



John Bassinder

From The Chair

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

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from August 2023

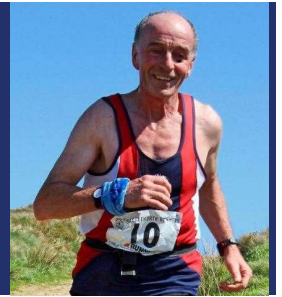
Various

Contributors

Championship Updates - Steve & Jim. In the Lions' Den & a Look Back in Time - Gav. Away Run - Jonathan. Lion of the Month - Maria.

From the Chair

John Bassinder



It was a lovely evening once again at the 1885 for our Summer Handicap; a big “Thank You” to Karen for sorting everything out, Byron for his water station duties, marshals, dog support team, and all who helped on the night. Congratulations to joint trophy winners Phil Richards and Gordon Murray, both estimating their finish time within 3 seconds! Also well done to first man across the line, Paul Patrick in 41:47 and first lady Gaby Ferris (2nd overall) in 43:28.

Incidentally, one notable absentee from the race was Leon Severn. No doubt the fixture presented a slight clash for Leon, but I’m delighted to say he went with his original plan, marrying Lauren at the beautiful Tithe Barn, Bolton Abbey that day. It looked absolutely perfect in the photos and I’m sure everyone joins us in adding their congratulations to the new Mr and Mrs Severn.

It’s been tricky this year to fit in the Handicaps, Hare & Tortoise, Downhill 10k, etc. in addition to the new events like the Off-Grid Challenge, Orienteering, regular Away Runs and so on, but all well supported so will now become permanent fixtures and probably similar dates next year. The fun isn’t over yet, there’s still our Sports Day to come at Springhall Track on Wednesday 13th September – if you haven’t yet volunteered to take part or help, see the thread on Facebook.

Whilst on track matters, a quick update: In addition to paying the increased cost of track hire to the council (up 20% this year) Ravenscliffe are now charging us to use their toilets and changing rooms. We and the Harriers have had lengthy talks with them and negotiated a reduced rate but in order to keep our costs to a minimum we have agreed to only have the toilets open for one hour – 6.30 to 7.30pm. The coaches will remind everyone, but the way forward seems to be to get there, get changed then take your kit out to your car or trackside as unfortunately now the facilities need to be locked and alarm reset by 7.30pm. Also, just so you are aware, the state of the track isn’t going unnoticed. Halifax Harriers are currently demanding a meeting with the council about the condition and lack of maintenance. It’s not currently great for any track users I’m told, but particularly upsetting for the Harriers as they can no longer host athletics events there until improvements are made.

Our Stainland Trail is almost here – Sunday 17th September. Entries are still below what we would like to see so spread the word to others if you get the chance. Please, as always, consider helping if you are not intending to run, Race Director Richard or Chief Marshall Paula P would be glad to hear from you.

Talking of volunteering – we’ve fixed the date for our 2024 Bluebell for Sunday 5th May. Clayton has been Race Director for the last 5 years or more but would now appreciate a break, and I think you’ll all agree he deserves it! We are anxious to nominate a new Race Director as soon as we can in order to get the ball rolling. Believe me, whoever takes it on will not be appointed then just left and expected to get on with it alone. Clayton is happy to give his help and advice, and so is every one of us who have been involved previously. When I took it on in years ago I hadn’t a clue what was involved but loads of folk with more experience were there to help, I only had to ask. It was a challenge it took me out of my comfort zone, and I honestly found it rewarding and learned a lot from it.

Being as we are talking of 2024, here are some early dates for your diary:

Winter Handicap will be on Sunday 14th January, and more importantly our **AGM** will be on the following evening – Monday 15th. We’ve also confirmed our **WYWL Cross Country** fixture for Sunday 25th February.

Presentation Dinner: Martin and his team are investigating not only dates but also what format people want. Please look out and respond to Cat's post coming soon on Facebook.

Update on some Heath matters:

- Firstly car parking: Heath are becoming a successful club, playing at a higher level than ever before, hence busier than ever both with events and on training nights. Thursday are now full training sessions for them throughout the winter. We've been asked if we can park on the top car park only and it's been pointed out that we can actually fit a lot more of our cars in if we park both rows "End On" instead of having one row parked length-ways as we usually do. Heath does this on their match days and they are able to get another 20 cars in without a problem.
- Sunday quizzes are back from 1st October and the Lions are invited to enter teams as we have in the past, and hopefully show them that running is better for the brain than rugby.
- Lastly, thought it worth a mention and just wanted to check that all members know there is a Defib machine upstairs in Heath Clubhouse should we ever need one on a training night.

Ending this month on a sad note, but as most of you know we recently had two bereavements within the Lions' family. Dave Swarbrick was a valued member of the club and past Beginners Captain who will be remembered by many. He was an inspiration to those who ran with him and anyone who got to know him, a fascinating character to talk to. I know all our thoughts are with his family and will also be with another much respected and well-loved Lion, Alan Whiteley, following the loss of his wife Julie.

A Tribute to David Swarbrick - Jonathan Pybus

David Swarbrick – Philosopher and Runner!



Sadly David died on the 1st of August after a long illness.

Some new members may not know him, but David has been a run leader for many years at Stainland Lions. I and many people at the club now did their first club runs with David.

Normally his sense of humour went over the heads of most people, but once you understood him, he was great company.

He never criticised people and only encouraged people to do their best, whilst sending them up “another hill”. Some people did not know he was involved in starting Martin House, a hospice for children. This was due to the sad passing of his daughter in 1983.

