



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
August 2015

From The Chair

Well another great "lion" month with more outstanding performances.

Topping the chart of Awesomeness this month is Ben Mounsey with his placing of 3rd in the International Snowden Race running for England. What a wonderful achievement and how proud is everyone of him.



Our "Very fast Ed" seems to have found a "Turbo Boost" and has zoomed his way along to a Park Run PB of 16:51 and then went on to win his first race at Wensleydale, I also witnessed him cruising in to victory at the Flat Cap Race where he left the rest of the field behind. Whatever you're doing Ed it is certainly working, awesome running achievements and again a very modest man who just goes about the business of speeding around without the need to shout it from every roof top, which would be me but there again if I ever managed things like that I think some "testing" may be in order!!

But this month I would like to highlight one of our favorite ladies, our lovely Joanne Hirst has found her very own turbo boost and has put in some fantastic performances, getting faster every race, out training at the weekends doing long continuous mileage, facing her "bridge" phobias to run the Flat Cap and knock 10 minutes of last year's time, and has today achieved her sub 30 Park Run with a magnificent time of 27:42. On top of this Joanne is still encouraging others, taking groups out and incorporating different types of Club Run training and has also managed to supply some wonderful Cup Cakes to support various charity events. So I would like to award Joanne the "Star of the month award" to recognise all her hard work and enthusiasm, great to see Joanne getting the rewards of all her hard work.

More general craziness in Jimmy, Sandy, Aileen and Lariane and James Penson all successfully completing the Lakeland 50 this year and for those that know her Linda Murgatroyd completed the 105 mile route. A race of long arduous climbs, nasty descents, stony rocky ground, bogs and a bit of scrambling up the final climb, so well done to them all.

We also had some teams competing in the 24Hour Thunder Run which always sounds great fun, what more could you want than been in a tent, running the odd 10K, keeping a watch on beer supplies, some of the runs in the dark, for a period of 24hrs!! Team “Crazy” and Team “Blood, sweat and Beers” well done on some fantastic running.

We have had some great races this month including a massive turn out at The Woodland Challenge, The Vets X country from Heath, The Summer Handicap, The Flat Cap and so many others, always great to see the pride of Lions out hunting for PB’S.

Coming up is the Crow Hill Reverse Fell race (casualty alert)! Up the big hill, tootle along the top and then hurtle back down, points to be earned in the ever tightening Championship so come along and give it a go.

We also have celebrated our presidents special Birthday and to make sure everyone had a chance to celebrate with him Colin celebrated for 3 nights on the trot, he is even good at Long Distance Drinking and for once no body minded been with him to help. Happy Birthday Colin. X

We have also had some recent changes in personnel!

Thanks to Steve Boyer who has stepped down as X Country Captain and handed over to Gav Mulholland who will I am sure continue with the great work that Steve has done.

John Thompson has had to step down from Away Run Co coordinator due to excessive “beer related duties”, thanks JT for keeping us fed and watered at some lovely away runs, we are now safely in the hands of Paula Statham who got us off to a cracker of a start from the Duke Of York in Stainland on Thursday night.

And finally due to work commitments Julie Field has handed her role as Vets Captain to Tanya Seager and again thanks for your hard work Julie, Tanya is already rallying the troops for the forthcoming race on Wednesday at York, come along and run it’s a lovely course and we need to get as many team points as possible.

August is here already and our focus is our Stainland Trail Race on 20th September, please support the race, by either running or marshaling and also by promoting the wonderful “undulations” of Stainland to anyone who is willing to listen. Tony Mott is the Race Director, and Louise Pottinger is the marshal coordinator so please get in touch if you can help in any way.

Enjoy the month of August and stay happy and safe in your running adventures.

Karen x

Social events for your diary



Walk in the Luddenden Valley and optional Sunday lunch - Sun 4th October
Further details later

Charity night with live band and supper - Friday 13th November
A night of fun for runners from Stainland, Stadium and Halifax Harriers to raise money for charity. The Googles will be playing - further details later

Bier Keller - Friday 20th November - £20 inc £5 donation to Overgate
Tickets booked, if you would like to join us, you can book your own ticket with Overgate/Halifax Party Nights - don't forget to tell them you want adding to the Stainland Lions booking so we can all sit together

Christmas Meal at the Golden Fleece, Blackley - Friday 11th Dec
Provisionally full - reserve places only available

Kids Christmas party - Fri 11th Dec - 9-14 year olds - Sun 13th Dec - up to 8 year olds
Party food, disco & games with a visit from Santa for the younger ones

