



John Bassinder

From The Chair

An update of what's been happening at the Club from our new Chairman for 2022.

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from January & February 2022

Various

Contributors

Championship Update; Men's & Women's Captains Reports; Coaching with Colin, In the Lion's Den with Gav!, Diary Dates.

From the Chair

John Bassinder



As I start my second stint in the chair of the best running club in the land (Eleven years since I last did so) allow me to introduce myself:

Hello, it's me again the one who never learns. I had hoped that by now I'd actually feel like the Chairman again with the AGM a distant memory. Unfortunately Covid complications dictated otherwise and as we know we had to postpone that until March 7th, so as you read this I'm not sure whether, like me, you'll be eagerly anticipating that meeting or still recovering from the sheer excitement.

The postponement proved doubly frustrating, as our number one priority was to get the club back to normal (Ok; whatever classes as normal at Stainland Lions). Nothing though compared to the frustrations of the last two years and this is where I must say a massive "Thank you" to the person who guided us through that difficult time, my predecessor Tim Walker. Thank you from me, not just because this is protocol or it's expected but because it's heartfelt and genuine. Tim spoke to me at the start of his term and had very definite plans on how he wanted to take the Club forward, sadly for him nature had other ideas. Within weeks the floods hit and our container full of equipment had floated off down river, giving the committee several sleepless nights. I laid awake with visions of every bridge between Elland and the North Sea being demolished by our bobbing green box making its break for freedom. Tim just got on and dealt with it. Borrowed all the equipment to ensure our cross country still went ahead just two weeks later, then he and Colin had months of insurance hassle and grant applications to sort out, working hard to limit our losses. He'd just got on top of that when along came the plague. New rules and restrictions, race bans and suchlike, which shifted the Club's priority from growth to mere survival. We didn't only survive the difficult times but under his Chairmanship, and with the hard work of all the committee, we continued to thrive. We gained new members and found virtual ways of overcoming the lack of actual events, still raised funds for Overgate, Forget-Me-Not, and many others. I'm indebted to Tim and all last year's committee for leaving us a sound base to build from, and I'm also very grateful for the added enthusiasm of the new members who've joined us.

Much has changed since I was last foolish enough to fill this seat, England Athletics sending us ever increasing missives wrapped up in red tape, the need to appoint welfare officers, data protection officers, social media admins – things that didn't apply to us a mere eleven years ago. So it's mixed feelings for me, I thought I'd feel like the old hand but I'm more like the new boy – with a lot to live up to. One thing remains the same as last time . . . I still haven't a clue what I'm doing. Thankfully I'm surrounded on the committee by people who do, strange beings who actually seem to understand the new challenges and are happy to take them on.

Which means the rest of us can concentrate on the "Getting back to normal" bit, and we've hit the ground running! The Winter Handicap got us off to an enjoyable and interesting start, unintentionally becoming a 6 mile or 10 mile event (back to normal you see!). The final round of the WYWL was an amazing atmosphere from the start of the day all the way through. Thanks to Tim again as Race Director and for his Captancy of the Cross Country this season, to Karen for her chief marshaling duties, all the marshalls and everybody who helped make it a fantastic race. Meanwhile inside the crowded clubhouse it was thanks to Michelle and her team, the cake bakers and sellers, and John Rushworth for his raffle calling as we raised over £300 for Overgate. The compliments from our fellow WYWL clubs and the atmosphere in the

clubhouse made it all worthwhile and confirmed what we'd hope – We're back doing what we love, and we're pretty good at it!

Looking ahead, the Hare & Tortoise, Downhill 10k, Summer Handicap are all booked in. Following a two year delay our Bluebell is going head on May 8th. This of course is our flagship race, our main fundraiser both for us and our chosen charities. We're proud of its reputation as the best organised race with the loudest marshals, but we need over 100 helpers to make sure we keep that reputation, so please come along and volunteer. Gail is Chief Marshal this year and if you've never marshaled before just talk to her or one of our loyal band of regulars, they'll tell you honestly that you'll get a high from helping and supporting, the atmosphere around the route is fantastic and it's just an amazing event to be involved in!

