



The Lions Tale

Stainland monthly newsletter



John Bassinder

From The Chair

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

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from February 2023

Various

Contributors

Jim Harris - Fell Championship update.

Coaching with Colin Duffield;
In the Lion's Den with Gavin Dodd.

From the Chair

John Bassinder



Apologies as the deadlines have fallen awkwardly this month as I write this I hope you're all looking forward to a busy but lovely weekend with the annual dinner and cross-country race a few days apart. As you read it though we'll know for sure if it all went well or not! If it has then it's a huge thanks to everyone who's helped in any way, if it hasn't then forget all about it. Either way there will no doubt be a mention of it all next time.

So let's assume it all went amazingly well (!) and now our focus turns to the Bluebell because that's how things are in a busy club, one lot of worry and work over, straight onto the next. Clayton got the preparations rolling and permits sorted before his little jolly (and I'm sure none of you following his adventures on Facebook are the least bit envious) and we're still going ahead on Sunday May 7th. Now more than ever we have to fix race dates as early as possible to work around an ever-increasing number of races, with other clubs sometimes messaging us months ahead so we can all avoid local clashes and plan championships, etc. We always have the first Sunday in May so our date was planned well ahead; unfortunately King Charles and his team failed to check with us first before planning the Coronation. When we saw the date we could have crowned him! The way we look at it is we got in first so please support us. We'll be needing the usual massive team of marshals, etc. and hopefully it could make a lovely day – help with the race in the morning and get off to your street party in the afternoon.

As I've said, last weekend was a fantastic weekend (he hopes) but aside from that a lot has gone on elsewhere since the last newsletter:

Constitution stuff: I'm delighted to say we have now appointed two new Trustees, neither of who need any introduction, and I'd like to welcome Helen Armitage and Alan Gibson onto the panel, and also to thank Geoff Matthews and Iain Threlkeld for their diligent service, it's been an absolute pleasure working with them.

I wrote as far back as the November newsletter about the election / re-election of the President. I also mentioned it in postings ahead of the AGM. Just to reiterate: Colin Hughes has reached the end of his tether – sorry – the end of his four year term. As stated before Colin is willing to stand again but in line with our constitution we invited interest from anyone who met the criteria as outlined: *"The criteria to be nominated as President are that you will have been a past Chair or have been a member of SLRC for a minimum of 10 years. There is no limit to the number of terms that a President can be in position."*

I've received no other expressions of interest over the last three months so intend to call an EGM to take a vote at the earliest opportunity, it may be just when we know enough are going to be gathered together, but I will give everyone notice.

Alas (at the time of writing) no one has yet volunteered for Women's Captain so sadly there's no report this month. Again, if anyone is interested, please have a word with me or any committee member.

John B.

Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for February 2023

Dewsbury 10k (5th Feb):

Gavin Foster led the Lions home for the second year in a row at Dewsbury 10k. Starting and finishing in Dewsbury Town Centre, the straightforward out and back route is on flat roads and is popular with PB hunters; the race attracted a field of over 2,200 runners. There were lots of course PB's on the day, including Richard Crombie who knocked off 50 seconds, Paul Corns took 3 mins 6 seconds off, Ben Golding-Smith knocked 1 min 57 seconds off, and Steve Hallam knocked 44 seconds off. Seven Lions ran their best 10k times, including Richard Crombie, Phil Moyles, Paul Corns, Ben Golding-Smith, Steve Hallam, Maria Chandler and Claire Haigh.

Results: Gavin Foster 35:33, Richard Crombie 38:33, Phil Moyles 38:43, Paul Corns 41:59, Ben Golding-Smith 42:43, Steve Hallam 43:47, Maria Chandler 47:29, Jan King 48:12, Gail Schofield 50:32, Claire Haigh 54:55, Heather Anderson 55:58, Richard Brewster 1:03:35.

The Cancer Research UK London Winter Run (5th Feb):

Two Lions travelled to the Capital to compete in the Cancer Research UK London Winter Run, a 10k challenge through the heart of the capital. Runners were treated to live music, encountered larger-than-life winter characters, and passed world famous landmarks. Darren Reece came in 165th place out of a field of over 13,000 runners.

Results: Darren Reece 38:41, Melissa Reece 1:10:45.