David was also a great swimmer, and regularly swam three times a week down at Brighthouse pool or open water.

Sadly missed and a great member of Stainland Lions.

R.I.P. David



Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for August 2023

Crow Hill Reverse Fell Race (1st Aug):

This fast midsummer 5 mile out and back fell race with around 1,000ft of ascent was a counter in this year's Club Fell Championship. The race takes on some of the Calder Valley's famous short, sharp climbs up on to the moors for a dash across Crow Hill and back again, with a slight diversion through one of Mytholmroyd's best woodland descents through Redacre Woods. Four Lions took on the challenge, with Andrew Earnshaw leading the Lions home and Aileen Baldwin taking 1st place in the F70 age category.

Results: Andrew Earnshaw 42:26, Aileen Baldwin 49:33 (1st F70), Helen Hudson 51:13, Moira Alderson 51:44.



Flat Caps Dewsbury (1st Aug):

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. Paul Corns was the solo Lion at the race, coming in 70th place with a time of 39:24.

Hopwood Trot (2nd Aug):

16 Lions headed to Middleton to compete in the Hopwood Trot, a counter in this year's Club Championship. The multi-terrain course is approximately 5.5 miles on the paths, tracks and country lanes surrounding the historic Hopwood Hall on the outskirts of Middleton. Phil Moyles led the Lions home in 19th place out of a field of 153 runners. Helen Armitage was first in her FV55 age category and there were also age category places for David Farrar, Lorraine Naylor, Steve Hallam, Sally Caton, and Claire Haigh.



Results: Phil Moyles 37:35, David Farrar 38:38 (2nd MV60), Lorraine Naylor 41:05 (2nd FV50), Steve Hallam 41:12 (3rd MV60), Mark Preston 41:42, Helen Armitage 42:26 (1st FV55), Sally Caton 42:33 (3rd FV50), Heather Moffat 42:49, Ian Johnson 45:35, John Carless 46:06, Jonathan Taylor 47:56, Claire Haigh 51:29 (3rd FV35), Rebecca Hill 51:40, Hayley Kelly 53:10, Paul Armitage 53:34, Phil Richards 54:07.

York 10k (6th Aug):

Lion Bill Lee was amongst thousands of runners who converged on York on Sunday for the annual York 10 organised by Jane Tomlinson's Run for all. Runners set off from Knavesmire and followed a route taking them along Bishopthorpe Road and Nunnery Lane, past the Minster, along Goodramgate, down King's Staith and New Walk and back to the start via Rowntree Park. Bill ran a time of 58:06.

Chip Chase Fell Race (6th Aug):

Martin O'Brien ran the 10k race with 1,312ft of ascent BS category fell race on Sunday. Race HQ was based at the Cross Keys Inn in Uppermill, with the race starting a 10 min walk away. Thankfully it stayed warm and dry for the race with the wet weather nowhere to be seen!

Yorkshire Veterans' Athletics Association – Race 5, Pudsey (8th Aug):

The sun came out on Tuesday evening, for the fifth instalment of the Yorkshire Vets Grand Prix Series hosted by Pudsey Pacers. Twenty-one Lions took on the two lap course around Post Hill Woods. The ladies were led home by Lorraine Naylor who zipped over the line 8th lady and 3rd F50; next over the line was Heather Moffat in 15th place clearing the way for our F70 Super Vet Aileen Baldwin (1st in her age category); completing the top 4 was Sally Caton in 18th place, followed by Moira Alderson in her first Vets race of the year; Angela Lee (2nd F60), Paula Pickersgill and Christine Gale.

Vets Captain Gavin Mulholland led the men home in second place, Dan Marsden was next over the line in 19th, followed by Damien Pearson in 47th, and Jim Harris 54th and completing the top 4; they were followed by Andrew Earnshaw, Paul Patrick, Mark Preston (2nd M60), Steve Hallam (3rd M60), Ian Johnson, Dave Hudson, Tim Neville, Paul Butterfield & Jonathan Taylor.



Results – Men: Gavin Mulholland 30:30, Dan Marsden 34:32, Damien Pearson 37:08, Jim Harris 38:09, Andrew Earnshaw 38:19, Paul Patrick 41:14, Mark Preston 42:04, Steve Hallam 43:20, Ian Johnson 46:15, Dave Hudson 47:36, Jonathan Taylor 49:18, Tim Neville 52:32 & Paul Butterfield 54:10.

Results – Ladies: Lorraine Naylor 41:43, Heather Moffat 43:31, Aileen Baldwin 43:38, Sally Caton 44:04, Moira Alderson 46:48, Angela Lee 47:07, Paula Pickersgill 51:45 & Christine Gale 52:44.

Pilgrims Cross Fell Race (9th Aug):

Two Lions travelled over the border to Rossendale on Wednesday to compete in the Pilgrims Cross fell race. With 1,300 feet of ascent over 7 miles, the race was a counter in the Club's Fell Racing Championship. Ray Mooney crossed the line in 93rd place with a time of 1:09:49, with Rikki Hammond coming 3rd in her age category with a time of 1:14:52.

Dales Runner 20 (12th Aug):

Derek Parrington headed to Reeth in North Yorkshire on Saturday to take on the 18.3k (11.4 mile) Dales Runner 20. Starting from Low Fremington Village Hall, the route is very hilly, on single tracks with a very steep first ascent and some spectacular technical descents. Derek finished in 43rd place in 2:03:41.

