



John Bassinder

### From The Chair

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

Debbie Grunhut-Hinds  
Race Reports

A summary of race report  
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# From the Chair

## John Bassinder



September is here, the kids are back in school and I suppose that's goodbye to summer, gone all too quickly. A pretty good one though, can't remember us having to cancel club runs before because it was too hot! Some lovely running to be done (for those lucky enough to be running, only with I could) and some amazing achievements yet again for our members. Hard work absolutely paying off for Mags, finishing as 1<sup>st</sup> Female and 4<sup>th</sup> overall in the Heights Ultra 50k Trail race and for Dick Spendlove coming 2<sup>nd</sup> M75 at the World Masters Mountain Running Championships in Ireland. A few years may separate these two, but their dedication and spirit are exactly the same.

We hosted a very successful Vets race in the YVAA Grand Prix. Tim Walker acted as race director, so we knew everything would be spot on. This was to be Tim's last duty before stepping down from the committee and he went out on a high with a meticulously organised event. Thanks again Tim for all your hard work over the years. Thanks also to everyone who helped at the race, Joanne who worked Saturday preparing the food before turning up early to marshal, help on the finish line then serve the food; Karen who was there from first thing acting as chief marshal before marshalling herself and then also joining the finish team. Thanks to Catherine who'd persuaded people to marshal in the first place and to everyone who let themselves be persuaded. Let's hope we get the same spirit at our upcoming Stainland Trail Race on the 18th and Sports Day at Spring Hall on the 21<sup>st</sup>.

Summer is also the best time for social runs, and once again you lot have taken full advantage. Around 50 Lions joining in the Haworth Steam Train run, many thanks to JP and Debbie for sorting, looks like you all had a fantastic morning. It's an ideal opportunity for me to thank JP for this and other initiatives to bring the club together again. As we've said many times the pandemic was harmful in ways which at first weren't obvious, many running clubs became fragmented. This wasn't just us; EA have recently sent an email on proposed changes which refers to the difficulties faced by clubs and races in returning to pre pandemic levels. I'd like to think we're definitely back on track with all that!

Whilst thanking people I'd like to mention Leon who, like Tim, has also sadly had to stand down from the committee, Daddy duties and extra studying taking more of his time. Only 24 hours in a day and I know you'll all agree that if something had to give then he's absolutely right to prioritise his family and his future. We'd like to thank Leon for his stint as Men's Captain and all the other extras he's taken on over his time as a committee member. In a refreshing change to saying goodbye and thanking people who have been an enormous help in the past, I'd like to say hello and thank you to a new and very welcome helper. Sarah Hirst has kindly offered to help sort our social media profile. Many people have pointed out that other clubs have more up to date news and info on their social media pages than we do. I've been acutely aware of this but also aware that when it comes to social media stuff I'm from a different generation (sometimes feels like a different planet) and definitely not conversant in tech talk. Sarah has kindly (or foolishly) agreed to get it all up to date and we are very grateful for that.

I'll leave you with a couple of final thoughts; having thanked two committee members who are stepping down after giving much of their time to the club we're now three members short, including

having no Vice Chair and no Men's Captain. The present committee are working really hard, with many examples like Richard who is officially Beginners Captain doubling up as RD for the Stainland Trail. We're an absolutely fantastic club with the best members and best atmosphere but often struggle to attract new people willing to take on a formal role. We're only three months away from seeking nominations for next year's committee. Committee members don't get a free ride, they pay their subscription to run like everybody else then they give a lot of time to make things happen for the benefit of the club and members, and these are quite often the busiest people you'll meet anywhere. If you love the Lions (and I know you all do!) and are interested in giving a little extra time to make sure the club keeps moving forward, then please let one of us know and we'll have a chat.

