive 2 mins 27 seconds off his 2020 giving him a course PB of 21:47.

Centre Vale Parkrun: Colin Duffield knocked 1 min 30 seconds off his course time taking him to 29:21.

Workington Parkrun: Chris Hall clocked up a course PB of 18:42 taking 22 seconds off his 2017 time.

April 23rd 2022:

Halifax Parkrun: Heather Moffat took 1 min 2 seconds off her 2019 time taking her to 24:24; and after smashing three PB's in a row at Huddersfield Sue Cash smashed out another PB at Halifax, taking 1 min 15 seconds off her 2019 time taking her to 25:56.

April 30th 2022:

Huddersfield Parkrun: Heather Moffat knocked 1 min 18 seconds off her previous course time taking her to 23:16.

May 7th 2022:

Halifax Parkrun: Fraser Ambrose took a brilliant 2 mins 14 seconds off his 2020 time taking him to 20:09.

Brighouse Parkrun: Jim Harris knocked 1 min 23 seconds off his 2018 taking him to 21:33.

Oakwell Hall Parkrun: Ben Carter ran a course PB of 22:55, knocking 2 mins 28 seconds off his previous time.

May 28th 2022:

Halifax Parkrun: Heather Moffat took 10 seconds off her previous course time taking her to 24:14.

Club Championship Update

Steve Hallam



Championship Update

It's been a relatively quiet period for the Championship since the previous newsletter, with only three main events over the last couple of months. However, June will see three more events over a busy 11 day period (plus another 3k Track Race) with early July also having two more over the first couple of weekends.

Flat Caps 10k:



Hosted by our friends at Sowerby Snails, this took place on 10th April, providing a hilly route around the village of Sowerby Bridge. In Division 2, the ever improving Ben Golding-Smith was first Lion back in a decent time of 49:15, closely followed by Danny Stafford, who continued his impressive form of late. Helen Armitage was first lady Lion home in 52:09, proving that regular attendance at Hills and Track sessions (along with other good habits, I'm sure!) results in consistently good race performances.

In Division 3 John Ingles had probably his best race so far, coming in at bang on 52 minutes, with Martin O'Brien hot on his heels 12 seconds later.

The first Division 4 runner was Hayley Kelly in 57:01; Laraine Penson in Division 5 finishing strongly in 57:51, and Richard Lambert having the best Division 6 performance of 72:34.

Bunny Runs:



These are a series of short off road runs, also doubling up in the Fell Racing Championship, each following the same 2.7 mile route on successive Tuesday evenings, held on the moors above Haworth. They are a great introduction to racing on the fells and are also attended by many junior runners throughout the district. For Championship purposes the highest score was set against the top three average as usual, but was slightly different each week, depending on the conditions. Chris Hall claimed the best score of 81.2 points with his single attempt at Bunny Run 1. James Penson was next with 74. Scores overall were generally lower than average, probably as a result of the high number of younger runners flying around the short course!

Coiners:

This time, a proper fell race, also qualifying for the Fell Racing Championship; held as usual on May Day Bank Holiday Monday. I wasn't there this time but have previously run the race a couple of time and know just what a tough climb this includes up towards Stoodley Pike! However, the final decent back into the sloping field can only be described as the most fun you can have with your clothes on! The key headline here is Gav Mulholland actually winning the race in 46:56 and therefore qualifying for a full 100 Championship points!

The other most impressive performance came from F70 Aileen Baldwin who was first finisher in Division 4 in 69:11. How many 70 year old ladies are capable of producing a result like that? Very very few I would say and most likely to be among the best in the UK.

Local Parkruns:

Following recent weather related damage to Wellholme Park, Brighouse Parkrun is now back up and running. However, despite being a fast, flat course, hardly any Lions seems to be doing it! I know that the four-lap winter course is not that popular but presumably the three-lapper should be attracting better numbers than of late.

At Huddersfield the current fastest times in the Championship are as follows:

Division 1 – Chris Hall 18:08

Division 2 – Clayton Cutter 21:14

Division 3 – Michelle Rogerson 22:26

Division 4 – Heather Moffat 23:16

Division 5 – Phil Richards 26:15

Division 6 – Peter Cawdron 32:50

Meanwhile at Halifax:

Division 1 – Gav Mulholland 17:16

Division 2 – Ben Golding-Smith 21:18

Division 3 – Mark Preston 23:33

Division 4 – Heather Moffatt 24:14

Division 5 – Phil Richards 27:12

Division 6 – Peter Cawdron 32:09

Hopefully more newsworthy point to report over the summer months.