Halifax Parkrun (12th):

It was all go this weekend with 21 Lions descending on Halifax to help Jackie Barker & Judith Greenwood celebrate running 100 Parkruns. Jackie ran in 37:57 with Judith in 37:58 and came first in her age group.



Piethorne Trails 10k (20th Aug):

Twenty-three Lions headed over the border into Rochdale to compete in the Piethorne Trails 10k organised by CraggRunner. The race was a counter in both the Club and the Fell Running Championships. It's 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 were treated to many twists and turns as well as ups and downs – and a bottle of beer at the finish line! Richard Crombie led the Lions home in 10th place, and there were age category places for Aileen Baldwin (1st W70), Lorraine Naylor (2nd W50), Angela Lee (2nd W60), Lindsay Upton (2nd W40), Richard Crombie (3rd M40), Paul Patrick (3rd M55) & John Bassinder (3rd M65).

Results: Richard Crombie 47:26, Jim Harris 51:04, Andrew Earnshaw 51:58, Paul Patrick 54:13, Derek Parrington 54:24, Lorraine Naylor 56:00, Martin Wood 56:01, Steve Hallam 57:14, Martin O'Brien 58:42, Aileen Baldwin 1:00:33, Paul Brough 1:01:36, Angela Lee 1:01:53, John Carless 1:03:07, Jonathan Taylor 1:03:17, John Bassinder 1:03:23, Lindsay Upton 1:03:24, Rikki Hammond 1:05:00, Paul Butterfield 1:09:05, Paula Pickersgill 1:09:39, Christine Gale 1:10:29, Sandy Gee 1:11:49, Rebecca Hill 1:17:33 & Anne-Marie Killeen 1:20:42.





Thank you to Karen Carless for the great Piethorne 10k pictures.

Leeds Running Festival Half Marathon (20th Aug):

Chris Hall finished 3rd place and Jamie Westwood 8th place out of a field of over 560 runners, at the Leeds Running Festival's Half Marathon on Sunday. The tricky 4 lap undulating multi-terrain route took place at Roundhay Park, mostly on tarmac paths with sections of gravel and dirt. Chris clocked up a time of 1:24:41 (3rd V35) and Jamie in 1:26:41 (1st V50).



Chris & Jamie at Leeds Running Festival Half Marathon

Abbott Longford Half Marathon (27th Aug):

Mags Beever finished 2nd Lady and produced a brilliant PB time of 1:22:30 at the Longford Half Marathon on Sunday, running 1 minute 26 seconds faster than her previous best at the Wilmslow Half in 2017 and of course smashing her Stainland F35 Club Record.



Pictures from Longford Half Marathon Website

The Half Marathon course is a nice flat one lapper that starts and finishes outside the Longford Arms Hotel. After a 1 mile lap through the town the course takes in a couple of miles on the N5 Strokestown Road before turning onto quiet rural roads passing houses and farmyards and finally joining the N4 back into Longford.

Denby Dash (28th Aug):

Martin O'Brien came in 53rd place with a time of 49:59 at Monday's Denby Dash. This is the 7th edition of the popular village race, with a 5.6 mile scenic and undulating route on footpaths, through fields, woodland, conservation land and the historic Quaker Village at High Flats, with a total ascent of 700ft.

Stainland Lions Summer Handicap

It was a lovely evening at the 1885 for the Lions annual Summer Handicap. 31 runners took part, and there were many more Lions out marshalling the course and helping with the organisation on the day. Before setting off the runners inspected a map of the route then predicted their finish time (no watches allowed during the race!), before tackling the hilly route. Congratulations to the joint winners, estimating their time within 3 seconds, Phil Richards and Gordon Murray.

Runner	Finish Time	Estimated Time	Difference
Paul Patrick	41:47	41:30	0:17
Gaby Ferris	43:28	46:44	3:16
Clayton Cutter	43:58	45:07	1:09
Paul Brough	44:01	48:50	4:49
Helen Armitage	44:08	45:20	1:12
Martin Wood	44:47	45:34	0:48
Aileen Baldwin	46:50	45:07	1:43
Moira Alderson	47:24	56:30	9:06
Mark Preston	48:21	45:00	3:21
Helen Hudson	48:29	58:02	9:33
Rebecca Gvozdenko	49:11	55:12	6:16
Ally Audsley	49:53	52:58	3:05
Rikki Hammond	50:06	55:00	4:54
Jonathan Pybus	50:47	56:20	5:33
Jonathan Taylor	51:26	52:30	1:04
Tim Neville	52:11	54:57	2:46
Wayne Underwood	53:15	43:45	9:30
Sandy Gee	55:38	54:00	1:38
Sue Cash	56:01	53:12	2:49
Becky Hill	56:16	68:00	11:44
*Phil Richards	56:33	56:30	0.03
Paul Armitage	57:02	73:32	16:30
*Gordon Murray	61:03	61:00	0.03
Alan Gibson	63:40	62:17	1:13
Brian Conroy	64:50	56:00	
Jenny Walker	67:02	61:20	5:42
Lesley Henderson	67:53	76:30	8:37
Kate Wilson	68:38	79:00	10:22
Judith Greenwood	68:59	77:40	8:41
Jackie Barker	69:39	76:00	6:21
Paul Butterfield (Sweeper)	69:40	73:12	4:49



Alex Whyte – 1000 Consecutive Days of Running

On a group run on Sunday 27th August, Alex Whyte completed her 1000th consecutive day of running. Alex started her first running day back in 2020 with the idea to run for 25 minutes or 3 miles every day during December whilst the weather was cold, wet and windy; when the New Year came Alex joined RED January and has never looked back. The Club is extremely proud of Alex and her amazing achievement.