Second and final thought; the hot summer - Memories of 1976! Don't let my kids hear this ("Oh God, here he goes again") but for those who weren't there, believe me it was worth going on about. My kids know my summer '76 speech off by heart. After spending most of 1975 and a very, very stormy January working out at sea I went into Lowestoft College in February '76 which led to me meeting a young Suffolk girl. Six weeks after that meeting I'd quit sea and got a job and a bedsit in Norwich. That summer really was red hot day after day and Norwich was a beautiful City to be living in, with most weekends spent exploring the Norfolk and Suffolk coast in my battered '66 Beetle. This summer has been just as emotional for us, just as hot and once again we (myself and the same girl!) have spent most of it in Suffolk. This time though it was mostly through necessity. We've driven hundreds of miles back and forth in the last months, spending just a few days at home and to paraphrase Hugh Grant we literally had four funerals and a wedding in August. I say all this because I'm conscious of being a very absent Chair of late. Hopefully things will get better!

## Lions Publicity Officer

## Debbie Grunhut-Hinds



### Race Report for August 2022

#### **Crow Hill Reverse Fell Race (2nd):**

This fast midsummer 5 mile out and back race has around 1,000 ft of ascent and takes on some of the Calder Valley's famous short, sharp climbs up on to the moors for a dash across to Crow Hill and back again, with a slight diversion through one of Myholmroyd's best woodland descents through Redacre Woods. Two Lions took on the challenge, with Aileen Baldwin taking 1st place in her F70 age category with a time of 46:53, followed closely by Martin O'Brien in 47:08.

#### **Hopwood Trot (3rd):**

19 Lions headed to Middleton to compete in the Hopwood Trot, Race 14 in this year's Club Championship. The multi-terrain course is approximately 5½ miles on the paths, tracks and country lanes surrounding the historic Hopwood Hall on the outskirts of Middleton. James Penson led the Lions home in 41st place out of a field of 189 runners. Helen Armitage was first in her age category, and there were also age category places for David Farrar (2nd MV60), Diane Waite (3rd FV55) and Jackie Barker (3rd FV65).





**Results:** James Penson 37:56, Ben Golding-Smith 39:05, David Farrar (2nd MV60), Steve Hallam 40:46, Helen Armitage (1st FV55) 41:20, Mark Preston 42:43, Gerry Banham 44:04, Clare Thomas 45:29, Rebecca Gvozdenko 46:46, Diane Waite 46:31 (3rd FV55), Hayley Kelly 47:37, Laraine Penson 48:01, Sandy Gee 48:22, Paul Butterfield 48:40, Phil Richards 49:52, Paul Armitage 53:00, Alex Whyte 55:13, Claire Haigh 57:08, Jackie Barker 59:49 (3rd FV65).

#### **Whittle Pike Fell Race (3rd):**

Advertised as “Beware, for an evening race this is a rough, tough one!” The Whittle Pike Fell Race at Cowpe Village is a 5 mile race with 1,620 feet of ascent, with a scramble up a ridiculously big hill, lots of bogs, mud, streams and muddy puddles. Paul Patrick was the solo Lion crazy enough to tackle the race, finishing in a time of 70:34.

#### **Dewsbury Flat Cap 5 (3rd):**

The Flat Cap 5 is an annual 5-mile multi-terrain race hosted by Dewsbury Road Runners. The course follows a gentle undulating route which starts close to and finishes at the Leggers Inn Pub and canal boatyard; and takes in the Dewsbury-Ossett Greenway, off road paths and the canal towpath.

**Results:** Sally Caton 38:26, John Bassinder 40:43, Ian Johnson 41:16.

#### **Windmill Half Marathon (7th):**

The Windmill Half Marathon is a fast, flat, two-lap course around the coastal front of Lytham St Annes and Fairhaven. Lions Carol Heptonstall and Allison Bamford completed the race as part of Carol’s London Marathon training, both coming in with a time of 2:36:21.

#### **Hob Hurst’s Fell Race (13th):**

The Hob Hurst’s Fell Race kicks off the Peak District Trail Running Weekend. This traditional Category ‘BS’ fell race is 5 miles with 840ft of ascent, starting and finishing in Beeley on the edge of Chatsworth Estate; the route climbs up through Hell Bank Plantation and across the high moorland to reach the historic Hob Hurst’s House, before a long and fast descent back to the village via Beeley Hill Top. Liz Norman was the solo Lion to tackle the race, coming in 48th place in a time of 48:49.