Ladies Captain's Update

Maria Harron



Ladies' Report

Lots to report on and so little time to write so I am keeping it brief and also handing over to others to report on their amazing achievements. First up are four new members to the Club who have completed their first marathon in spectacular times. Here is a report from Clare Thomas.

Paris Marathon

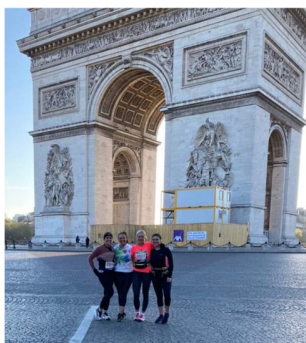
Just four girls who sometimes fancy going out for a run (and a tequila or two), actually completed a marathon . . . in Paris!

It's hard to believe that we've only been friends for two years, and when we first started talking about races we had decided no one was daft enough to do a marathon, that distance was way too extreme. But then someone mentioned one in Paris and that sounded much more tempting. Once one of us signed up that was it, we all had to!

When it came to training plans, we all had the right intentions from the start, we'd worked out what we thought was the best plan for us but planned to run together when we could for morale support.



Lindsay smashed training as per, dedicated to her schedule and constantly reminding us all what we should be up to.



Claire roped her dog Ollie into marathon training, taking him on runs around the village throughout the week.

Ella chose early Saturday morning on the canal for her long runs to get them out of the way.

Work prevented me from running in the week but I joined Lindsay on a few of the longer weekend runs.

Everyone at Stainland Lions was supportive and encouraging, thank you too for helping us and listening to us wittering on. I know the girls will echo me in saying that but the best thing we did was join Lions, it helped with our training and we really enjoyed all the club has to offer.

Getting to Paris was the most stressful part! Manchester airport was going through staffing issues, our cases were too heavy and the queues at security meant we were the last ones on the plane for our early morning flight. We made it and all collapsed in our seats. We woke in a snowy Paris and worried that the horrible weather from home had followed us.

First stop was the Expo to get our bibs, and we had the best time, it was so well organised, meaning it was painless and seeing our names on the runners' wall made it all very real.

We tried not to walk too much to save our legs, so Claire navigated us on the Metro to see the various sights and obviously lots of fueling stops.

The night before the plan was carb up and an early night – all the things everyone says to do. Carb loading went well but then we spent most of the night awake with nerves, singing songs and deciding what finish line pose we would do!

Then after what felt like minutes asleep the alarm was going off – marathon day was here!

It was a beautiful cool sunny morning, perfect running conditions, as we made our way with the other 57,000 runners to the start line. The nerves were amongst us but also a lot of excitement as we took some last-minute selfies at the Arc de Triomphe before we were off!



Lindsay and I ran together the whole way, I think this is the only run where it's possible I may have talked more than her. I was loving it, pointing out all the sights until mile 15 when I had a little paddy and decided I didn't like running anymore. Lindsay kept me going all the way to the finish, and even though we slowed (a lot) we still did a great time for our first marathon! And maybe now I have to admit she was right – I should have trained more!

Ella and Claire crossed the finish line with very different reactions – a never again from Ella and what's next from Claire. They both ran superbly and enjoyed the route; it was very scenic taking in all the Paris attractions – and flat! We all know if we do another Ella will do too for fear of missing out!

Lindsay aka Miss Motivator – *“Loved it but we had the worst weather conditions every Saturday for our runs, we had storms Dudley, Eunice and Franklin; snow, wind, rain, everything, but it was loads of fun but I have an inner hatred for the canal now”* 😊

Claire aka Miss Positive – *“I loved the marathon, the atmosphere was great. It was so worth the training and I can't wait to do another”*.

Ella aka Miss Laidback – *“I enjoyed the training runs to Hebden as it's a nice route with a toilet and shop! However, I did not like the horrendous cold weather we had to train in, nor Strava when it recorded my 20 mile run as 19.9 😞; but I found the marathon was actually surprisingly enjoyable, and my first ever race”*.

I have to say as much as we all enjoyed the race, we also enjoyed several drinks that night! We practically enjoyed telling anyone who would listen that we'd ran the marathon and that “Nous sommes rapide!”.