Annual Dinner at Berties - Friday 26th February 2016

Summer Bash 2016 - Friday 9th July



Social Team: Diane Rafferty (07766 112457), Carol Lord, Jackie Barker,
Linda Williamson, Chris Tetlaw and Steve Boyer

Matthew's Race Results Service

Helen Windsor 10k

Matthew Pierson - 00:34:49
Ed Hyland - 00:37:54
Tanya Seager - 00:38:03
Martin Folan - 00:40:14
Richard Brown - 00:41:31
David Roberts - 00:41:49
Mark Pottinger - 00:42:40
Ashley Cavalier - 00:43:21
Craig Miller - 00:43:34
John Bassinder - 00:43:48
Andrew Laird-Boldy - 00:45:25
Jim Harris - 00:46:42
John Hirst - 00:47:29
Matthew Gadd - 00:47:29
Gaby Ferris - 00:48:57
Rochelle Drake - 00:49:22
Helen Fay - 00:50:02
Jan King - 00:50:23
Nick Thompson - 00:51:04
Andrew Baird - 00:51:37
Mike Dunning - 00:51:42
Andrew Mackrill - 00:51:59
Steve Hallam - 00:52:26
Michael Greer - 00:52:39
Mark Preston - 00:53:01
Mark Speight - 00:53:16
Ian Hamilton - 00:53:17
Sandy Gee - 00:53:29
Paula Statham - 00:53:44
Paul Corns - 00:53:51
David Hudson - 00:54:48
Tim Walker - 00:54:51
Chris Howarth - 00:55:43
Iain Threlkeld - 00:55:55
Terry Marlor-Gage - 00:56:29
Simon Gadd - 00:56:35
Ray Mooney - 00:57:02
Emma Thompson - 00:57:12
Roger Smith - 00:57:23
Sharon Marlor-Gage - 00:57:58
Robert Evans - 00:58:36
Paul Armitage - 00:59:03
Caroline Ford - 00:59:05
Joanne Cooke - 00:59:17
Martin Carr - 00:59:25
Graham Teal - 00:59:59
Gail Schofield - 01:00:37
Laraine Penson - 01:01:21
Debbie Hyde - 01:01:28
Diane Thornley - 01:02:24
Cameron Rushworth - 01:03:11
Lisa Richardson - 01:04:25
Paula Pickersgill - 01:04:44

Matthew's Race Results Service

Helen Windsor 10k (continued)

Kim Ison - 01:05:04
Sue Shepherd - 01:05:25
Anne Cawdron - 01:05:50
Clare Brear - 01:07:17
Pamela Hanson - 01:09:10
Julia Wilox - 01:09:14
Genevieve Thompson - 01:10:29
Emma Aveyard - 01:11:52
Graham Robertshaw - 01:11:52
Julie Johnson - 01:13:30
Alex Whyte - 01:15:04
Mel Shaw - 01:15:11
Sharon Stott - 01:15:54
Sandra Robertshaw - 01:21:05

Heptonstall Fell Race

Richard Hand - 00:53:39|M|2nd
Jonathan Collins - 00:54:13|M|4th
Ed Hyland - 00:56:54|M|10th
Kevin Jaggar - 01:08:31|M40|56th
Aileen Baldwin - 01:13:09|F60|76th
Leon Severn - 01:23:00|M|94th
Roger Smith - 01:23:50|M50|96th

Harrogate 10k

Lucy Collins - 00:39:04|F|40th
Rochelle Drake - 00:46:28|F|187th
Paula Statham - 00:46:31|F|188th

Eccup 10 Mile

Steve Hallam - 01:19:24|M55
Jan King - 01:20:12|M60
David Waite - 01:20:32|M50
Diane Waite - 01:20:36|F50
Emma Thompson - 01:21:00|F35
Joanne Cooke - 01:31:31|F40

Matthew's Race Results Service

Crossgates Vets Race

Women

Tanya Seager - 00:32:03|1st
Louise Turner - 00:40:42|11th
Helen Fay - 00:41:10|14th
Aileen Baldwin - 00:41:43|17th
Caroline Ford - 00:44:15|33rd
Joanne Cooke - 00:48:19|50th
Diane Thornley - 00:50:06|58th
Joanne Hirst - 00:51:56|61st
Emma Aveyard - 00:55:11|72nd
Linda Williamson - 00:56:42|73rd
Mel Shaw - 00:57:18|75th
Alex Whyte - 00:57:45|76th
Jackie Barker - 00:58:22|77th
Sharon Stott - 00:58:39|78th
Sandra Robertshaw - 01:04:29|80th
Stephanie Hull - 01:04:30|81st