**Yorkshire Vets Grand Prix - Race 5 - Stainland Lions, West Vale (14th):**

21 Lions took part in the 5th race in the Yorkshire Vets Grand Prix, which took place on Lions' home turf. Despite the blistering hot weather, Vets Captain Gavin Mulholland took overall first place by a good 2 minutes; with Margaret Beever securing first place for the ladies. Next for the ladies team was Aileen Baldwin (1st F70), closely followed by Helen Armitage (3rd F55) and Maria Harron (3rd F50). Also in the first 4 for the men's team were Jamie Westwood, Jonathan Collins (1st M45) and Dan Marsden. There were also category places for Dave Hudson (3rd M65) and Dick Spendlove (1st M75).

**Ken Bingley Memorial 10k (18th):**

This new event was set up to commemorate the life of Ken Bingley who had a very long and successful running career with Wakefield Harriers and then Ackworth Road Runners. The course starts and finishes in Frickley Country Park, taking in good trails both in and outside of the park, with a lovely zig-zag downhill. Two Lions travelled to South Elmsall to complete the race: Sally Caton 47:35 and Ian Johnson 53:08.

**Colne Valley 10k (21st):**

21 Lions headed to Leymoor to compete in the Colne Valley 10k, Race 15 in this year's Club Championship. The race is part of the Huddersfield Trail & Road Series and brought to you by the team behind the Colne Valley Mountain Bike Challenge. The route starts and finishes at the picturesque Leymoor Cricket Club and flows through parts of Longwood and up through Outlane Golf Course with stunning views over Huddersfield. David Farrar led the Lions home in 21st place out of a field of 118 runners and was 2nd in his MV60 age category. Helen Armitage was the second female overall and 1st in her age category. There were also age category places for Jackie Barker (1st FV65), Clare Thomas (2nd FSen), Diane Waite (2nd F55), Mark Preston (3rd M55) and Sue Cash (3rd F55).



**Results:** David Farrar 50:43, Roy Lunt 52:12, Steve Hallam 52:29, Helen Armitage 53:06, Martin O'Brien 54:06, Gary Barnes 54:48, Mark Preston 54:54, Clare Thomas 57:23, Rebecca Gvozdenko 58:55, Diane Waite 1:00:19, Sue Cash 1:00:49, Hayley Kelly 1:01:10, Sandy Gee 1:01:17, Paul Butterfield 1:05:15, Paula Pickersgill 1:06:06, Paul Armitage 1:06:45, Phil Richards 1:07:58, Joanne Cooke 1:09:13, Wendy Paulson 1:17:27, Jackie Barker 1:17:51, Emma Taylor 1:19:44.





### **Tour of Norland Moor 10k (21st):**

Aileen Baldwin was the solo Lion to tackle the Tour of Norland Moor Trail Race; this popular race is now over 15 years old and organised by our neighbours, the Halifax Harriers. The race starts and finishes at Copley Cricket Club and climbs up North Dean Road before doing a clockwise loop of Norland Moor. Aileen completed the race in 56:22 in 18th place, also winning her FV70 age category.

### **Piethorne Trails 10k (21st):**

Lions Andrew Earnshaw & Jim Harris headed over the border into Rochdale to take part in the Piethorne Trails 10k organised by CraggRunner. A stunning circular route with 900 feet of ascent, around Piethorne and Ogden Reservoirs, over and under the M62, and touching the edge of Hollingworth Lake; runners are treated to many twists and turns as well as ups and downs.

**Results:** Andrew Earnshaw 52:20, Jim Harris 1:01:13.

### **Yorkshire Vets Grand Prix - Race 6 - Queensbury (23rd):**

Out of a field of 190 we had 30 Lions out on the prowl at the 6th race in the Yorkshire Vets Grand Prix hosted by Queensbury. The ladies team was led home by Margaret Beever (41:57), followed by Lorraine Naylor (51:03) who battled her way to 15th place and coming 3rd in her F50 age category. Next in line was Sally Caton (51:10) at 16th place and 3rd F45, closely followed by Helen Armitage (51:57) in 17th and 2nd F55; Aileen Baldwin (52:26) came in 19th place and 1st F70. Also out on the course were Julie Field (54:34), Karen Thorne (65:31), Paula Pickersgill (65:58), Emma Taylor (76:45) & Jackie Barker (76:46).