Now we are in that 0.01% of people who have ran a marathon and for our first marathon Paris was the ultimate trip that we'll remember forever 🤍 Where to next girls?

Clare T. aka Miss Moaner

Results:

Lindsay Upton 03:43:19
 Clare Thomas 03:43:41
 Ella Boyle 03:57:29
 Claire Ratcliffe 03:59:21



Well done ladies, we look forward to seeing what you will do next!!

I noticed a couple of ladies on Strava who have been busy achieving amazing things

Laraine Penson

Laraine ran the Wessex 30 mile Challenge race on May 21st in a very impressive 6:05:43.
 Well done Laraine.

Laraine Penson
 Today at 8:56 AM · East Hampshire, England

Wessex Chawton 30 mile challenge

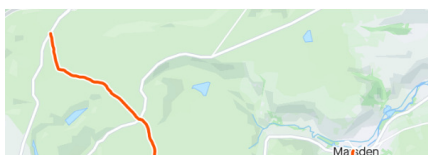
Distance	Elevation Gain
31.61 mi	3,364 ft
Moving Time	Avg Pace
6:05:43	11:34 /mi

Debbie Hinds
 Today at 9:46 AM · Rochdale, England

**Pennine Way to Marsden
 And 50,000 ft of ascent completed
 this year 🏆**

Distance: 14.20 km | Pace: 9:32 /km | Achievements: 7 🏆

Weekly distance goal complete! Give Debbie kudos.



Debbie Grunhut-Hinds

Debbie’s challenge for 2022 is to run 100,000 feet of ascent during her runs during the year. She has already achieved 50,000ft, only 30,000ft to get more than 2021, and is halfway to completing her challenge. Well done!

A massive congratulations to Margaret Beever (Mags) who ran the Milton Keynes marathon in 3:07:43 on 2nd May, and her amazing time qualifies her to represent England Masters at the 2022 Chester Marathon representative race in October.



I asked Mags a few questions:

When did you start running?

After doing some track and XC running at school, I didn't get back into running until I was 25, when me and my twin sister decided to sign up for the Great North run while travelling in Australia.

Despite only training up to 8 miles beforehand, I was determined to get around without walking, which I did, but which resulted in me ending up in the first aid tent just after finishing being sick and with the worst headache and blisters ever!

I definitely learnt a lot from this race, which included not to eat boiled potatoes for breakfast for the first time on race day!

How long have you been a member of Stainland Lions?

It is coming up to my 18th year with the club. How time flies. I initially joined to be able to run with others when the evenings were dark. I still remember my first session with the club to this day and how friendly and welcoming everyone was. Mark Preston and Geoff Matthews spring to mind 😊

What are your best race times?

5k – 18:36

HM – 1:23:56

10k – 37:56

Marathon – 2:58:18

What is your proudest running achievement?

To date it would be running a sub-3 marathon at the 2017 London Marathon, given it took me a few attempts to get there, also the support and sights at London are amazing.

Tell us about becoming an England Master:

Well I had been looking on the England Athletics website and saw that there were various possibilities for us oldies to run in an England team vest, which I thought would be great.

A few years back I did consider trying to qualify for a Half Marathon team spot, but I was unable to make any of the qualifying races.

With all races being back on post COVID, and having achieved a good time at the 2021 London Marathon, I decided to go for a 2022 Marathon team place, with the Milton Keynes Marathon on 2nd May being the target qualifying race.

Generally, for each race distance (5k, 10k, Half, Marathon) there are 4 qualifying race opportunities leading up to the main representative race.

To qualify for an England Master team place, you need to be placed in the top 3 for your age group at one of the 4 races, from those that have expressed an interest to be selected. You also need to have achieved the qualifying time within a set time period.

The representative race then involves an England team competing against a Scotland, Wales, Northern Ireland and Ireland team.

More info can be found via the link below for those wanting to find out more.

<https://www.englandathletics.org/athletics-and-running/England-competitions/age-group-masters-competition/>

How will you train in the lead up to Chester Marathon?

I am still in the process of finalising my plan, taking a few learns from how it went at Milton Keynes. This also includes the nutrition side which is something I never normally consider – other than a glass of milk after each run!

When I achieved a sub-3 in 2017, I was doing regular core and strength work, 5ks on the treadmill and daily planks (when I remembered!), so I need to make sure I am doing these as well as regular sessions incorporating planned race pace.