Richard Lambert is busy organising a new 7 week beginners course starting on 31st March. In a fresh approach these are going to be on Thursday nights along with the usual runs. We have 24 run leaders on our register so if we all pitch in there should be no shortage to lead regular runs and to help the new people. I've helped at many beginners courses in the past, always loved them and found them to be a real buzz. Depending on the capabilities of new runners we're hoping to may be integrate some into established groups within a few weeks so we all get to mix and people start to feel a part of the Club early on. The course is open to anybody and everybody, whether they've run before and coming back from injuries, run solo but now fancy joining a club, or never run at all in their lives – there'll be groups at a pace for everyone. Seven weeks for just 15 quid, and even that will be deducted from their membership if they go on to join us, what a bargain – please spread the word!

The away runs are starting again, organised by ever enthusiastic Paula SD, who I'm delighted to say has joined us on the committee again. YVAA is up and running once more and we'll be hosting a summer race on August 14th. I was really pleased when Gav M agreed to be Vets Captain, it'll be great to have him rallying the troops again and I'm definitely looking forward to the race reports. We're restarting the Stainland Trail on September 18th, and this of course means an amazing job opportunity has arisen for a Race Director. Terms, conditions and salary are confidential but I can disclose that it's a non-voting role with no obligation to regular meetings and is in line with all the committee and other positions (i.e. job satisfaction, wonderful colleagues and free biscuits at meetings).

As Tim stands down from his successful cross country leadership I've managed to bully Lorraine into volunteering to be our captain next winter – feeling guilty about that (No I'm not, she'll be brilliant!). We definitely haven't forgotten about a presentation night either, and our new Social Secretary Michelle is working hard with Gail to find a suitable, affordable venue. Michelle's new social team is also coming forward with loads of ideas from nights out to weekends away. All in all, it's just fantastic to see the enthusiasm returning now everything has opened up again, and we all look forward to better times!

Lions Race Reports

Debbie Grunhut-Hinds



Race Report for January & February

Central Lancs Half Marathon (2nd Jan):

Two Lions headed over the border to Lancashire for the Central Lancs Half Marathon, a fast and flat-ish course run on quiet rural roads through picturesque villages.

Results: Melissa Reece 2:28:01, Darren Reece 2:28:02.

Round Sheffield Run – Winter Edition (9th Jan):

Fraser Ambrose headed to South Yorkshire to join over 1400 runners who tackled the first ever winter edition of the popular summer race – Round Sheffield Run – a multi-stage trail running enduro consisting of 11 stages of running which can be completed individually or as a pair. The race is broken down into bite-size timed stages making up 20km; with runners receiving results after each stage as well as a combined overall result.

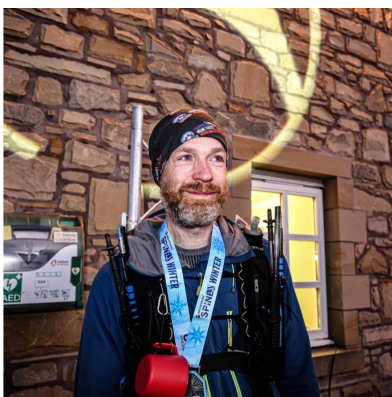
Results: Fraser Ambrose came in 252nd place – 1:43:30.

Temple Newsam Ten (9th Jan):

This 10-mile off road multi-terrain race starts and finishes in the beautiful grounds of Temple Newsam House; the course takes runners through woodlands, country paths and around nearby lakes; runners also had to tackle a wet and muddy course including the dreaded “Puddle of Doom!”.

Results: Jenny Marshall 2:02:13.

The Spine Race:



Hats off to Kevin Robinson who this week ran the 286 mile Spine Race; regarded as one of Britain’s hardest races, covering the entire length of The Pennine Way; the race starts from Edale in Derbyshire, the route traces the backbone of England, crossing some of the most beautiful and at times difficult terrain, including the Peak District, through the Yorkshire Dales, across the North Pennines to Hadrian’s Wall, then on to the remote Cheviot Hills, finishing at the village of Kirk Yetholm, Scotland. As well as all the usual challenges of running alone across difficult terrain with minimal rest, Kevin had snow, hail & rain to contend with – and this was just the first leg! Last year Kevin unfortunately had to bow out of the race after 120 miles due to injury. Kevin is a volunteer with the Holme Valley Mountain Rescue Team and has been fundraising to support their work. The Club is extremely proud of Kevin’s achievement.