Liversedge Half Marathon (12th Feb):



Jamie Westwood led the Lions home in 14th place out of a field of over 300 runners at the Liversedge Half Marathon; the race organised by Roberttown Road Runners is a favourite amongst the running community and famed for its challenging hilly course. Paul Corns ran both a course & half marathon PB time of 1:39:19 knocking a whopping 8 mins 50 seconds off his course time and 2 seconds off his half marathon time. There were also half marathon PB's for Gary Barnes (1:53:39) taking 13 seconds off, and Lin Devine (2:13:27) knocking 46 seconds off. Lots of Lions completed the race as part of their marathon training.

Results: Jamie Westwood 1:22:40, Chris Hall 1:25:46, Sean Thompson 1:36:39, Derek Parrington 1:36:42, Paul Corns 1:39:19, Gary Barnes 1:53:39, Tim Walker 2:00:36, Ranjit Uppal 2:07:26, Paula Pickersgill 2:10:04, Lin Devine 2:13:27, Dawn Medlock 2:16:17, Alex Whyte 2:23:32, Carol Lord 2:26:00, Jenny Walker 2:27:15, Anne-Marie Killeen 2:27:48, Peter Cawdron 2:42:30, Jackie Barker 2:47:29, Anne Cawdron 2:52:49.

Windy Hill Fell Race (12th Feb):

Three Lions competed in the second race of the Club's 2023 Fell Championship; with 11.8 miles and 2,100 feet of ascent, the new route for 2023 started from the Rams Head, Denshaw, with a fast downhill towards Piethorne before heading towards checkpoints at Rakewood & Lydgate, climbing to Blackstone Edge and following the Pennine Way to the last checkpoint by the Windy Hill Mast; runners then headed back down to Piethorne and up to the finish at the Rams Head.

Results: Andrew Earnshaw 1:48:16, Jim Harris 1:53:12, Martin O'Brien 2:07:52.

West Yorkshire Winter League - Race 6: Pudsey (12th Feb):

There was another great turnout of Lions at Race 6 of the WYWL at Pudsey, they even provided us with decent weather - although some Lions may have missed the usual mud fest! Gavin Mulholland led the Lions home in the 5th place, which was great considering he had run a hard race the day before; also scoring for the men's team were Fraser Ambrose, Daniel Sykes, Mark Pottinger, Ben Golding-Smith, Simon Rawnsley & Paul Patrick. The ladies team also produced some great performances, with Mags Beaver coming second overall, followed by WYWL Captain Lorraine Naylor, Danielle Hirst, Suzanne Patterson and Helen Armitage.

Midgley Moor Fell Race (19th):

Eight Lions competed in the third race of the Club's 2023 Fell Championship; with 5 miles and 1,250 feet of ascent, the race starts in Booth and runners have to navigate six checkpoints up, down and around Midgley Moor with route choices of paths and heather moorland. James Penson led the Lions home in 17th place in 54:38, followed by Andrew Earnshaw 55:09, Phil Moyles 56:20, Kevin Robinson 56:43, Danny Stafford 58:17, Martin O'Brien 1:06:32, Dave Culpan 1:10:29, Aileen Baldwin 1:11:11 (1st W70).

West Yorkshire Winter League - Race 7: Stainland (26th):

It was a great turnout for the final race of the West Yorkshire Winter League series at Stainland Lions home turf at Heath Rugby Club. A great result for the men's team with a win for Ed Hyland, who was closely followed by Gavin Mulholland in 2nd place. The course suited these guys and they have done amazing through the season. Neil Barker was 3rd Lion home and a major contributor to the Supervets points. Fraser Ambrose and Daniel Sykes also had cracking seasons, both doing really well scoring for the men's team. Leon Severn and Ben Golding Smith came in 6th and 7th.

Mags Beever had a great run as always, coming in 2nd for the ladies team, followed by WYWL Captain Lorraine Naylor who also had a cracking season. In 3rd place, and getting stronger every time was Suzanne Patterson, with Maria Harron and Helen Armitage taking 4th & 5th, both were as consistent as ever, never letting the ladies team down.

Ed Hyland & Gavin Mulholland take 1st & 2nd at WYWL Final race (Pic by Sally McGregor)

Lots of Happy Lions at Liversedge Half Marathon (Pictures by Phil Milner)



PB Corner

February 4th

Huddersfield: Joanne Kitcher knocked 2 seconds off her course time taking her to 24:21. Paul Butterfield ran his 200th parkrun.