Also the club new Monday night threshold and Wednesday night track sessions planned by our fabulous coaches look really good, so I am hoping to do as many of these as I can.

How do you manage to juggle training alongside family and work?

I tend to plan each week at a time, by considering when my husband will be around for the kids (by considering his shift pattern) or if I am due to work from home or the office, as well as any social events planned 😊

Often my sessions will be early morning before the rest of the house is up, or during my lunch break. It is often easy to say you don't have time, but if you look at your day there will often be a slot you can fit it in, you just have to be strict with yourself!

If I miss a morning run due to wanting to stay in bed a bit longer, I would get annoyed with myself for the rest of the day. To prevent this I say to myself it will still be hard to get up an hour later so you may as well get up now and be happy that you've done it.

My children are now 9 and 12, so it is definitely easier now they are older to fit more in.

What are you aiming for in your future running career?

Well every year I say to myself that I want to do more off road events, but then I keep entering road races!

I am hoping to do the Boston Marathon next April, but then maybe after that, focus on doing some more fell/trail races.

Well done to these ladies and to all those that have not been mentioned; I really need to get back to school reports so need to keep it short but keep going! A final mention about the Vets races, all ladies over 35 please consider joining the season, it is not too late, Race 3 is coming up. The ladies are currently doing well but we need your help to keep that way or better it. Everyone helps! Please make contact with me or Helen if you need to find more about it.

Calderdale Way Relay 2022

Sixty Stainland Lions out in their Club vests running in the Calderdale Way Relay!

It is always an effort to organise but it is worth it when we hear and see how happy people are after they have done it. Great to see so many photos of happy runners at the start and end of each leg. Lots of runners who have never done the relay before or never done a fell race, lots of runners who have been talked into being a reserve and then very quickly appearing on the team, lots of help from Helen Armitage and James Penson.

Here are some of the comments:

"All good. My 5th I think. Last time I did it the same leg I nearly died at the finish but much stronger this time. So happy days." – Mak

"Loved it! As my first team event I really enjoyed being part of the team. Thought it was really well organised & everyone was helpful in answering my daft questions!" 😊 – Clare T.

"Loved my usual leg 5 with Gaby. Great to be part of a ladies team and getting 3rd place was such a lovely surprise" – Helen A.

"Absolutely loved it, being part of a team again and getting back in a Lions vest! So inspired by my partner Maria who showed real grit & determination on those tough hills on Leg 2, giving it 110%!!" - 👍👏😊 Tanya.

"It was my first ever fell race and I loved it. It was really tough but, fun to try something new, now I just need lots of practice" 😊 – Claire R.

"I absolutely loved it, I was apprehensive about running because of my intermittent hip problem but my rehab seems to be working and I got around with very little discomfort. I love CWR and this is my 2nd one for Lions now. My running partner made me a sticky toffee pudding as my incentive to get around. It worked and it was worth it." 😊😊 – Jane.

"It's such a great team event, still one of my favourite races. This is my 9th one now! Just wished I was better at technical downhill on leg 1 towards the end. Calves still aching! Thanks again u guys for putting the team together and was chuffed to get 3rd ladies" 😊 – Lorraine.

"Loved it but not the finish this time around 🤔 always love this race, great team event" – Joanne K.

"I've not 'run' that far in years." 😊 Sally M.

The Results CWR 2022:

27. Stainland Lions A		Team no. 73		07:59:30	
73	Andrew Earnshaw , James Penson	1	01:40:09	45.	01:40:09
173	Mark Pigford , Richard Hand	2	01:12:41	19.	02:52:50
273	Will Rushworth , Damien Pearson	3	00:44:58	14.	03:37:48
373	Leon Severn , Mark Pottinger	4	01:34:31	34.	05:12:19
473	Fraser Ambrose , Artur Stelmachowski	5	01:09:54	25.	06:22:13
573	Makinder Dhinsa , Jonathan Collins	6	01:37:17	34.	07:59:30

48. Stainland Lions B		Team no. 74		09:06:55	
74	Lucy Collins , Lorraine Naylor	1	01:46:58	53.	01:46:58
174	Maria Harron , Liz Norman	2	01:20:42	41.	03:07:40
274	Claire Ratcliffe , Clare Thomas	3	01:01:08	68.	04:08:48
374	Aileen Baldwin , Helen Hudson	4	01:46:27	57.	05:55:15
474	Helen Armitage , Gaby Ferris	5	01:16:26	42.	07:11:41
574	Joanne Kitcher , Jane Cole	6	01:55:14	62.	09:06:55