PB Corner

Parkrun PB's

August 5th:

- Halifax:** Moira Alderson ran a PB time of 25:06, taking 30 seconds off her 2015 time.
Carlise: Richard Spendlove set a new VM75-79 course record with a time of 24:30.
Penistone: Richard Crombie bagged 1st place with a PB time of 18:40, knocking 56 seconds off his previous time and coming almost half a minutes ahead of the 2nd place runner.

August 12th:

- Halifax:** Jackie Barker & Judith Greenwood ran their 100th Parkrun. Heather Moffat ran a PB time of 24:13, taking 1 second off her previous best.
Brighouse: Wayne Underwood knocked 53 seconds off, giving him a PB of 25:58.
Fountains Abbey: Jim Harris was 1st VM50-54 with a PB time of 20:45, taking 1 min 50 seconds off.

August 19th:

- Halifax:** Moira Alderson was not only the first Lion home but also 1st Female and with a PB time of 24:59, knocking 5 seconds off her previous best time.
Brighouse: Maria Chandler clocked up a PB time of 28:15, taking 5 mins 38 seconds off her 2019 best.

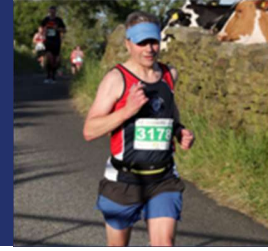
August 26th:

- Halifax:** Anne-Marie Killeen ran her 300th Parkrun.
Huddersfield: Becky Hill ran a PB time of 26:57 knocking 4 seconds off her previous best time.

Other PB's

- Longford Half Marathon:** Mags Beaver clocked up a PB time of 1:22:30, knocking 1 minute 26 seconds off her previous best at the Wilmslow Half in 2017 and smashing her Stainland F35 Club Record.

Championship Update - Steve Hallam



Championship Update – August 2023

I need your feedback please!

For this year's Championship I introduced a few changes which, so far, seem to have been successful. However, before I make any further assumptions, I would appreciate your comments (good, bad or otherwise!) on the following:

1. ANY UK PARKRUN EVENT:

Because many Lions take part in Parkruns throughout the UK, I considered it a good idea to include this to encourage additional participation and variation, to add value to overall Championship scores.

To keep things simple, especially when calculating individual scores, I simply set actual run times against 2nd place times for that particular day that the event was run. The results so far have been "interesting" to say the least, with several of you achieving scores in excess of 100 points! Whilst it does involve additional "homework" for me every weekend, I'm happy to continue with it for next year, as long as it meets with your approval. Therefore, I would ask that you please let me know if you want it included for the 2024 Championship. I welcome any feedback, either positive or negative, and especially any suggestions of possible improvements that could be made. If I don't hear from you I will assume that you are happy for this event to continue.

2. BONUS POINTS FOR COMPLETING FELL RACES INCLUDED IN THIS COMPETITION:



Following previous feedback, I introduced this idea, which was to award 10 additional points for anyone completing any or each of the selected Fell Races this year (namely: Wardle Skyline, Piethorne & Bronte Way). Whilst only 9 Lions turned out for Wardle, no less than 23 completed Piethorne! Hopefully, we will have a good turnout for the Bronte Way in October.

The key reason for doing this was several fold:

- To increase participation in Fell events.
- To encourage more people to consider both the main Championship and the Fell Championship with points rewarded for both.
- To provide additional benefit for trying different types of racing events with the extra incentive of a higher than normal final score.

So please let me know your views on this and whether it should be included again next year.

3. There are currently a total of 24 separate events in which you can score championship points, with your best 9 to count. Additionally, the 3 Parkrun events provide at least 50 chances to improve your score throughout the year, plus there are usually at least three 3k Track Races with your best to count.

What I really need to know: Is this too much, not enough, about right? Or any ideas for adding further enhancements to our main Club Competition. Whilst I currently manage the day to day running, the Championship is primarily for the benefit of the entire club, therefore you should all have the opportunity to put forward your own ideas and personal preferences. I'm not saying that every idea will be implemented but as we enter the final third of the year, I already have an eye on next year's competition and I am keen to involve as many of you as possible in how it operates.

Each year I have tried to include popular favourites (Guy Fawkes 10, Hopwood Trot, South Huddersfield Road and Trail events, etc.) along with new races or at least resurrect some we haven't had for a good few years, to keep it fresh.

I'm also mindful of trying to include races run by our other local clubs where possible, and in doing so, invite them to take part in our own club races.

All things considered, please have a think and let me know your thoughts about future events, what you would like included, any you're not too bothered about and anything additional taking into account all of the above.

I'm always happy to have an open discussion face-to-face (ideally) or at least via Facebook messenger, email/forum, or however you wish to communicate!

I'm already encouraged by your enthusiasm and ongoing participation this year and hope this continues until the year end, as almost anything is still possible with top 3 places in each division mainly still up for grabs. But looking further ahead, let's make 2024 the best ever Club Championship year so far!

Catch up soon, Steve.

Fell Running Championship Update - Jim Harris



#fellrunningchamps – August 2023

Latest results:

Still only two Lions have completed all six qualifying races – Jim Harris and Aileen Baldwin.