Men

Gavin Mulholland - 00:29:09|1st
Richard Hand - 00:31:35|4th
Mark Pottinger - 00:32:37|5th
David Roberts - 00:33:51|13th
Mark Pigford - 00:34:12|16th
Craig Miller - 00:35:12|27th
Andy Earnshaw - 00:36:56|44th
John Bassinder - 00:37:37|51st
Paul Patrick - 00:39:27|66th
John Hirst - 00:39:32|67th
Brian Conroy - 00:41:34|85th
Steve Hallam - 00:43:47|95th
Steven Crowther - 00:44:18|98th
Dave Hudson - 00:44:44|101st
Iain Threlkeld - 00:45:16|105th
Richard Crombie - 00:45:55|110th
Raymond Mooney - 00:46:15|113th
Simon Gadd - 00:46:33|114th
Jonathan Taylor - 00:46:54|115th
Martin Carr - 00:47:16|117th
Paul Armitage - 00:47:42|119th
Mark Preston - 00:50:24|125th
Brian Crowther - 00:51:58|128th
Richard Lambert - 00:54:50|135th

Guests

Ashley Cavalier - 00:34:00
Rochelle Drake - 00:39:45
Paula Statham - 00:39:58
Matthew Gadd - 00:40:32
Nick Thompson - 00:41:05

Matthew's Race Results Service

Rochdale 10k

Gaby Ferris - 00:46:39|F40|151st
Graham Smerdon - 00:48:38|M40|181st

Todmorden Park 5k

Lucy Collins - 00:19:02|F|26th

Stanley Park 5 Mile

Susan Gledhill - 00:36:16|F40|21st

Leeds 10k

Tim Neville - 00:44:36
Michael Greer - 00:47:11
Jan King - 00:47:13
Ranjit Uppal - 00:48:36
Daniel Marsh - 00:56:23
Kim Ison - 00:56:18
Debbie Hyde - 00:57:42
Zoe Mallinson - 01:01:46
Zoe Lunn - 01:05:18

Kilburn 7 Mile

Gavin Dodd - 00:52:15|M40|47th
Rachel Cullen - 00:53:07|F35|53rd

Windmill Half Marathon

Stephen Hall - 01:25:48|M|16th
Craig Phillips - 01:34:04|M|56th
Claire Guest - 01:53:19|F35|254th
Joanne Cooke - 01:58:51|F40|330th
Alison Pearson - 02:06:59|F50|403rd

Lakeland 50 Mile

192 Jimmy Smith 908 12:34:59 M58
239 Sandy Gee 592 13:18:09 M56
281 James Penson 836 13:50:49 M43
342 Aileen Baldwin 423 14:58:15 F63
417 Laraine Penson 838 16:19:28 F38

From Our Own Correspondent
(Alison's Halifax Courier Features)

By Alison Pearson



Stainland Lions Courier copy 17 July 2015

Stainland Lions proved yet again that they love off-roading - and partying! This year's Woodland Challenge at Storthes Hall, Huddersfield offered them what could be a perfect race. An all-terrain 10k challenge through woodland, warm weather and live music to celebrate with. Organised by Stadium Runners, this is now back to its original home and it gave Ed Hyland and Richard Hand among others the chance to shine.

Both are having a brilliant running season although Hyland was held to second place by Rob James who finished in 41.55 to his 43.11. Taking fourth, fifth and sixth places were Lions Hand, Paul Senior and Mark Pottinger. Seventh place and taking honours as winning lady was Tanya Seager who continues to shine. Her winning 45.25 was over five minutes ahead of the next Lady - fellow Lion Mags Beever who turned it a great 50.40 time.

It's been a busy week for Seager who turned in took top Ladies honours in the Crossgates Veterans 10k race on Tuesday, coming in fifth overall. Finishing in 32.03 she was almost five minutes ahead of Niahm Jackson of Kirkstall Harriers. Gav Mullholland won the men's category with Richard Hand and Mark Pottinger coming fourth and fifth respectively.

Crossgate Vets results are on page 5

After five veterans races, Stainland Men's teams are leading in all three categories while the Ladies are holding on to the lead in 'Four to count' but face strong competition. Horsforth and Pudsey Pacers lead in All to Count and Rest to count where Stainland are currently sitting in third and fourth places.

Both races feature in Stainland's club championship roster this year, guaranteeing them a good turnout. Sixty four of the 277 runners in the Woodland Challenge were from Stainland which also put them in good positions for category prizes.