56. Stainland Lions C		Team no. 75		09:17:33	
75	Rebecca Gvozdenko , Claire Greenwood	1	02:07:22	82.	02:07:22
175	Steve Hallam , Steve Crowther	2	01:26:05	53.	03:33:27
275	Kevin Jagger , Martin O'Brien	3	00:57:49	54.	04:31:16
375	Ben Golding-Smith , Paul Brough	4	01:37:54	46.	06:09:10
475	Daniel Sykes , Jim Harris	5	01:10:07	27.	07:19:17
575	Laraine Penson , Heather Moffat	6	01:58:16	68.	09:17:33

75. Stainland Lions D		Team no. 76		10:06:28	
76	John Ingles , Andy Baird	1	01:51:19	61.	01:51:19
176	Susan Cash , Sally McGregor	2	01:47:26	84.	03:38:45
276	Amjid Khan , Andrew Fleming	3	01:06:42	80.	04:45:27
376	Rikki Hammond , Moira Alderson	4	01:53:39	67.	06:39:06
476	Tim Walker , Christine Cliffe	5	01:27:50	65.	08:06:56
576	Laura Goodwin , Anne-Marie Ulyott	6	01:59:32	70.	10:06:28

84. Stainland Lions E		Team no. 77		11:41:00	
77	Tony Pinnington , Lance Parker	1	02:10:29	84.	02:10:29
177	Paula Pickersgill , Sandy Gee	2	01:46:02	83.	03:56:31
277	Ray Mooney , Jonathan Pybus	3	01:00:37	65.	04:57:08
377	Richard Lambert , Mel Shaw	4	02:49:11	88.	07:46:19
477	Wendy Paulson , Alex Whyte	5	01:45:31	86.	09:31:50
577	Michelle Rushby , John Rushworth	6	02:09:10	81.	11:41:00



An extra well done to our Ladies' Team who got 3rd Ladies Team prize! We were very surprised and are already thinking about next year and going for it again! The provisional date for 2023 is 21st May, so get it in your diary and take full advantage of the summer months to try a few different legs.

Thank you to the Club for paying for the race event, it is always amazing. Thanks to all runners that ran and to those who could not run due to injury (get recovered properly so you can run next year)!







Men's' Captain's Update

Leon Severn



Hello Lions,

Since the last update, it was decided between the contributors that we would delay the newsletter for a month to allow for a bumper edition at the end of May, and wow (!!!) what a busy April and May it has been! Even with an extra month, I am being chased by Debbie for my contribution... some things will never change! By the way, I would like to start by given Debbie a big thumbs up with the courier reporting... through constant hounding, we're now regularly featuring as the headlines for every race report. This has been a relentless effort from Debbie, so whilst I am habitually late in sending my report, make sure you're notifying her of your results so that she can allow your name to be up in the headlines in large font!

I feel like I have a good reason for my lateness this time though, becoming a father to little Elkie Amelie, born 21st April... and in 18 years' time, she will be wearing her 1st Lions vest, asking me to decipher Gav Mulholland's good luck messages on FB or the new new forum, ahead of a snowy and freezing race in Queensbury, in August, cos it always snows there, even in summer.

Anyway, I definitely said before birth I would like everything to stay as normal as possible, with the odd change, granted but I'd still like to go running and help with coaching... anybody with kids will tell you what a mistake it was to think that was possible! My activities have severely reduced, which I wouldn't change for the world but explains why you might not see much of me in the coming months. It will settle again, in time, in 18 years' time.

Thankfully though, this is where I believe the club is in a great position and is a platform to build on. Gav Dodd has renewed his coaching license and with Mark, Colin, Maria, and Helen, plus Tanya on call if need be, we have a depth of coaches available to volunteer. We actually held a catch up meeting at the Viaduct in West Vale recently to discuss all things coaching and it is safe to say that the next couple of months are all in hand. In fact, Maria is already planning next year's Calderdale Way Relay only weeks after finishing this year. Why not? The ladies as Maria has mentioned finished a fantastic 3rd place and want to build on that - fantastic forward planning. We had a discussion about other events as well and maybe aiming for a team road relay event where we can showcase our best talents, give new and improving runners something to aim for, and try to put our name on the map! Again, why not? Whilst we're a social club who gives everyone a chance of all abilities, it doesn't mean we can't aim for our best both individually and as a club. We enter the cross country events and Yorkshire Vets events to compete, so it isn't a change in philosophy or direction, just another option to explore. Long term planning and aiming for success, whatever that might be to the individual or to the club.