Vets Captain Gavin Mulholland (36:25 - 1st M50) led the men's team home taking 1st place, followed closely in 2nd place by Ed Hyland (36:54) 1st M35. Stephen Hall took 4th place (38:22); next home was Jamie Westwood (41:07) 3rd M50, completing Top 4 to Count in teams. Also racing for the men were Dan Marsden (42:28), Mark Pottinger (42:57), Richard Hand (45:06), Andrew Earnshaw (45:44) 3rd M45, Damien Pearson (47:40), Martin Wood (50:29), Paul Patrick (50:55), Steve Hallam (51:14) Dick Spendlove (53:11) 1st M75, Ian Johnson (54:47), John Ingles (55:12), Jim Harris (56:03), Tim Walker (56:12), Steve Crowther (56:35), Dave Hudson (59:18), Paul Butterfield (63:51).

### **Inov-8 High Cup Nick Fell Race (28th):**

The 9.3 mile fell race with 450m of ascent takes place on the edge of the Eden Valley, taking runners to the amazing High Cup Nick before returning mostly along the Pennine Way into the scenic village of Dufton. The race starts and finishes from the Village Green and is a great fundraiser for the upkeep of the village hall.

**Results:** Ray Mooney 1:46:02, Rikki Hammond 1:56:03.

**Denby Dash (29th):**

Four Lions headed to Denby Dale to complete the 6th edition of this popular village race. The Denby Dash is a 5.6 mile scenic and undulating course on footpaths, through fields, woodland, conservation land, and the historic Quaker Village at High Flatts, with a total ascent of 700ft.

**Results:** Martin O'Brien 50:05, Diane Waite 57:28, Mark Preston 57:45, David Waite 1:02:38.

## Parkrun PB Corner

**6<sup>th</sup> August:**

**Brighouse:** A new record was set at Brighouse, with Gavin Mulholland not only taking first place, but with a course PB of 16:50, knocking 37 seconds off his previous time and setting a new VM50-54 age category records. Gary Barnes took 47 seconds off his previous course time taking him to 23:37.

**Roberts Park:** Dick Spendlove set a new VM75-79 age category time of 23:02.

**Fell Foot, Cumbria:** Sally Caton ran in 23:06 taking 26 seconds off her previous time, and Ian Johnson knocked 1 minute 5 seconds off his time, taking him to 24:43.

**Fountains Abbey:** Rebecca O'Neill celebrated her 50<sup>th</sup> Parkrun with a time of 23:38 and came 1<sup>st</sup> in her age category.

**13<sup>th</sup> August:**

**Brighouse:** Danny Stafford ran in 22:17, knocking 1 minute off his 2019 time.

**20<sup>th</sup> August:**

**Huddersfield:** Mark Preston celebrated his 300<sup>th</sup> Parkrun and Jim Harris his 150<sup>th</sup>.

**Oakwell Hall:** Dick Spendlove smashed another VM75-79 age category record with a time of 24:02.

**27<sup>th</sup> August:**

**Halifax:** Sally Caton ran in 23:02, knocking 10 seconds off her previous time.

**Penistone:** Steve Hallam produced a course PB of 22:44, taking 30 seconds off his previous time.

# Club Championship Update

## Steve Hallam



### Championship Update – August 2022

#### Upcoming Races:

16th Oct	29th Oct	6th Nov	18th December
St Aidans HM	Race you to the Summit	Guy Fawkes 10	Travellers 6
13.1M	7K	10M	6M
Trail	Fell	Road	Road

There are now only 4 more main events available for this year's main Club Championship; but there's also 3 local parkruns and the final 3k Track Race to consider. Therefore, if you have only completed a handful of events so far, you could still qualify for a possible top 3 finish with a trophy position. The following Lions can all still meet this criteria:

Peter Cawdron	Aileen Baldwin	Steve Crowther
Richard Lambert	Paul Armitage	Roy Lunt
Gail Fawcett	Anne-Marie Ulyott	Laura Goodwin
Samantha Brunning	Tim Walker	Gareth Duckworth
Abi Bouckley	Paula Statham-Drake	Andrew Mackrill
Phil Richards	Diane Waite	Kevin Jagger
Jonathan Taylor	Jenny Marshall	Lindsay Upton
Trish Hallowell	Ray Mooney	Martin Wood
Wendy Paulson	Joanne Kitcher	Jane Cole
Jenny Walker	Claire Alletson	Ian Hoskins
Richard Brewster	Tim Neville	Gareth Knight
Gordon Murray	Chris Hall	David Collins



<b>Dawn Medlock</b>	<b>Gav Mulholland</b>	<b>Jim Harris</b>
<b>Claire Haigh</b>	<b>James Penson</b>	<b>Paul Patrick</b>
<b>Sally McGregor</b>	<b>Leon Severn</b>	<b>Clayton Cutter</b>
<b>Phil Richards</b>	<b>Mark Pottinger</b>	<b>Liz Norman</b>
<b>Jonathan Taylor</b>		<b>James Black</b>
<b>Trish Hallowell</b>		

The only thing that may hold you back is if you haven't entered the Guy Fawkes 10, which is now full (unless you can blag a place off someone else). Gav Mulholland is unlikely to complete any more events in Division 1, therefore, the rest of you in the top Division are all still in with a shout if you fancy doing a Johnny Come Lately!

Even if you can't complete the full 8, why not enter at least a couple and add your personal value to that special Lions atmosphere that always feels good when we turn up in force! My God, it's a hard sell this, sometimes! I'll tell you what – just do it! You won't regret it (much!).

As it's getting towards the latter part of the Championship calendar, it is now time to start thinking about next year. For this I need your assistance:

- How can we improve the competition?
- What events would you like to see included?
- Apart from the standard divisions, how about something extra such as an age-related league? What are your thoughts on this? How should it be implemented to best effect?
- What do you like / not like about the current set-up?
- Any suggestions for modifying the scoring system?

I would welcome your views on this, so please give it some thought and let me know.

Following some earlier feedback, I am already looking to develop the competition further for 2023 with the following under consideration:

1. Have more generous scoring for local parkruns at Huddersfield and Halifax. Maybe having finish times scored against 17:00 and 17:30 respectively, to encourage better participation.
2. Dropping Brighouse (as it's quite poorly attended by most Lions) and instead introduce the concept of "any 3 parkruns". What I'm thinking of here is to allow up to a maximum of 3 additional parkruns, anywhere in the UK, with your best time to count. As the score will very much vary depending on the course profile, I would suggest scoring these same as the main events, i.e. your time against the average of the top 3 finishers for the day you do it. This would mean a bit more work behind the scenes for me, but I'm happy to give it a go if there is a general consensus of approval. You could of course include Brighouse in your "3" if you so wish.
3. To encourage improved co-ordination with the Fell Running Competition, perhaps include additional bonus points for these type of road events – how about 10 extra points – would that be enough for you to give some of these a go?

# Ladies Captain's Update

## Maria Harron



### Ladies' Report

August has been a busy month for loads of ladies in the final stages of half marathon and marathon training for big events coming up in September and October. We shall hear about them in the next Newsletter. My training has not been so good, but it has been a fun summer and the training starts again now! Read on and you will find out how Aileen Baldwin has forced me to get out there and just get on with it!

To start with I will pass you over to Zoe Russell who has been training hard for her challenge in memory of our fellow runner Rob Ashcroft . . . . .

### Zoe Russell



Back in November, last year, I visited Rob at Overgate Hospice. A man who had always been so fit (in the time I'd known him) always loved his running (seemingly especially with his females following on a weekend) always having a giggle and always proud to be a Lion. Sadly, this was the last time I saw Rob and, after I left, I made a promise that I would raise money for Overgate Hospice, who seemed just wonderful – what an incredible place. Calm, caring and surprisingly happy.

So, the week of 26 September 2022, I will be running every day (club runs Monday and Thursday, Chippy run on Tuesday, a cheeky little 5k on Wednesday and Friday and Halifax Parkrun on the Saturday, culminating with the virtual London marathon on Sunday 2 October (starting and finishing at Overgate). I will be wearing memory ribbons (£10 donation via my JustGiving site, I will provide the ribbon but please DM any message) on the day, and I would very much welcome a song choice (£5), which I'll be playing/dedicating on each mile. I've yet to finalise my route but I'm keeping it very simple and would love for anybody to run alongside me, 1 mile, 10 miles, or sod it, 26.2 miles. Rob, this is for you!