Strathclyde: Heather Moffat took 1 min 10 seconds off her time, giving her a PB of 23:28.

February 11th

Bramley: Ben Golding-Smith ran a course PB of 22:31, knocking 3 mins 25 seconds off his 2018 time.

February 18th

Millfield (York): Neil Barker ran a course PB of 18:50, knocking 1 min 27 seconds off. Rebecca O'Neill took 1 min 7 seconds off her time giving her a course PB of 23:00.

February 25th

Halifax: Abi Howarth knocked 29 seconds off her 2020 time taking her to 28:57.

Middleton Woods: Clare Smith ran a course PB of 22:51, knocking 1 min 3 seconds off her previous time.

Warrnambool (Australia): Craig Miller ran his 100th parkrun.

Seven Lions ran their best 10k times at Dewsbury:

Richard Crombie 38:33 (less 50 seconds), Phil Moyles 38:43 (less 2 mins), Paul Corns 41:59 (less 2 mins 44), Ben Golding-Smith 42:43 (less 58 seconds), Steve Hallam 43:47 (less 44 seconds), Maria Chandler 47:29 (less 1 min 42) & Claire Haigh 54:55 (less 3 mins 27).

At Liversedge three Lions ran their best Half Marathon times:

Paul Corns 1:39:19 (less 2 seconds), Gary Barnes 1:53:39 (less 13 seconds) and Lin Devine 2:13:27 (less 46 seconds).

Fell Running Championship Jim Harris

Fell Running Championship – February 2023

Wadsworth Trog:

(Mainly due to the incompetent timing of the fixture announcements - sorry!) no Lions were at the Wadsworth Trog

Windy Hill Fell Race:

There were three Lions at the (effectively) first race of the season - Andrew Earnshaw (first Lion home + most scenic route choice), Jim Harris and Martin O'Brien. Cragrunners putting on a fantastic race up over Blackstone Edge at a bargainous price as per usual and with a particularly blunt Health + Safety announcement in the pre-race briefing: "Don't cut across the rugby field! They are big lads playing a match and they will wipe you out!" 😊



| Race Two | | Windy Hill (11.8 miles, 2100ft of ascent) BM | | | |
|-------------------------------|---|--|--------|---------------|----------|
| <i>(no-one did race one!)</i> | | | | | |
| Winner 1 HH | | 1:17:04 | | | |
| Winner 2 JE | | 1:18:09 | | | |
| Winner 3 AW | | 1:23:08 | | | |
| Average | | 1:19:27 | POINTS | RACE POS | AGE CAT |
| Andrew Earnshaw | ▼ | 1:48:20 | 73 | 41st | 5th M45 |
| Jim Harris | ▼ | 1:53:15 | 70 | 66th | 10th M45 |
| Martin O'Brien | ▼ | 2:07:52 | 62 | 136th | 7th M60 |
| | ▼ | | | (219 runners) | |

Midgley Moor Fell Race:

The third counter of the SLRC Fell Running Championship was an absolute peach, with fallers, Nav fails, cuts, scrapes, old faces returning like conquistadors of the fells, and a truly pure, blood in the mouth, legs turned to jelly 5.2 mile blast around the hills above Midgley, hosted by our local friends at Calder Valley.

First Lion home taming the mighty Andrew Earnshaw in a toe-to-toe tussle was James Penson, followed in closely through the hot to trot heather jungle and fast free flowing descent was Phil Moyles, Kevin Robinson, Danny Stafford, Martin O'Brien and Aileen Baldwin (1st W70) a strong Lions turnout from some of Stainlands finest, filthiest, most milky of members.

| Race Three | | Sun, 19 Feb 23 Midgley Moor (5 miles, 1250ft of ascent) BS | | |
|-----------------|---------|--|---------------|-----------|
| Winner 1 (DP) | 0:47:29 | | | |
| Winner 2 (BJ) | 0:47:39 | | | |
| Winner 3 (AR) | 0:47:39 | | | |
| Average | 0:47:36 | POINTS | RACE POS | AGE CAT |
| James Penson | 0:54:38 | 87 | 17th | 4th M50 |
| Andrew Earnshaw | 0:55:09 | 86 | 21st | 7th M40 |
| Phillip Moyles | 0:56:20 | 84 | 30th | 8th M40 |
| Kevin Robinson | 0:56:43 | 84 | 33rd | 10th M40 |
| Danny Stafford | 0:58:17 | 82 | 39th | 11th MSEN |
| Martin O'Brien | 1:06:32 | 72 | 66th | 7th M60 |
| David Culpan | 1:10:29 | 68 | 76th | 9th M60 |
| Aileen Baldwin | 1:11:11 | 67 | 80th | 1st W70 🏆 |
| | | | (100 runners) | |