Reminder: the races are broken down into Short, Medium and Long – to qualify for the standard championship you need to do one from each category, plus any other 3 (but no more than three in total from any one category) e.g. you could do SSSMML or SSMMLL or SMMLLL (but NOT for example SSSSML).

In practice that means there are half a dozen Lions only one Long race away from shaking up the top of the table.

2023	Championship Score	2022 results																		Best three Short Race Scores	Best three Medium Race Scores	Best three Long Race Scores	Best Scores from each category plus best three from remainder	Qualifying Races	Total number of races										
		L	M	S	L	M	S	S	S	M	M	S	M	M	S	S	M	S																	
2019 results		4 Feb	12 Feb	19 Feb	26 Mar	6 Apr	6 Apr	22 Apr	29 Apr	26 Apr	1 May	23 May	27 May	29 May	26 Jun	1 Jul	1 Aug	9 Aug	20 Aug	#1	#2	#3	#1	#2	#3	#1	#2	#3							
Jim Harris	456	71	70	62	82	75						99				80			102	102	78	80	78	75	82	78		74	83	456	6	7	Jim Harris		
Stephen Hall	407															104	102					104	102		102	99						407	4	4	Stephen Hall
James Penson	406			87		85		79								75						87	78		85	80	75					406	5	5	James Penson
Andrew Earnshaw	394			73	86					75	81					74						86	81	80	74	73						394	5	7	Andrew Earnshaw
Aileen Baldwin	382	52		67		65	61						58	55		64	66	63	68		66	68	67	66	65	64	58	52		382	6	10	Aileen Baldwin		
Paul Patrick	359					74		69	71				64		69	71					74	74	71	71	74	69						359	5	7	Paul Patrick
Damien Pearson	290						72		72		73	73										73	72		73	72						290	4	4	Damien Pearson
Raymond Mooney	257												61			65		66		65		66			65	65	61					257	4	4	Raymond Mooney
Helen Hudson	254												61			62	65		66			66	65		62	61						254	4	4	Helen Hudson
Kevin Robinson	235	71		84			80															84	80					71		235	3	3	Kevin Robinson		
Martin O'Brien	202			62	72																	72	68		62							202	3	3	Martin O'Brien
Lindsay Upton	188						65			60												63	68		65							188	3	3	Lindsay Upton
Rikki Hammond	185																	63	61	61		63	61		61							185	3	3	Rikki Hammond
ED HYLAND	174																				103	71			103							174	2	2	ED HYLAND
Leon Severn	153							77				76										77			76							153	2	2	Leon Severn
Martin Wood	146						75														71	71			75							146	2	2	Martin Wood
Paula Pickersgill	116							59													57	57										116	2	2	Paula Pickersgill

The remaining 2023 races are:

- Sun, 10 Sept 2023: Yorkshireman Full (26.1 miles, 3281ft of ascent) BL
- Sun, 10 Sept 2023: Yorkshireman Half (14.9 miles, 2100ft of ascent) CL
- Sat, 30 Sept 2023: Thievelly Pike (4.3 miles, 1312ft of ascent) AS
- Sun, 29 Oct 2023: ****MAIN CHAMPS**** Bronte Way (7.5 miles, 1150ft of ascent) BM
- Sat, 9 Dec 2023: Moors the Merrier (21.1 miles, 4000ft of ascent) BL

Plus there's the option to run *any* long fell race and message me to have it scored.

Bronte Way – a fantastic bus-facilitated linear race from Wycoller in darkest Lancashire to the sunlit uplands of Haworth – finishing on the cobbled main street. **Entry opens on the 1st September** and only the first 80 are guaranteed a seat on the bus – likely to be popular with the Lions as it's the third overlap with the main championship, with Steve giving out those bonus ten points again.

<https://www.kcac.co.uk/club-races/bronte-way/>

Ladies Captain's Update - Maria Harron



Lions, we need your help, we want to make sure our Club Records are up to date. Can you have a look at the times below and let us know if you have a faster time for a specific distance or you know someone who does.

5k

Overall:

Female	Tanya Blake	17:15	Huddersfield Parkrun 2015
Male	Matthew Pierson	15:00	Barrowford Podium 5k

Age Category:

F	Lucy Collins	18:19	John Carr Series 2016
M	Matthew Pierson	16:39	Huddersfield 5k Park Series
F35	Margaret Beever	18:36	John Carr Series 2016
M35	Matthew Pierson	15:00	Barrowford Podium 5k
F40	Tanya Blake	17:15	Huddersfield Parkrun 2015
M40	Darren Reece	17:09	Wakefield Thornes Parkrun 2018
F45	Amanda Zito	20:21	Huddersfield Parkrun 2014
M45	Gavin Mulholland	17:00	Halifax Parkrun 2017
F50	Helen Armitage	21:14	Huddersfield Parkrun 2015
M50	Paul Hiley	18:06	John Carr Series 2017
F55	Helen Armitage	22:07	Brighouse Parkrun 2019
M55	Derek Parrington	18:27	Geof Doggett Memorial 2019
F60	Aileen Baldwin	21:00	Huddersfield Parkrun 2012
M60	David Farrar	20:26	Long Eaton Parkrun 2023
F65	Aileen Baldwin	22:59	Brighouse Parkrun 2017
M65	Dick Spendlove	20:55	Huddersfield Parkrun 2016
F70	Judith Greenwood	29:58	Brighouse Parkrun 2017
M70	Dick Spendlove	20:38	Strathclyde Parkrun 2016
F75	Bernadette Rowland	35:52	Huddersfield Parkrun 2012
F80	Bernadette Rowland	40:04	Huddersfield Parkrun 2017