Please donate whatever you can via the following link. Thank you.

[https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.justgiving.com%2Ffundraising%2Fzoe-russell7%3Futm\\_source%3Dwhatsapp%26fbclid%3DIwAR27m6JtYocWXViXVEiiCvj](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.justgiving.com%2Ffundraising%2Fzoe-russell7%3Futm_source%3Dwhatsapp%26fbclid%3DIwAR27m6JtYocWXViXVEiiCvj)





Coffee and Chat with Aileen Baldwin

I have admired Aileen Baldwin ever since I joined the club and I still say that I would like to *be Aileen when I grow up!* I asked her if I could take her for a coffee and cake so we could chat about running and record it so I could put it in the Newsletter. It took all of about three seconds to talk her into the idea and I was very pleased that she said yes. She is an incredible lady and yet she has no idea how much inspiration she gives to other members of the club.

I have learnt for next time to not record a conversation in a coffee shop that has people chatting, dogs barking, staff making coffees and moving furniture around while we were trying to have an important conversation about running! Anyway, I would like to apologise for having to miss bits out as I could not hear the recording (and also could not quite remember what Aileen said as it was a few weeks ago now). But here is the general idea of us having a great chat, drinking coffee and eating gorgeous cake.

M - How did you get into running?

A - My husband, Francis, was reading the Courier, must be about 16 years ago, and he read this advert about a running club and there was a course of 6 six weeks. "Aileen, do you fancy this?" So I looked and then I said, "No, because the start date was the week before and they will have already met each other and gone with their partners and will have already started." But then thought "Why not?" so I went down. And that's it.

M – Did your husband go as well?

A – No

M – So, you went down by yourself

A – Yes, there was a pair of lads, twins, and they didn't do all this warming up. So they split us, not really into groups. We walked across the road and they said we are just going to walk from one telegraph pole to the next and if you want you can jog it. So this is what I did. Halfway round I was losing the will to live. Some were walking, some were struggling, and good for them, they were having a go. So when we got to the bottom we were going along the canal and then they split us, I think we had three groups then. Then these twins, who I didn't know were telling me mucky jokes all the way along! Remember Gail and Naomi? They're about 6 foot 2, fabulous girls. Anyway, as we were turning they told me to go back at my own pace. So we were coming back towards the bridge just before you come back to Stainland and these legs just came at the side of me and I looked up and I can't remember which is which Gail or Naomi, but she said to me "Right, now what I want you to do is when you get to the tunnel I want you to sprint, just go for it!" So that's what I did, and she was just running along having a nice time and I was nearly killing myself! And I thought I like this as I like being competitive. So that's how I joined.

M – So how far do you think you ran on that first day?

A – No more than 2 miles if that!

M – Did you do any sports before that?

A – I worked with horses so that was very physical, and we went walking but only comfortable with doing about 8 miles.

M – What was your first race?

A – I can remember that . . . it was that Judith Greenwood, because I used to run with Judith's group, and she said "Come along, we're all doing it! You have to do it for the club." So they bullied me into it!

M – What race was it?

A – Helen Windsor

M – And that was 6 miles, was that the most you had done at that point?

A – Probably, I honestly don't remember. Maybe not because Judith was more knowledgeable and probably we had been doing that distance anyway, I don't know, I'd have to ask her, but she bullied me that day! ☺

M – So that was about 16 years ago and from then you've done every type of race including marathons. Have you done an ultra?

A – Yes, five, well more than five actually. I did the Montane Lakeland 50 miles five years on the trot up to 2019. As much as I loved it I won't do it again, it's got too much rubble! Well I did one and loved it so did it the next year and then the year after. Then Helen Hudson said that she would like to have a go at it and asked me if I would do it with her so I did a fourth and then I did a fifth the year after that.





M – What’s your favourite, road racing or fell racing?