This leaves the scores so far so (and yes, you are right, points were much easier to come by at Midgley).

| 2023 | Championship Score | Wadsworth Trog (19.3 miles, 3642ft of ascent) | | | Windy Hill (11.8 miles, 2100ft of ascent) BM | | | Midgley Moor (5 miles, 1250ft of ascent) | | | Best Scores from each category plus best three from remainder | Qualifying Races | | | |
|------------------------------|--------------------|---|---------|---------|--|----|----|--|----|----|---|------------------|----|-----|----|
| | | L | M | S | #1 | #2 | #3 | #1 | #2 | #3 | | | #1 | #2 | #3 |
| 2022 results | | | | | | | | | | | | | | | |
| 2019 results | | 4-Feb- | 12-Feb- | 19-Feb- | | | | | | | | | | | 6 |
| Andrew Earnshaw | 159 | | 73 | 86 | 86 | | | 73 | | | | | | 159 | 2 |
| Martin O'Brien | 134 | | 62 | 72 | 72 | | | 62 | | | | | | 134 | 2 |
| James Penson | 87 | | | 87 | 87 | | | | | | | | | 87 | 1 |
| Phillip Moyles | 84 | | | 84 | 84 | | | | | | | | | 84 | 1 |
| Kevin Robinson | 84 | | | 84 | 84 | | | | | | | | | 84 | 1 |
| Danny Stafford | 82 | | | 82 | 82 | | | | | | | | | 82 | 1 |
| Jim Harris | 70 | | 70 | | | | | 70 | | | | | | 70 | 1 |
| David Culpan | 68 | | | 68 | 68 | | | | | | | | | 68 | 1 |
| Aileen Baldwin | 67 | | | 67 | 67 | | | | | | | | | 67 | 1 |

Upcoming Races

March only has the very sold out Edale Skyline, but you could be doing the similarly gnarly Heptonstall Fell Race on the same date and submitting it as your “free choice AL” – a fair few Lions have already signed up.

April sees the first crossover with the Main Champs and the very great Wardle Skyline race (basically the be-windmilled horseshoe you can see on the skyline if you look out over Hollingworth Lake when on the M62). And with the onset of lighter evenings means the return of the Bunny races. Dates still to be confirmed but absolutely the best way to dip your toe into fell racing – please get in touch if you need any help / encouragement for these.

Sun, 26 Mar 23 Don Morrison Memorial Edale Skyline (21.1 miles, 4505ft of ascent) AL (Pre-entry-opens 1st Feb)

Sat, 8 Apr 23 ****MAIN CHAMPS**** Wardle Skyline (7 miles, 1250ft of ascent) BM (EOD)

tbc Tue, 4 Apr 23 Bunny Run 1 (3 miles, 328ft of ascent) CS

tbc Tue, 11 Apr 23 Bunny Run 2 (3 miles, 328ft of ascent) CS

tbc Tue, 18 Apr 23 Bunny Run 3 (3 miles, 328ft of ascent) CS

Tue, 25 Apr 23 Orchan Rocks (3.4 miles, 919ft of ascent) AS (EOD)

Sat, 29 Apr 23 The Cake Race (9.9 miles, 1699ft of ascent) BM

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

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

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

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

Lions tackling Midgley Moor



Coaching with Colin Duffield

A Little Bonus Coaches Corner!

As we head into Spring here's your annual reminder about our Monday Hill Sessions.

Put simply, if you want to get better at running you need to mix the effort of your training sessions, with some hard stuff (Track, Hills, Racing, etc.).

It would be lovely to see more of you on a Monday. It's for everyone and you'll be looked after.

All the info you need is below, but if you need to know anymore or ask any questions message me via FB, etc.

Colin.