Stainland Lions Courier Copy 24 July 2015

The weekend saw a good contribution to the Leeds 10k with Ranjitt Uppal taking almost 5.5 minutes off his 2014 time, finishing in 48.36. Tim Neville benefitting from his marathon training came in at 44.36 with Mike Greer close behind in 47.11. Tim Neville 44.36, Michael Greer 47.11, Jan King 47.13, Ranjit Uppal 48.36, Daniel Marsh 56.23, Kim Ison 56.18, Debbie Hyde 57.42, Zoe Mallinson 1.01.46, Zoe Lunn 1.05.18. Rachel Cullen and Gav Dodd took themselves up to North Yorkshire for the Kilburn Feast. Rachel was fifth lady home on the 7.5 m course in 53.03 with Dodd finishing in 52.15.

Sunday's headwinds made the Windmill half-marathon even more of a challenge. Two laps of a course along the seafront at Lytham St Annes ensured that the course wasn't as fast as it might be at other times. Any runner wondering why there is a windmill on the seafront was left in no doubts as they cornered at the building and entered the return straight. The answer latterly hit

them in the face. Stainland's Stephen Hall wasn't deterred, coming in 16th out of 579 with a fantastic 1:25:48. Craig Phillips narrowly missed out on his target of a sub 1:30 run, finishing in 1:34:04. Clare Guest and Joanne Cooke both beat the two hour target while Alison Pearson came in in 2.06.59. The Windmill saw Joanne one half-marathon closer to her goal this year of running ten halves to raise funds for Cancer Research.

Stephen Hall - 01:25:48|M|16th

Craig Phillips - 01:34:04|M|56th

Claire Guest - 01:53:19|F35|254th

Joanne Cooke - 01:58:51|F40|330th

Alison Pearson - 02:06:59|F50|403rd

Lioness Aileen Baldwin made the F60 category her own in this year's Stoodley Pike Fell Race, finishing in 30.49. She was part of a small Stainland contingent for this popular 'dash up and down Stoodley Pike' which sounds easy if you say it quickly enough. Ashley Cavalier came in 13th, followed by Paul Patrick, Aileen and Andrew Falknbridge.

13 Ashley Cavalier 22.27, 72 Paul Patrick 27.59, 105 Aileen Baldwin 30.49, 116 Andrew Falknbridge 32.31

Stainland's Ed Hyland smashed the elusive sub-17 minute barrier at last weekend's Huddersfield Park run. Runners have been waiting to see whether Ed or his Stainland colleague Tanya Seager would be first to hit this target but Ed made it first, running in at 16:51 to finish second overall on the 5km course. With the Huddersfield run becoming increasingly popular some have wondered whether the course was too crowded for such a record. He was closely followed by David Costello who chalked up 19.04 for his very first Park Run, coming in 20th. Emma Forester Thompson's marathon training is paying off - taking 11 seconds off her best result to set a new PB of 21.48.

At the same time and the other end of the spectrum a team of doughty Lions were tackling the Lakeland 50. This non-stop 50 mile event is made more eventful by the inclusion of major climbs (presumably to avoid boredom setting in). Long-distance specialists Sandy Gee and Aileen Baldwin were joined by James and Lorraine Penson.

Stainland's men's continue to dominate the West Yorkshire Veterans competition, leading in all three categories. After a fast run from West Vale last week from West Vale the Ladies' team lead in in the first four and lie third in the All to Count and Rest to Count. Horsforth and Pudsey are leading in the other Ladies categories. Tanya Seager (33.14) and Mags Beever (37.13) were the first and second Ladies home in the race which took runners through North Dean Woods; down a very dry version of the notorious 'Log Flume and back along the Calder. Gavin Mulholland took the mens laurels in 30.02, followed by Mike Fanning of Holmfirth in 31.56 and Will Kerr in 32.18.

Overall Aileen Baldwin is second in all categories and leads the F60 Cat as well. Mark Pottinger is second in the M35 cat, closely followed by Richard Hand in fourth place. Gav Mullholland is third in M40 while Craig Miller sits fifth in M45. Tanya Seager sits fourth in the F40 cat.

Stainland Vets Results

Ladies

1	Tanya Seager	33:14
2	Mags Beever	37:13
14	Sally Caton	43:38
15	Aileen Baldwin	43:47
17	Helen Fay	43:54
35	Caroline Ford	48:53
48	Paula Pickersgill	53:22

Stainland Vets Results (continued)

52	Gefen Semchi	55:09
53	Judith Greenwood	56:42
54	Susan Shepherd	56:56
57	Clare Brear	58:28
58	Joanne Cooke	59:17
59	Emma Aveyard	59:49
60	Jenny Walker	59:54
63	Alex Whyte	61:32
64	Sharon Stott	62:01
65	Ginny Rushworth	62:06
70	Stephanie Hull	88:15