Result: Kevin Robinson 119:57:00

Inskip Half Marathon (15th Jan):

Two Lions crossed the border to Lancashire to complete the Inskip Half Marathon on Saturday. The race is a small but popular one, great for achieving a PB; the course is a slightly undulating loop through the Lancashire countryside, starting and finishing just south of Inskip.

Results: Stephen Hall 1:16:22, Mark Pigford 1:27:35.

Stanbury Splash (16th Jan):

305 runners tackled this years' Stanbury Splash Fell Race; the 6.7-mile wet and boggy route has 1200ft of ascent. Starting from Penistone Hill Country Park, this years' slightly modified course took runners over an alternative route to reach Pendle Clough and Stanbury Moor. Cam Rushworth was first Lion home in 57:27, with Aileen Baldwin first in her age category.

Results: Cam Rushworth 57:27, Damien Pearson 1:11:58, Helen Hudson 1:17:41, Martin O'Brien 1:19:17, Aileen Baldwin 1:20:45 (1st LV70), Tim Walker 1:30:11.



Cam Rushworth 1st Lion home & Aileen Baldwin 1st LV70 at Stanbury Splash (Pic: Carolyn Brett Muir).

**Penistone Hill Race (16th Jan):**

Two Lions headed to the Penistone Hill Race, the 7-mile multi-terrain route is run on tarmac, trails and paths, with hills and stunning views of the Penistone area. Rikki Hammond was first in her age category.

Results: Ray Mooney 69:53, Rikki Hammond 75:01.

Stainland Lions Winter Handicap (16th Jan):

Fifty-four Lions set off from Heath Rugby Club on Sunday morning for the Club's Winter Handicap Race. The race was the first counter in this year's Club Championship, and many of the runners were keen to get some valuable points on board.

All participants predicted their finish times before the race, and the Handicap trophy is awarded to the runner whose finish time most closely matched their pre-race prediction. Carol Lord definitely retains her title as most accurate pace estimator in the Club as she won the trophy (again!) with an estimated time just one second away from her actual finish time! The fastest man on the day was Gavin Mulholland, who completed the route in 37:51, whilst Helen Armitage was 1st Lady in 49:48.

Hoofstone Fell Race (22nd Jan):

Six Lions attended the first event of this year's Club Fell Racing Championship; an 8 mile fell race with 1,500 feet of ascent. The route is a navigational race from checkpoints 1 to 4 taking in the highest point above Todmorden, Hoofstones Trig at 1,600 feet. James Penson was the first Lion home in 1:16:17, and Rikki Hammond won her age category for the second weekend in a row.

Results: James Penson 1:16:17, Andrew Earnshaw 1:22:15, Jim Harris 1:36:55, Ray Mooney 1:41:06, Rikki Hammond 1:43:45 (1st FV50), Virginia Young 1:46:24.

**West Yorkshire Winter League – Race 6, South Leeds Lakers (23rd Jan):**

It was a find and dandy morning for the people of West Yorkshire to put on their vests yet again for Sunday's cross country around Middleton Park, hosted by South Leeds Lakers. The course served up a mixture of terrains, mainly wooded trails and slalom like cornering, and the odd mud patch and steep little climbs. As the Lion's fell championship had kicked off the day before, the Lions were a little understaffed in the men's department but there was still a brave turn out on the day, for what was a great little course, with the ladies coming to the fore yet again with a first place overall led home by Mags Beever being 2nd Lady and 2nd Lion past the post.

The top ten ladies included Danielle Hirst and third for the Lions was Stefanie Hopkins in 13th. Lorraine Naylor was another strong finisher, 20th overall, and a top scorer in the Vet 50 Team.

Gavin Mulholland was leading for most of the race after a stuck in the mud sticky release from the field start. Despite a slight hiccup that saw him stray off course, he worked his way back to lead until he was overtaken by a whippersnapper from LBT and finished in 2nd place. Mark Pottinger and Fraser Ambrose were 2nd and 3rd Lions, with Mark in 50th place and Fraser right behind. James Penson came in 78th place and deserves a special mention for his back-to-back racing over the weekend. The Vet 50s had a close second to Queensbury with Derek Parrington yet again taking one for the team.

Fraser Ambrose – Meltham Tough 10k (Pic: Andrews Swales Photography)



Meltham Tough 10k (30th Jan):

Sunday's Meltham Tough 10k was the second race in the Club Championship and something of a local favourite. Inheriting its "tough" status after a participant got hypothermia one year; thankfully this year the race did not live up to its name (weather wise anyway!). The course is hilly with over 650 feet of climbing from the centre of Meltham to Blackmoorfoot Reservoir.