A Stainland Lions Guide to Hill Training

| | |
|-----------------------------------|--|
| Where: | Meet at Heath to run out to this week's hill. Details of the week's hill are usually posted on the Lions Facebook Group the day prior to the session. |
| When: | 6.30pm – 8pm on a Monday. |
| Who: | Any member of Stainland Lions. We try to have to groups (depending on demand). |
| Why: | Hill training is great for general fitness and running stamina. Done regularly it will also make you faster, stronger and improve technique. It's often called 'speed training in disguise!' |
| How – Warm up: | After meeting at Heath there is a gentle run to this week's hill to raise heart rate and activate your energy systems. |
| How – Drills & Running Technique: | To introduce relevant technique for the main session, also to help get your body activated and ready for the hill. These sound complicated but are generally great fun. Led by the coach will full instructions and demonstrations. |
| How – The Session: | The main session lasts approx. 40 mins and will usually consist of a set of repetitions (reps), running up and down the hill. The sessions will vary in their focus, some will be longer reps or steeper hills, depending on the specific training aim of the exercise. The coach will give clear instructions and let you know the rationale. |
| How – Cool Down: | A gentle run back to Heath. |
| How – Stretches: | To help with your recovery and do your body a favour! |

| | |
|----------------|--|
| What you need: | Usual running gear. All sessions are on the road unless specifically stated otherwise. The coaches try to find the safest possible venues, but nevertheless you will need a headtorch and Hi-Viz in the darker months. |
| Homework: | As hill training targets many different elements of running, the coaches may suggest drills or exercises to do in the following week in order to re-enforce the benefits of a particular session. |
| Caution: | Hill training, like track and racing, is a relatively intense 'quality' activity. If you have an injury or illness, think carefully before attempting a session. Also, research suggests that a maximum of 20% of your weekly running time should be at intensity so it's useful to think about your weekly running in its totality and build your quality sessions into a wider training plan. It may be useful to talk to your coach about this. |

Jargon

| | |
|---------------------|--|
| Reps (repetitions): | The number of times you run up and down a hill in each set. |
| Set: | Either a number of reps, or fixed time you run up and down your hill before resting. |
| Recovery: | The periods in between reps. |
| Sessions: | The number of sets done. |

Pace

For most sessions the proven optimum pace is around what coaches might call your 'Lactate Turnaround Point', for most people this will be around the pace they can maintain for 3k or a hard 5k effort. After you're accustomed to hill training you'll learn to listen to your body and find your 'sweet spot'. Don't be tempted to chase others.

For some very specific sessions this optimum pace may vary, again the coaches will advise.

Etiquette

- Look after yourself and others. Encourage, support and make others feel welcome.
- Be mindful of traffic and keep yourself safe.
- Show respect to 'normal people' (members of the public) who may be innocently using the same space.
- Generally, we should try to run to the left (both up and down) to avoid impeding other runners.
- Remember, it's supposed to be fun!

In the Lion's Den with Gavin Dodd

Sally McGregor



When did you first start running and why?

I was first introduced to the idea of running when I was on a ski trip in my mid 20's. Everyone else in our group had run the London Marathon and we got talking about the experience which sounded amazing. Upon returning home we did our own version of couch to 10k around the streets of Bury. Then we did the Manchester 10k that year. I changed jobs just after that and my running stopped as I didn't know anyone else who ran at that point.

10ish years later I started doing the c25k on my own after spending all day with three young children and needing some time out!

What made you join Stainland Lions?

I joined after chatting to a then member called John Stevens after Huddersfield Parkrun. He mentioned there was a club bus to the Great North Run and it sounded like it might solve my logistics! I then came along to the beginners and was put in the fast group based solely on the fact I wasn't a complete beginner – that was probably the first and last time I ever ran with Jim Harris!

Do you have a favourite race / running memory?

Loads of great memories. The CWR, the Bingley Trail with Tarmac Tim, almost getting lost reccing the Widdop Fell Race. The Stainland Trail will always be special to me too.

What's on your feet when you run? (make/model, etc)

Brooks Ghost. Inov8.

Favourite meal and restaurant?

Tough question! I love food. The best meal I've ever had was at The Black Swan at Oldstead. If you are a foodie, this is an amazing place.

Favourite film?

The Green Mile.

Favourite holiday destination?

New Zealand

Favourite song/band?

Don't have a favourite, I like lots of different things depending on my mood – Elbow, Kings of Leon, Adele, Sam Fender.

I know you now cycle probably as much as you run, do you feel that this helps your running?