For me, it shows the club can be a place where there are no limits to what we can achieve, as the foundations are in place for you with the structure we have.

That's me with a coaching hat on, if I flick to the captains hat it has been great to keep updated with how everyone is getting on! The big race to date for many was the Manchester marathon - we had several outstanding performances. In no particular order but Stephen Hall, Mark Pigford, Paul Alexander, Richard Crombie, Gav Dodd, Mak Dhinsa, Danny

Stafford... just to name a few! It was great dot-watching on that Sunday morning whilst watching my partner for any baby activity! I know from the efforts put in during the winter months that those PB's were earned, those times were not given! Well done to everyone who did the Manchester Marathon though, it is never an easy undertaking and always great to see people's efforts being rewarded.

Then we moved on to May, the busiest month of all that included our Bluebell race and the Calderdale Way Relay the week after. Maria has written a separate report regarding the CWR, which perfectly sums up the event. Again, a big thank you to all runners, new and old who helped out that weekend! It was fun...

I managed to get down at the end of the Bluebell to see everyone coming across the river and others will mention, it was such a good sight! The commitment from so many to make sure the event was a success is to be applauded, it really is. That is what Stainland Lions is all about. It was also great to see Jon Collins returning in a Lions vest and doing what he loves. He's also rallying the troops for the Vets Grand Prix events coming up as well. Amazing enthusiasm, which I hope rubs off on a few people and ends with a few positive results at the Vets races! Gav Mulholland can fill anyone in with the details of these events but if you're over 35, then, I am sorry to break this to you, you are a VET and you can compete. The competition is fierce though, at every age category, so don't be expecting a walk in the park on a Tuesday afternoon. Bring your A game!

Fantastic to see so many people getting involved with the championship and the fell championship events too. Steve and Jim have respectively given us a smorgasbord of races all around the north of England, and of every variety. Keep getting yourself involved with these events, try the new races if you haven't done them before and basically go out and enjoy running and representing Stainland Lions!

So yeah, April and May have been a busy couple of months, it looks like everyone is getting involved, the club is in capable hands, and everyone is getting into the full flow of things. It really is all go at the minute, don't miss out, and get involved as much as you can! I can't wait to get stuck back in!!

See you all at a club night soon!

Leon

Bluebell 2022 - with Race Director Clayton Cutter

This year's Bluebell needless to say had its issues! Having sold out within 24 hours pre covid and entries being rolled over, then problems with bookitzone and notifications there was a bit of a panic about how many would actually turn up. Luckily despite it not being a full field it was only a hundred or so light. Next year it'll be back up to the 550 mark and I'm fairly confident will sell out again in no time. Have to say a massive thanks to Andrew behind the scenes who really did sort it all out and must have regretted at times ever signing up!



Need to give a massive thanks to Gail too, having the job as Chief Marshall, and for just being brilliant throughout. You'd think getting 80-100 people to marshal with the club being the size it would be easy but it is the hardest part. We have the people that treat it like a tradition every year, same place, near their mates on other spots. First time volunteers, even club family members drafted in. People who would love to run it but sacrifice their own place for the good of the race and club. Don't think I'm alone in thinking races that we all go to are judged on the route, difficulty, what the T-shirt is like and the goody bag, but more so the atmosphere and the marshals, it is a shame we struggle every year with this aspect.

It's a massive club effort for the river crossing team, this year with Fraser's position cemented in learning the ropes to be passed onto others for the next 20 year! 👍 The bakers raising loads for Overgate which means so much not just personally but as a club. People who help with the set up and pack up, recce team, T-shirt crew, finish team, car parkers, everyone who asks what they can do and contributes. Also being chip timed for the first time this year was a big success and that will now be in place for the future.

It's always a learning curve, especially for me, there's always challenges, always things to take forward, things to make it even better. It's our biggest day, it's a showcase for the club and even though I moan my arse off I'm actually proud to be the director, the club and the people mean the world to me. So here's to 2023 and the biggest and best running yet.