There was a fantastic turnout of 30 Lions. Fraser Ambrose was 1st Lion, finishing in 28th place, and there were age category wins for both Aileen Baldwin and Dick Spendlove, and several runners managed to improve on their times set over the same course in 2020.

Results: Fraser Ambrose 42:13, Mark Pottinger 43:22, Gareth Knight 47:03, Danny Stafford 47:52, Ian Hoskins 49:03 (3rd M55) Steve Hallam 49:08, Helen Armitage 49:19 (3rd F55), Mark Preston 50:23, Michelle Rogerson 50:46 (3rd F45), Kevin Jagger 51:46, Martin O'Brien 51:49, Dick Spendlove 52:07 (1st M75), Steven Crowther 52:10, Aileen Baldwin 52:13 (1st F70), Amjid Khan 53:45,

Hayley Kelly 55:52, Laraine Penson 56:03, Jan King 56:40, Susan Cash 57:58, Sandy Gee 58:19, Paul Armitage 58:23, Paula Pickersgill 58:43, Jenny Marshall 59:54, Alex Whyte 1:03:19, Jenny Walker 1:05:18, Wendy Paulson 1:06:43, Trish Hallowell 1:08:02, Jackie Barker 1:09:55, Richard Lambert 1:10:49, Gail Fawcett 1:26:20.

St. Aidan's Winter Beast (30th Jan):

Tim Walker and Virginia Young tackled the 6.66 mile St. Aidan's Winter Beast on Sunday; the course which is billed as "not flat and not easy" takes in sections of the paths and trails of St. Aidan's Country Park and "proper cross-country mud!" We will be visiting St. Aidan's again in October for the popular half-marathon as part of the Club Championship.

Results: Tim Walker 57:30, Virginia Young 1:04:00.

RunAble – The Half and Half 10k (30th Jan):

Cam Rushworth took 2nd place in The Half and Half organised by RunAble; a 10k race of two halves with 5k run on fast road and 5k of boggy trails – runners got to choose whether they ran the trail or road section first!

Results: Cam Rushworth 42:34.



Tim Walker @ St. Aidan's Winter Beast (Pic: Phil Bland)

Rombalds Stride (5th Feb):

Two Lions took on the Rombalds Stride on Sunday; starting and finishing in Guiseley, via Esholt, Baildon, Ilkley, Burley Woodhouse and Menston, this challenging 23-mile route takes in Rombalds Moor, Ilkley Moor and Otley Chevin.

Results: Aileen Baldwin 6:06:09, Helen Hudson 6:06:10.

Wadsworth Trog (5th Feb):

James Penson was the solo Lion to race “The Beast”, as the annual Wadsworth Trog is affectionately known. The circular 19.3 mile route started in Hebden Bridge and included a challenging 3,650 feet of ascent.

Results: James Penson 4:00:21.

Dewsbury 10k (6th Feb):

Gavin Foster – 1st Lion @
Dewsbury 10k (Pic: Andrew
Swales Photography)

Nine Lions took part in Sunday’s Dewsbury 10k, notching up PB’s by Gavin Foster, Richard Crombie, Frazer Ambrose and Ben Golding-Smith. Starting and finishing in Dewsbury Town Centre, the straightforward out and back route on flat roads is popular with PB hunters and attracted a field of over 2,000 runners. Gavin Foster was first Lion home in 90th place, while Richard Crombie ran his first sub-40 10k.

Results: Gavin Foster 35:26, Mags Beever 38:23 (3rd FV40), Chris Hall 38:27, Richard Crombie 39:23, Fraser Ambrose 40:24, Gavin Dodd 41:46, Ben Golding-Smith 44:40, Lorraine Naylor 45:28, Jennifer Marshall 56:17.

Southport Mad Dog 10k (6th Feb):

After a two-year Covid hiatus the Southport Mad Dog 10k returned on Sunday. Three Lions headed over the border to take part in this fun event along Southport’s shoreline, starting and finishing at Stanley High School, and attracted over 2,100 runners. The race follows a different movie-related theme each year, this year’s theme was Star Wars related – ‘Star Paws’.

Results: Tony Pinnington 1:06:30, Allison Bamford 1:09:14, Ken Chilcott 1:21:39.