In honesty, no. I feel I'm a better cyclist than runner nowadays, but the one thing that keeps me running is the people at Stainland. If it wasn't for some of them I would have stopped running completely and become a full time 'mawil'.

Any goals for the future?

Running – I'd like to do every section of the CWR in a club top.
Cycling – The Fred Whitton.

Any advice to anyone just starting on their running journey?

Run with friends or a group. It's easy to talk yourself out of a solo run but you'll never let a friend down. Also try events that put you out of your comfort zone.



March 2023:

Thursday 9th – Our first Away Run of the year will be in Brighouse at MAMIL Café Bar. Food options are Steak Pie & Peas or Cheese & Onion Pie & Peas at £6.00.

Friday 31st – Joanne & Emma's Fundraising Quiz Night in aid of MS Society, Heath Rugby Club from 6.30pm.

May 2023:

Thursday 4th – Beginners Course.

Sunday 7th – Bluebell Trail.

June 2023:

Saturday 24th – 35th Anniversary Celebrations.

July 2023:

Thursday 27th – Summer Handicap.

September 2023:

Sunday 17th – Stainland Trail.

2023 Championship Races:

- Sunday 12th March – Thirsk 10, Thirsk Racecourse.
- Sunday 26th March – Wilmslow Half Marathon, Wilmslow RUFC.
- Sunday 2nd April – Brun Valley 10k, Thompson Park, Burnley.
- Saturday 8th April – Wardle Skyline Fell Race, Wardle Square, Off A58 Rochdale/Littleborough Road.
- Sunday 4th June – Northowrun 5, Northowram Sports & Activity Club.
- Sunday 11th June – Marsden 10, Victoria Street, Marsden.
- Wednesday 14th June – Joe Percy Invitation 10k, Storthes Hall, Huddersfield.
- Friday 7th July – Holme Valley 5 Miler, Holmbridge Church Hall, Holmfirth.
- Wednesday 19th July – Hepworth Trail Race, Hepworth Football Club.
- Wednesday 2nd August – Hopwood Trot, Hopwood College Sports Pavilion.
- Sunday 20th August – Piethorne Trail, Bulls Head, Rochdale.

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

2023 Fell Championship Races:

- Sunday 26th March – Don Morrison Memorial Edale Skyline (21.1 miles)
- Saturday 8th April – Wardle Skyline (7 miles) ***also in Club Championship***
- Tuesday 4th April – Bunny Run (3 miles) tbc
- Tuesday 11th April – Bunny Run (3 miles) tbc
- Tuesday 18th April – Bunny Run (3 miles) tbc
- Tuesday 25th April – Orchan Rocks (3.4 miles)
- Saturday 29th April – The Cake Race (9.9 miles)
- Monday 1st May – Coiners (6.7 miles)
- Tuesday 9th May – Jack Bloor (5.2 miles)
- Saturday 27th May – Hutton Roof (6.8 miles)
- Monday 29th May – Austwick Amble (8.1 miles)
- Wednesday 28th June – Cragg Vale (4 miles)
- Saturday 1st July - Heptonstall Festival (5.9 miles)
- Tuesday 1st August - Crow Hill Reverse (5 miles)
- Wednesday 9th August - Pilgrims Cross (6.6 miles)
- Sunday 20th August – Piethorne (6.2 miles) ***also in Club Championship***
- September – Thievely Pike (4.3 miles) tbc
- Sunday 10th September – Yorkshireman Full (26.1 miles)
- Sunday 10th September – Yorkshireman Half (14.9 miles)
- Sunday 29th October – Bronte Way (7.5 miles) ***also in Club Championship***
- Saturday 9th December – Moors the Merrier (21.1 miles)

THIS WILL REMAIN IN THE NEWSLETTER – NEW DATES WILL BE ADDED BY REQUEST. EVENTS WILL REMAIN ON THE LIST UNTIL THEY PASS.

PLEASE SEND DETAILS OF ANY DATES THAT YOU WOULD LIKE TO ADD TO THE LIST.

WE WANT TO KNOW ABOUT YOUR ACHIEVEMENTS FOR THE NEWSLETTER - SMALL OR GREAT, THEY ARE ALL IMPORTANT. PLEASE ALSO LET US KNOW WHAT YOU WOULD LIKE TO SEE IN THE NEWSLETTER GOING FORWARD