Men

1	Gavin Mulholland	30:02
4	Jonathan Collins	32:33
5	Tristan Sheard	33:10
11	Simon Rawnsley	33:57
14	Craig Miller	35:10
15	Mark Pottinger	35:11
17	David Roberts	35:20
26	Sean Thompson	36:06
37	John Bassinder	38:13
52	Dick Spendlove	41:04
59	Colin Hughes	42:05
60	Trevor Lester	42:28
61	John Hirst	42:36
65	Paul Patrick	43:43
70	Dave Culpan	44:04
77	John Ingles	45:06
78	Brian Conroy	45:14
81	Jonathan Pybus	46:13
87	Steven Crowther	46:52
88	Dave Hudson	46:52
90	Steve Hallam	47:22
92	George Şerban	47:45
93	Andrew Falkingbridge	47:45
94	Tim Walker	47:54
95	Sandy Gee	48:10
105	Jonathan Taylor	50:00
106	Graham Teal	50:12
110	Martin Carr	50:54
111	Andrew Mackrill	51:19
112	James Davey	51:32
120	Mark Halliday	56:17
121	Graham Robertshaw	56:39
123	Richard Lambert	58:57

Guests

Rochelle Drake	40:29
Kim Ison	57:01
Zoe Mallinson	58:01
Zoe Lunn	61:54
Jenny Curry	67:36

Lakeland 50 Mile Race

By Jimmy Smith



Stainland's competitors having a warm up leap in the air before the start of the race

From left to right with finishing times Jimmy Smith 12:34:59 , Aileen Baldwin 14:58:15 , Sandy Gee 13:18:09 , Laraine Penson 16:19:28 , James Penson 13:50:49 and John Penson 13:50:48

Thanks to Adrian Shaw for the photo and support during the event

A great race over the fells of the Lake District with sunny but not too hot weather this year.

We did not manage to organise a post-race leap!

Ex Lion Linda Murgatroyd completed the 105 mile Lakeland "100" in 33:33:58 (well done Linda).

PS Entries open at 9:00am on 1 September for next years race on the weekend of 29-31 July 2016.

The race fills up in minutes so be quick with an on-line entry if you are interested.



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Contact Sue or Karen

01422 374506

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Julie Field's Race Diary

****Those race highlighted in RED are Club Championship Races (GP races)**



August 2015

SUN 09/08 10.30 ASKERN 10 MILE ROAD RACE £8

WED 12/08 19.15 PILGRIM'S CROSS FELL RACE, ROSSENDALE (BM) 6 MILES £4 ON NIGHT

SUN 16/08 11.00 ESCRICK 10K (NEAR YORK) MULTI-TERRAIN £12

SUN 23/08 09.08 ROCHDALE 10K ROAD RACE £15.70

SUN 23/08 09.20 ROCHDALE HALF MARATHON ROAD £24.40

SUN 30/08 10.30 TOUR OF NORLAND, COPLEY (BM) TRAIL RACE 6.25MILES £5 ON DAY ONLY

September 2015

SAT 05/09 14.00 BLACKSHAW HEAD FELL RACE (BS) 5.5MILES £4 ON DAY

SUN 06/09 14.00 THE WETHERBY RUN 10K MULTI-TERRAIN £13

SUN 06/09 10.30 KIRKWOOD HOSPICE 10K TRAIL, LEEDS RD, HUDDS £10

SUN 06/09 10.30 ALICE'S RUN, MYTHOLMROYD MULTI-TERRAIN £12

SUN 13/09 11.00 GARSTANG HALF MARATHON ROAD £12

SUN 13/09 10.00 YORKSHIREMAN FULL OFF-ROAD MARATHON £20

SUN 13/09 10.30 YORKSHIREMAN HALF OFF-ROAD MARATHON £20

SUN 13/09 11.00 SPEN GREENWAY 10K, CLECKHEATON £8 *PB POTENTIAL*

SAT 19/09 10.30 GOOD SHEPHERD FELL RACE (BL) 14.3MILES, MYTHOLMROYD £8 ON DAY

SUN 20/09 14.00 UTTERLEY BUTTERLEY FELL RACE (BS) 5 MILES £4 ON DAY

SAT 26/09 12.00 SUMMER WINE TRAIL RACE 9K 'STAIRWAY TO HEAVEN', HOLMBRIDGE £10

SUN 27/09 10.00 MACCLESFIELD HALF MARATHON ROAD £21

SUN 27/09 10.00 LITTLEBOROUGH 10K ROAD RACE £10

SUN 27/09 09.00 EPILEPSY ACTION 10K ROAD RACE, BRADFORD £18