Alan Kirk Memorial Lad’s Leap Fell Race (6th Feb):

Two Lions tackled the Lad’s Leap Fell Race, which includes 1,700 feet of ascent and sees runners setting off from Crowden Campsite in Derbyshire and heads down past the youth hostel, then up-up-up before descending steeply back to the finish.

Results: Ray Mooney 1:33:17, Rikki Hammond 1:34:22.

Tour of Bradwell Winter Half (12th Feb):

Two Lions ran the Tour of Bradwell Winter Half; this was the second race in the Fell Racing Championship. The 17.5 mile route is not to be under-estimated – it journeys through some lovely countryside taking in some iconic Peak District vistas; despite the wet and windy weather the hosts chose to run the “Good” weather route!

Results: James Penson 3:27:00, Jim Harris 3:36:48.



Lucy Collins flying round
Liversedge Half (Pic: Phil
Milner)

Liversedge Half Marathon (13th Feb):

Lucy Collins was 2nd Female and 1st in her age category 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. There were also age category firsts for both Jan King and Aileen Baldwin, and Danny Stafford ran a half marathon PB of 1:41:05.

Results: Lucy Collins 1:28:54 (1st F35), Derek Parrington 1:39:00, Danny Stafford 1:41:05, Gareth Knight 1:41:12, Rebecca O'Neill 1:49:05, Aileen Baldwin 1:56:54 (1st F70), Jan King 1:57:51 (1st M70), Tim Walker 1:58:51, Paula Pickersgill 2:14:12, Alex Whyte 2:22:36.

West Yorkshire Winter League – Race 7 Stadium (13th Feb):

Storm at Storthes! A wild bunch of about 25 Lions were blown around at the penultimate race in the WYWL, a wet and windy affair, hosted by Stadium Runners. The race was a lap of devastation around the hall itself before heading to quite a few 'trips' in the woods, for what was to be an epic race of twists and turns, mud and steams, tree hurdles and the dreaded slippery when wet tree roots, which made staying on two feet an accomplishment in itself!

The Lions were represented well at the front with Gavin Mulholland and Mags Beaver both completing the course in 2nd place in the men's and women's categories, matching the previous race results. Mulholland came in 15 seconds behind the winner, in around 32 minutes. The Ladies Team tackled the course head on, with Danielle Hirst and Stefanie Hopkins again finishing highly in 9th and 10th, in second place to Baildon. All the ladies were in the top 20, with Maria Harron coming home in 18th place. Mark Pottinger was first Lion for the men's Vet Team.



Muddy Lions @ Storthes Hall (Pic: Zoe Dee)

Flower Scar Fell Race (19th Feb):

Two Lions tackled the Flower Scar Fell Race, hosted by Todmorden Harriers, this gem of a race has steep climbs of over 2,000 feet over 7.5 miles, and typifies all that's best about South Pennine fell running. Starting close to Todmorden Town Centre, the race is described as "taking you to parts of Tod that other races don't reach!".

Results: Andrew Earnshaw 83:57, Damien Pearson 92:55.

**Wombwell 5 Mile (20th Feb):**

Rebecca O'Neill was the solo Lion to run the long-established Wombwell 5 Mile road race in South Yorkshire. The race starts on the Go-Kart track and heads out on the road through Wombwell, climbing up through Darfield, followed by a long downhill section back to Wombwell and a flat finish back to the Go-Kart track.

Results: Rebecca O'Neill 38:31.

Midgley Moor Fell Race (20th Feb):

James Penson came in 17th place at Midgley Moor, a short 5 mile but well-formed race up, down and around Midgley, with route choices of across paths and heather moorland.

Results: James Penson 54:46, Paul Patrick 1:13:45, Aileen Baldwin 1:14:42.

Doctors Gate Fell Race (20th Feb):

Two Lions headed to Old Glossop for the Doctors Gate Fell Race. Starting from the Queen's Arms in Old Glossop, the 12.7 mile race has nearly 3,000 feet of ascent. The route takes runners along the old packhorse route out of Old Glossop to meet the Pennine Way before heading to Higher Shelf Stones and onto Lower Shelf Stones. After returning to Doctors Gate, the route climbs to James Thorn via Shelf Benches returning to Old Glossop via Dog Rook, Torside Clough and Cock Hill.

Results: Ray Mooney 1:25:08, Rikki Hammond 1:26:08.