10k

Overall:

Female	Tanya Blake	37:16	Kirkwood Hospice 2015
Male	Matthew Pierson	31:35	Elvington 2021

Age Category:

F	Lucy Collins	38:35	Leeds Abbey Dash 2018
M	Matthew Pierson	31:35	Elvington 2021

F35	Margaret Beaver	37:56	Salford 2018
F40	Tanya Blake	37:16	Kirkwood Hospice 2015
M40	Gavin Mulholland	34:23	Joe Percy 2013
F45	Amanda Zito	42:12	Leeds Abbey Dash 2013
M45	Gavin Mulholland	33:43	Brighthouse Running Festival 10k
F50	Helen Armitage	44:18	Salford 2017
M50	Paul Hiley	36:23	Leeds Abbey Dash 10k
F55	Aileen Baldwin	44:33	Wakefield 2009
M55	Derek Parrington	38:48	Escrick 2019
F60	Aileen Baldwin	47:38	Overgate 2015
M60	John Bassinder	41:24	Trafford 2014
F65	Aileen Baldwin	47:29	Helen Windsor 2017
M65	Jan King	46:22	Leeds Abbey Dash 2017
F70	Judith Greenwood	66:11	Helen Windsor 2018
M70	Dick Spendlove	47:04	Ron Hill Accrington 2017

10 Miles

Overall:

Female	Tanya Blake	1:01:03	Snake Lane 2016
Male	Matthew Pierson	52:29	Thirsk 2016

Age Category:

F	Lucy Collins	1:06:02	Snake Lane 2014
M	Matthew Pierson	52:29	Thirsk 2016
F35	Margaret Beaver	1:03:52	York 2017
M35	Gavin Foster	59:08	Thirsk 2023
F40	Tanya Blake	1:01:03	Snake Lane 2016
M40	Darren Reece	58:54	Thirsk 2020
F45	Amanda Zito	1:10:56	Snake Lane 2014
M45	Mark Pigford	1:02:55	Snake Lane 2014
F50	Helen Armitage	1:13:54	Thirsk 2016
M50	Paul Hiley	1:04:45	Thirsk 2020
F55	Aileen Baldwin	1:14:49	Askern 2011
M55	Derek Parrington	1:08:39	Thirsk 2020
F60	Aileen Baldwin	1:17:15	Otley 2012
M60	Gerry Banham	1:10:18	Vale of York 2019
F65	Aileen Baldwin	1:20:56	Otley 2017
M65	Jan King	1:16:44	Vale of York 2019
F70	Judith Greenwood	1:44:19	Vale of York 2019
M70	Dick Spendlove	1:13:19	Great South Run 2016

Half Marathon

Overall:

Female	Tanya Blake	1:19:44	Wilmslow 2016
Male	Matthew Pierson	1:13:38	Ilkley 2019

Age Category:

FSEN	Angela Markley	1:25:28	Wilmslow 2009
MSEN	Matthew Pierson	1:13:38	Ilkley 2019
F35	Margaret Beever	1:23:56	Wilmslow 2017
M35	Gavin Foster	1:18:25	Wilmslow 2023
F40	Tanya Blake	1:19:44	Wilmslow 2016
M40	Darren Reece	1:18:05	Bridlington 2019
F45	Amanda Zito	1:34:55	Fleetwood 2013
M45	Jonny Cartwright	1:19:54	Manchester 2016
F50	Helen Armitage	1:38:23	Vale of York 2015
M50	Paul Hiley	1:19:35	Great North West 2017
F55	Aileen Baldwin	1:41:56	Freckleton 2009
M55	Derek Parrington	1:25:48	Bridlington 2019
F60	Aileen Baldwin	1:41:06	Bridlington 2011
M60	Steve Hallam	1:38:17	Vale of York 2021
F65	Eileen Hiller	2:00:37	Inskip 2015
M65	Jan King	1:43:03	Leeds 2018
F70	Judith Greenwood	2:21:47	Liverpool 2017

15 Miles**Age Category:**

M	Ed Hyland	1:30:30	Holmfirth 2016
F45	Diane Waite	2:03:45	Holmfirth 2011
F60	Aileen Baldwin	2:06:42	3 Lakes Rother Valley 2012

20 Miles**Age Category:**

F	Lucy Collins	2:13:27	Trimpell 2016
M	Karl Gray	1:54:52	Spennithorne 2009
M50	Sean Thompson	2:17:57	Spennithorne 2016
F60	Aileen Baldwin	2:39:16	East Hull 2012
M60	Gerry Banham	2:45:11	East Hull 2019

Marathon**Overall:**

Female	Lucy Collins	2:55:31	London 2016
Male	Ed Hyland	2:35:59	London 2017

Age Category:

F	Lucy Collins	2:55:31	London 2016
M	Ed Hyland	2:35:59	London 2017
F35	Margaret Beever	2:58:18	London 2017
F40	Tanya Blake	2:55:45	London 2015
M40	Mark Pigford	2:50:55	London 2013
F45	Amanda Zito	3:16:54	Manchester 2014
M45	Mark Pigford	2:51:02	Berlin 2013
F50	Helen Armitage	3:46:26	York 2016