A – Fell. I just love it because it’s that freedom. If and when you briefly have that time to look up and you’re on the tops it’s so nice to see the hills, or not if you’re in the mist! I just love it.

M – Track or hills, what do you prefer? You currently do both quite consistently.

A – I really can’t pick because they have different uses. I think track has helped me to pick up some speed and hills probably

more about stamina.

M – In the last year you’ve come back to track very consistently having had a break from it as you used to come a lot.

A – I started it when I had a place at London. I’ve only done London once and it’s not something I would want to do every year, not when there’s fells to running in.

M – What’s your proudest achievement?

A – The Montane Lakeland, the first one.

M – A lot of people have said how you’ve got faster recently.

A – I think I have but I will never get back to the speed that I used to have.

M – But you’re still winning category prizes left right and centre?

A – There are not many in the female 70 category.

M – I know but it’s amazing. What are your hints and tips for runners who are of the mature age?

A - Don’t give up. Never give up. I’m not very good with computers but I was trying to book onto Guy Fawkes and I could see the entry list. So I’m looking in the 70s category and there were seven. Seven females not men females I was quite surprised. Anyway I won the 70 category, but I was about 32 minutes in front of the next person!

M – That’s just amazing. I still want to be Aileen when I grow up!! It’s just incredible.

A – It’s who’s there on the day isn’t it, that’s what they say you know.

M – So for those in the club who are ladies of the mature age what would you suggest so they can continue to improve but also run for as long as they can?

A – I would say go to the gym.





M – OK, some strength and conditioning.

A –Yes, definitely, get some flexibility, that helps and do what you can. I go to Bodycamp and people come along and then say how their core ached but I've got past that stage so it's good. Sometimes, particularly when you are a beginner you might be running on the canal and someone says we'll go up there and they don't like the word 'up', they just have to get their head down, have a go at everything. With fells it's a little bit different because you can have a category C and have a steep climb because it's the overall distance, you need to find a category C where it's more evened out with the hills.

M - What can we do as a club to get more ladies out on the fells?

A – Well you're not doing them!!! ANONYMOUS NAME and ANONYMOUS NAME are not doing them! 😊

M – I know! Official telling off from Aileen! It was my intention to do more fell running this year, but it has just not worked out that way.

A – You can't be on top form all the time.

M – Yes, last year was a very intense year when I ran Montane Lakeland 50 miles, and I loved doing all the off-road running I did in training but it has just not been the same this year! I will though! I will help to get some ladies on the fells.

A – So they would want a short fell race in a category C, so they call that a CS, but I'm not saying there won't be a steep hill!



M - Yes and you can always walk up the hill.

A – Oh yes I will always walk if I need to.

M - Ok, so future plans?

A – Just to keep going. I'm a little restricted, there is stuff that I would like to do but I won't go on overnights now. I won't go too far as I need to think about Francis. I did Wharfedale about three weeks ago, I loved that, James Herriot country, but that's about two hours' drive.

M – It's a long day out. Have you got a favourite race?

A – Well probably Montane Lakeland 50.

M – I'm not sure if I would agree but you never know, maybe I will do it again! Thank you Aileen for the chat, we will have to do it again sometime and I promise to get out on the fells more!




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I loved having the opportunity to take Aileen for a coffee, eat lovely cake and sit and have a chat with her. She has been an inspiration to me since I joined the club not long after she did. I have had a few battles with her in races over the years and have always enjoyed chatting with her and feeling so full of enthusiasm for running afterwards. I have also kept to my word and been out doing more off-road since my official telling off and she was also very pleased to see me at a recent fell race which was as fun as I expected it to be! Aileen beat me as she has so much skill and confidence to just fly around the course, knowing where she needs to take it easy and also where she can play to her strengths. She has so much experience and it is no wonder she is winning all the F70 prizes around and they are all so well deserved! Aileen does not realise how much she means to many people in the club so, just to finish, here are a few words from some of her fellow runners...