Snake Lane (27th Feb):

Gavin Dodd came in 153rd place at Snake Lane out of a field of 1,300 runners. The popular and well-established race entered its 30th year. Based at Pocklington, it's a fairly flat, fast pace 10 miler and, as its name suggests, the course has a winding stretch that "snakes" its way through the East Yorkshire Countryside.

Results: Gavin Dodd 1:09:11.

Wokingham Half Marathon (27th Feb):

Paul Alexander was the solo Lion at Wokingham Half Marathon, running a PB of 1:23:52. The mainly flat out and back route is run entirely on closed roads, starting and finishing at Cantley Park, and has been producing super-fast times since 1984. Paul came in 337th place out of nearly 2,700 participants.

Results: Paul Alexander 1:23:52.

West Yorkshire Winter League – Race 8 – Stainland (28th Feb):

In a blaze of sunshine 332 runners took to the course from the Lion's den; starting by Clay House the runners tripped and slipped their way to an epic finale to the WYWL season.

As well as the many marshals on had to guide and assist everyone, there was a plethora of Lions competing too coming joint second along with Pudsey Pacers. The ladies finished 2nd Team with Mags Beever yet again, with three second places in succession. The team included Danielle Hirst, Lorraine Naylor, Maria Harron and Helen Armitage with some top individual age category performances. With consistency spanning all 8 races, the ladies have come a credible 2nd overall.

The men were strengthened with the presence of Cam Rushworth, Ed Hyland, who came 3rd overall and who had a good rumble in the brambles with fellow Lion Gavin Mulholland who managed another second place only seconds apart. Mulholland aged 50 (and 2/3rds) may have finished the entire season second, in what could be a first for the league.

The Vets Team were a solid 3rd place with the help of Ed Hyland, Mark Pottinger, James Penson and (maybe) Leon Severn. The Super Vets finished 2nd with Gavin Mulholland, Lorraine Naylor and Derek Parrington all counting. It was enough, in the end, to take the win for the whole season, with Queensbury a close second.

A brilliant job was done by all on the day, and there was a lovely atmosphere at Heath with a great cake stall and raffle which raised over £300 for Overgate Hospice.





Usain's PB Corner

Parkrun Course PB's

January 1st:

Rebecca O'Neill – 22:48 at Fountains Abbey – this was Rebecca's 3rd course PB in a row.

January 15th:

Fraser Ambrose – 19:55 – Huddersfield - taking 45 seconds off.

Jenny Marshall – 28:40 – Huddersfield - knocking 40 seconds off.

Beverley Day celebrated her 50th Parkrun at Huddersfield.

January 22nd:

Fraser Ambrose – 19:19 – Huddersfield – clocked up his 2nd PB in a row taking a further 36 seconds off.

Jenny Marshall – 27:50 – Huddersfield – also smashed her 2nd PB in a row, taking 50 seconds off.

Ben Golding-Smith – 25:04 – Chevin Forest, Otley – taking 34 seconds off.

Aly Brook – 28:18 – Marple, Stockport – knocking 1:14 off her 2018 time.

Tony Pinnington ran his 300th Parkrun at Huddersfield.

January 29th:

Ben Carter – 26:08 – Burnley – taking 3:07 off his previous time.

Aly Brook – 28:27 – Burnley – knocking 47 seconds off.

Anne-Marie Killeen ran her 250th Parkrun at Halifax.

February 5th:

Clare Thomas – 24:08 – Brighouse – knocking 1:46 off.

February 19th:

Ben-Golding Smith – 21:30 – Huddersfield – knocking 2:06 off his 2018 course time.

Richard Dunn – 22:37 – Huddersfield – taking 6 seconds off his 2019 course time.

Sue Cash – Huddersfield – Sue took 32 seconds off her 2019 time.

February 26th:

Joanne Kitcher – 25:13 – Huddersfield – taking 46 seconds off.

Ben Golding-Smith – 22:02 – Bowling Parkrun – knocking 1:30 off his previous time.

Craig Miller – 19:51 - Warrnambool, Australia – knocking 4 seconds off his 2018 time.

Fraser Ambrose – 20:38 – Jesmond Dene – knocking an amazing 6 minutes 47 seconds off his 2019 time.