M50	Sean Thompson	3:02:15	Yorkshire 2018
F55	Aileen Baldwin	3:46:14	Windermere 2011
M55	Derek Parrington	3:02:53	Edinburgh 2019
F60	Aileen Baldwin	3:41:31	London 2012
M60	Gerry Banham	3:37:31	London 2019
F65	Eileen Hiller	4:11:30	Venice 2011
M65	Jan King	3:46:27	Manchester 2018

Other Races / Challenges

Downhill 10k – Female	Tanya Blake	33:07	2015
Downhill 10k – Male	Gavin Mulholland	30:35	2017
Paras ‘P’ 10 Mile Challenge	John Hirst	1:38:07	Catterick 2011
Kilomathon 26.2k – Female	Maria Harron	2:06:43	Nottingham 2010
Kilomathon 26.2k – Male	Paul Patrick	2:06:28	Nottingham 2010
Canalathlon 50k	Andy Baird	4:06:18	2019
Calderdale Way Ultra 53.8 Miles	Stephen Hall/Jamie Westwood	9:44:17	2019
100 Mile Ultra-Marathon	Karl Martin	19:51:59	Tooting Bec 2010
Lakeland 50 Ultra-Marathon	Helen Hudson	11:50:52	2017
Lakeland 50 Ultra-Marathon	Aileen Baldwin	14:00:04	2017
Lakeland 50 Ultra-Marathon	Laraine Penson	16:19:28	2015
Lakeland 50 Ultra-Marathon	Karen Thorne	17:09:49	2012
Lakeland 50 Ultra-Marathon	Lesley Cresswell	17:09:55	2012
Lakeland 50 Ultra-Marathon	Adrian Shaw	11:14:45	2010
Lakeland 50 Ultra-Marathon	Jimmy Smith	12:07:22	2012
Lakeland 50 Ultra-Marathon	Sandy Gee	12:47:53	2012
Lakeland 50 Ultra-Marathon	James Penson	13:58:19	2010
Lakeland 100 Ultra-Marathon	Adrian Shaw	28:56:02	2012
Lakeland 100 Ultra-Marathon	James Penson	34:44:10	2012
Two Oceans 35 Mile Ultra	Wendy Goodwin	6:04:00	2012
T184 Endurance Race	James Penson	76:46:00	2014
Marathon Des Sables	James Penson	40:06:01	2015
Montane MRT Spine Challenger	Kevin Robinson	35:47:05	2019
Montane Spine Challenger	James Penson	54:08:27	2017

Stainland Lions'
Lion of the Month

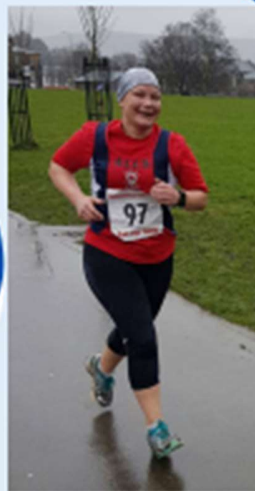
ALEX WHYTE

August 2023

1000 days
Run Every Day
on
27/8/23

She's run every
day - rain, shine,
snow. At least 5k
every day.

Just quietly (and
very determinedly)
gets on with it!



A lovely woman
and very
inspiring to the
rest of us.

She absolutely
deserves to be
Lion of the
Month.

It's a fantastic
achievement.

CONGRATULATIONS!

Away Run - August 2023 - Jonathan Pybus

Lord Nelson Pub, Luddenden Village

We had our usual annual visit to the Luddenden Valley in August. The weather was fantastic and we had a great turnout. As usual, the food was fantastic and we were made really welcome by the owners of the Lord Nelson



The medium group tried a new route for the first time using the gradient of Cardiac Hill, getting everybody warmed up. A brief trip round Saltonstall, followed by a dash down the field to Jerusalem Farm. Then back over Midgley Moor and through Kershaw Estate. 1,100 feet of climbing, so well done to everybody who took part.



The steadier group went along Goit Side then through the woods to Jerusalem Farm. Followed by a climb to Bob's Tearooms, and another climb to Midgley before returning through Kershaw Estate.

Thanks to everyone who turned up, and don't forget September's Away Run. Thursday 14th September from the Wills O Nats.



“A Look Back in Time” with Gav Dodd

This month, and going forward, we are digging into the Lions’ archives (well Gav is!) picking out old race reports, pictures, results, etc. This month we’ve gone back 7 years to 2016.

Manchester Marathon 10th April 2016

By Tim Walker



The spring marathon season got underway on Sunday with the Asics Greater Manchester Marathon. This is the UK’s flattest and potentially fastest marathon and is gaining popularity each year, A record 9,581 runners took to the start line outside Manchester United’s ground for the 26.2 miles course which heads out through Sale to Altrincham before returning via Carrington to finish at the Lancashire Cricket Ground at Old Trafford.

Stainland Lions had 16 runners in the event and were lead home by Sean Thompson in an impressive 3:05:28. First back for the ladies was Emma Forester-Thompson, who only entered the race the day before and smashed her previous best time to finish in 3:34:40.

There were a large contingent of supporters for the Lions who spurred on the first timers to complete their first marathons and helped Nicki Cartwright, Gail Scofield and Tim Walker get the PB’s they were looking for. Matthew Pierson and Andrew Falkingbridge both used this event as a practice run for when they compete in the London Marathon in two weeks time.