Clayton x

Bluebell Photo Gallery

Some of our lovely Marshals and runners at this year's Bluebell 10 Trail:





Coaching with Colin Duffield

The Need for Speed

If you've been running for some time, managing longer distances, but feel the need for a bit more speed, you're certainly not alone. Loads of runners fall into the trap of running further but failing to get any faster, often they slow down as their bodies respond to what they're being trained to do. To run slowly.

I'm a big fan of the long slow run (LSR), as a key part of anyone's plan, but the key to effective training is to try to mix up distance and pace. Some people enjoy interval training, and at Stainland we have our track sessions and hill groups. If you haven't tried these and are serious about getting quicker, then why not give them a go? They're suitable for everyone, and because the ability of the groups is mixed, you'll meet other club members who you may not otherwise meet on club runs. If you're unsure, talk to one of the coaches for a bit of advice. Track and hill training have slightly different effects, but both will get you faster.

Notwithstanding this, it's a fact of life that some people, just some, don't enjoy this kind of structured session, and that's fine. Training shouldn't be a 'one size fits all' thing and most of all, it should be fun, maybe what we might call 'type 2' fun, but fun, nevertheless. The good news is that you don't necessarily need to do hill repeats or a traditional speed session to improve your pace.

Just remember to keep your slow run slow, but then mix it up with some shorter tempo runs and fartlek. You'll get quite different and quite specific benefits from the different runs, and still be 'running free'.

For the tempo runs, try running for 20-40 minutes at a pace that feels hard but sustainable, obviously after a decent warm-up. For the fartlek sessions, again, try a shorter run but intersperse your steady running with some faster running, play about with how fast you can go and for how long.

If you're running two or three times a week, try introducing these sessions on one of your runs and see the improvement.

If you want to know more about our Track and Hill sessions, the coaches have written brief guides to each. They're on the website and Facebook pages. If you cannot find them drop me a message (via messenger) and I'll send them to ya!

**June 2022:**

Wednesday 22nd – Ogden Mid-Summer Madness Fell Race (3.1 miles, 1000ft) (Fellrunning Championship).

Wednesday 22nd – Vets Race 3 @ Middleton Park (South Leeds Lakers).

Sunday 26th – Kinder Trog Fell Race (16 miles, 3500ft) (Fellrunning Championship).

Thursday 30th – Dave Hutchings Downhill 10k, from Heath.

July 2022:

Sunday 3rd – The Burner 10k, Crow Wood Park (Championship Event).

Sunday 10th – Stocks Lane Stinger 10k, Crossroads Inn, Wainstalls (Championship Event).

Wednesday 13th – Widdop Fell Race (7 miles, 1200ft) (Fellrunning Championship).

Thursday 21st – Summer Handicap, from 1885 (with food afterwards).

Wednesday 26th – Vets Race 4 @ Bingley (Saltaire Striders).

August 2022:

Wednesday 3rd – Hopwood Trot 8.8k, Hopwood College Sports Pavilion (Championship Event).

Sunday 7th – Saddleworth Round Fell Race (17 miles, 3300ft) (Fellrunning Championship).

Sunday 14th – Vets Race 5 @ West Vale (Stainland Lions).

Sunday 21st – Colne Valley 10k, Leymoor Cricket Club (Championship Event),

Tuesday 23rd – Vets Race 6 @ Littlemore Park (Queensbury RC).

September 2022:

Saturday 3rd – Blackshaw Head Fete (5.5 miles, 900ft) (Championship & Fell Event).

Saturday 10th – Lost Shepherd Fell Race (15 miles, 2700ft) (Fellrunning Event).

Sunday 11th – Shepley 10k, Shepley Cricket Club (Championship Event).

Sunday 11th – Yorkshireman Full (26.1 miles, 3280ft) or Half (14.9 miles, 2100ft) (Fellrunning Championship).

Wednesday 21st – Provisional date for a “Sports Day” at the track.

Sunday 25th – Vets Race 7 @ Ackworth (Ackworth RR).

October 2022:

Sunday 16th – St. Aidan’s Half Marathon, Leeds (Championship Event).

Sunday 29th – Race you to the Summit Fell Race (4.3 miles, 853ft), Summit Inn, Todmorden (Championship & Fell Event).

November 2022:

Sunday 6th – Guy Fawkes 10, Ripley Castle (Championship Event).

Sunday 6th – Soyland Moor Fell Race (13.7 miles, 1300ft) (Fellrunning Championship).

Sunday 27th – Lee Mill Relay (6.2 miles, 1100ft) (Fellrunning 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