*“A couple of memories re Aileen. Nov 2017 Aileen rocked up at Huddersfield Park Run. She set off quickly but her shoelace came undone & I raced past. She caught me before the end & ran a time of 22:05. It was an age graded PB, in other words the best anyone had ever run at this event relative to their age. The 2nd memory comes from a cross country race. I was racing Aileen all the way round & was pleased to outsprint her at the end, only to discover she had competed in the Yorkshire 3 peaks fell race the day before. She is an inspiration to all of us & at the club & 1 of the nicest people I've ever met.”*

Mark Preston



*“So pleased to be asked to contribute to an article on the legendary Aileen Baldwin AKA ‘Queen of the fells’ and ‘Duracell’ amongst many other honorary titles. I have known and run with Aileen for nigh on 15 years now and Aileen actually introduced Rikki to fell racing. We have raced and enjoyed Aileen’s company in many places from the beautiful, but tough Newlands Memorial fell race in the Lake District to the dark alleyways of Amsterdam on tour with the Lions to tackle a half marathon. We have some very funny memories of Aileen in the heart of Amsterdam on a Saturday night. I think it is fair to say it was an eye opener for her!*

*However, back to the fells. A skillful, brave runner quick on technical terrain both uphill and down dale with her trademark smile and words of encouragement even on a bitter, cold, windy, snowy day (that will be the Hebden 15 then). And you know what; she just seems to be getting faster! Keep inspiring us Aileen.”*

Ray Mooney

*“I find Aileen to be a very unassuming person. I don’t think she quite realises how well respected she is as a runner and how inspiring she is. Every F70 prize has her name on it - there is no one else that comes close to her. There is always the biggest cheer when her name is called out as she is so well known and respected by everyone from all the other clubs. She really is a legend, particularly when she comes flying past everyone on the downhills. Aileen has such a positive attitude to everything. Keep on running Aileen and showing the rest of us how it’s done.”*

Helen Armitage

## Coaching with Colin Duffield

### Coaching the Five Ps

My son has a sign on his bedroom wall. It says:

- Perfect
- Planning
- Prevents
- P\*\*\* (my asterisks)
- Poor
- Performance

It’s unclear if this will help/has helped him with his A Levels, but the sentiments correct. It’s equally applicable when setting a running goal, regardless of if it’s a marathon, a fast park run time, or a Bob Graham Round. The guidance points below probably won’t be a surprise to folk, but are here so people might take a look at themselves and go ‘hmmmmmm’



### **Six Key Truths of a Training Plan**

#### **1. Science not crossed fingers**

Generations of Sports Scientists have made themselves old and grey in sweaty labs in order to progress our understanding of how bodies work. Put a bit of faith in them and their conclusions about what makes training effective or otherwise. Each of the following points are based on this principle.

#### **2. Consistency beats Intensity every time**

It's infinitely more effective to run consistently at the right intensity than to go at it so hard have a that causes you to be injured for significant periods. Also, too much high intensity training will be wasted anyway.

#### **3. Training works by adaptation**

Your body adapts to training by fixing itself as an improved version of itself after a session. It does this at rest. If you don't rest and recover sufficiently it won't have the chance to adapt.

#### **4. Don't expect to see constant improvement**

Everything's cyclical. Even with the best raining programme, you'll improve for a bit and then plateau and probably dip. Then you'll start the cycle again, hopefully from a higher starting point and improve some more. You just have to trust the process. Try to time your optimum improvement for your race/challenge goal.

#### **5. Running without supplementary training is 'all icing, no cake'**

If you look at raining schedules of the top boys and girls, strength and conditioning stuff makes up at least a third of their schedule. There's a reason for that.

#### **6. Don't make it miserable**

You do this because, on some level, you enjoy it. Keep it like that. Too many people get obsessed by a goal and then it's not fun anymore. Despite what advertising slogans have said, Obsession is not dedication.

*As ever, anyone want any help with training plans, give me or one of the coaching team a shout. We're around at Monday hill sessions, or at the track on Weds. Alternatively if you want to send a message via the Facebook page, that would also be very cool.*

**September 2022:**

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

Sunday 25<sup>th</sup> – Vets Race 7 @ Ackworth (Ackworth RR).

**October 2022:**

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

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

**November 2022:**

Sunday 6<sup>th</sup> – Guy Fawkes 10, Ripley Castle (Championship Event).

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

Sunday 27<sup>th</sup> – 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**