Liverpool Rock and Roll Half and Full Marathon

By Tim Walker

Liverpool hosted the Rock & Roll race series on Sunday and 15 Stainland Lions travelled over to enjoy the unique atmosphere of these events. These races, which originated in California, are now staged in more than 30 cities around the world and combine running and rock & roll to create a unique atmosphere. The Liverpool event had both a full marathon and a half marathon race with both routes setting off from the Albert Dock and taking in some of Liverpool's historic sites, such as The Liver Building, Mathew Street where the Cavern Club was and the iconic Penny Lane. Stages were set up every mile or so around the course and local bands played to keep the runners and spectators entertained.

In the full marathon Stainland had two runners, first home was Nicki Cartwright in 4:08:50 and not far behind was Sarah Lunt in 4:37:01. In the half marathon, first home was Jonny Cartwright in a very impressive 1:26:55, Claire Guest was next back and set herself a new PB of 1:51:34, closely followed by Tim Walker in 1:52:41 and Rikki Hammond just managed finish under 2 hours in 1:58:56.

Full Marathon

Nicki Cartwright 4:08:50
Sarah Lunt 4:37:01

Half Marathon

Jonny Cartwright 1:26:55
Claire Guest 1:51:34
Tim Walker 1:52:41
Rikki Hammond 1:58:56
Simon Gadd 2:01:01
Matthew Gadd 2:01:01
Lesley Henderson 2:10:49
Denise Nicholson 2:16:15
Jenny Walker 2:17:49
Alex Whyte 2:20:17
Carol Heptonstall 2:24:12
Garry Nicholson 2:24:21
Sandra Robertshaw 2:52:05

Jonny Cartwright



Team Stainland

In The Lion's Den with Gav Dodd



Sue Cash



How long have you been running and how did you first start?

I've been running for almost 10 years now. I was very ill in 2012 and 2013 and needed help just to stand up. Looking out of an ambulance window one day, I saw an advert on the side of the sports hall for a personal trainer and rang her up on a whim even though it felt like a completely ridiculous thing to do. She was amazing. She gradually got me to a point where I was strong enough to walk slowly on a treadmill, and then several months later, she just turned the speed up one day and there I was running! I still train with her to this day.

What made you join the Lions?

I used to take my son to play rugby at Rishies, and our route took us right past Heath. We'd often see the Lions setting off, and I thought how amazing everyone looked bounding along full of energy wearing their colourful tops. In 2015, one of the other mums at Rishies told me about the Lions beginners course, and we did it together. At the end of the course my friend blobbed but I signed up.

What's been your best running experience/race to date?

Really hard to choose, but I think probably Hades Hill. It was my first ever fell race, and I was incredibly nervous about it, but it was just fabulous. I went on about it so much when I got home afterwards that my family (who'd initially been very encouraging) got completely fed up with me.

Do you have any advice for a beginner?

Yes, "take that coat off, you'll be way too hot. No, don't tie it round your waist. Off!"

What's your go to running shoe?

Brooks (road) and Inov8 (trail/fell).

What do you do for work?

I'm a notary public (it's a weird medieval thing that no-one's ever heard of).

Favourite meal / restaurant?

We had fish and chips at a Lions AGM a while ago that I seem to remember was absolutely delicious.

Favourite tippie?

I'll have a nice cup of tea please.

Favourite holiday destination?

Dolomites.

Any running or non-running bucket list items

I've always wanted to see the Northern Lights. Years ago, driving up the M6, my husband casually mentioned when I woke up from a little nap in the passenger seat that he'd been watching the Northern Lights the whole time I'd been asleep. But I don't really want to see them from Preston, I want the full Arctic Circle experience.

Any non-running related hobbies?

I do Crossfit and I like baking cakes and spending time with my lovely sons.

What's your Desert Island Disc (favourite group, album, concert)?

Duran Duran were fab at the Piece Hall last year – I think about half the audience that night was made up of Lions!

Dates for your





September 2023:

Wednesday 13th – Stainland Lions Sports Day, 6.30pm at Spring Hall Track - £2.50.

200m – 1500m races, Relays, Egg & Spoon and throwing the welly! It will be fun 😊

Thursday 14th – Away Run (details to follow).

Sunday 17th – Stainland Trail.

2023 Championship Races:

- Sunday 3rd September – Tholthorpe 10k, The Village Green, Tholthorpe, York.
- Sunday 30th September – Stairway to Heaven, Holmbridge Church Hall, Holmfirth.
- Sunday 15th October - Holmfirth 10k, Hade Edge Bank Hall.
- Sunday 29th October – Bronte Way Fell Race, Aisled Barn, Trawden, Colne.
- Sunday 5th November – Guy Fawkes 10, Ripley Castle.
- Sunday 19th November - Clowne Half Marathon, Chesterfield.
- Saturday 28th December – Ambles Revenge, Waggon & Horses, Oxspring.

2023 Fell Championship Races:

- September – Thievely Pike (4.3 miles) tbc
- Sunday 10th September – Yorkshireman Full (26.1 miles)
- Sunday 10th September – Yorkshireman Half (14.9 miles)
- Sunday 29th October – Bronte Way (7.5 miles) ***also in Club Championship***
- Saturday 9th December – Moors the Merrier (21.1 miles)

YVAA 2023 Grand Prix:

- Race 7 – 1st October @ Ackworth RR, Fitzwilliam Country Park.

West Yorkshire Winter League 2023/24:

- 19th November: Baildon
- 3rd December: Queensbury
- 17th December: Bramley
- 7th January: Stadium
- 21st January: Lakers
- 11th February: Pudsey
- 25th February: Stainland
- 10th March: Crossgates

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