10k PB's

There were PB's for Gavin Foster (35:26), Richard Crombie (39:23) Fraser Ambrose (40:24) and Ben Golding-Smith (44:40) at Dewsbury. At the Meltham Tough 10k Steve Crowther ran a PB time of 52:10; and Alison Bamford ran the Southport Mad Dog 10k in 69:14.

Half Marathon PB's

Paul Alexander ran Wokingham Half in 1:23:52; and Danny Stafford clocked up a PB at Liversedge Half with a time of 1:41:05.

Club Championship Update

Steve Hallam



Championship Update - Jan/Feb 22

So far, we have only had a handful of events:

Stainland Winter Handicap:

Held on 16th January, this club-only event is always popular with the Stainland faithful. This year was no exception with a total of 53 participants for the 6.2 mile “undulating” (i.e. hilly!) course, starting with a 2 mile climb up Hoult Lane/Scholes Lane. For championship purposes, the finishing times were scored against a sensible 35 minutes, taking into account the hilly nature of the course. Whilst most of us managed to stay on course, there were a few who, due to the sparse marshalling, lost their way and added extra time, extra miles but alas, FEWER points! For those feeling a bit hard done-by, I would suggest simply focusing on other qualifying events - there are still many to choose from throughout the year. And let's face it, we all end up with one or two below par performances now and again. Just get back in the saddle and crack on! The championship really is a marathon, not a sprint!

Gav Mulholland was 1st finisher in 37:51 but Carol Lord clinched the nearest estimated time by one second! First lady was Helen Armitage in 49:47.

It was good to see several newer members making their championship debut - Ben Golding-Smith starting as he (presumably) means to go on with a solid 49:11. Meanwhile, Jane Cole finished in a creditable 51:33. However, James Black and Lindsay Upton were at least two of those who were “led astray” by others and ended up “exploring” more of the local area than was really necessary!

Meltham (Tough) 10K:

Held on 30th January, as the title suggests, this is not exactly a PB course, with some long climbs but also an amazingly long downhill finish of well over a mile! 29 lions turned out for this one and for once, the weather wasn't too bad. Due to some over-running roadworks near the finish, the last part of the course was modified, resulting in the finish line being 10K + approximately 80 metres! There were still some great times though with the ever-improving Fraser Ambrose being the first Stainland finisher in 42:13 and Helen Armitage once again first female lion at 49:19



Alex Whyte & Richard Lambert at Meltham

Hopefully, most of you will now understand how the points are calculated - For the majority of races, we simply take an average of the top 3 finishers, then apply your own finishing time as a percentage of this. For example, at Meltham the first 3 over the line had times of 33:03, 33:39 and 36:52 respectively, giving an average of 34:31. So if you finished in say 54 minutes, your score would be calculated as: $34:31$ (or 34.52 as an actual number) divided by $54:00 = 0.639$ i.e. 63.9 points.

For parkruns I have set the target times at 16:00 minutes for Huddersfield and Brighouse and 16:30 for Halifax (because it's hillier and therefore a bit harder). I have done this because working out the results every week for 3 different top finishers, then trying to equalise these with every other weeks' results would be immensely complicated! In a similar vein, I have specific target times for the club Handicap and the 3K track races as there will only be lions competing and the formula illustrated above wouldn't really work. I Hope this all makes sense.

Talking about parkruns, so far 54 of you have attempted at least one go at Huddersfield or Brighouse, and 29 at Halifax. These are events that you could potentially do every week if you wanted to (several people more or less have done so!) which gives you a much higher chance of a good score. They can also help you to measure your general progress throughout the year.

Chris Hall currently leads the way at Halifax with a superb time of 18:51, whilst at Huddersfield, it's err, well, Chris Hall again with 18:08! Damien Pearson currently has the fastest time at Brighouse with 21:18. As I'm sure most of you know, Brighouse parkrun is currently closed for repairs to the hardcore track which were recently damaged during the February storms.



Sue Cash on the finishing straight at Huddersfield Parkrun – 12th Feb 2022

So, we are now into March with the 14.2-mile Dentdale Run up next (this may be over and done with by the time you read this) - possibly one of the most spectacular and scenic road runs in the North of England!

We then have the Windmill 6 on 20th March, so if you haven't signed up yet, get your entries in now (currently about two thirds full!)

By the end of the month, I intend to have the divisions published for this year. Following some internal discussions, it is likely that we will be rationalising from 7 to 6 divisions. I know some of you will say that this will make it harder for you. Well not necessarily - The more events that you enter, the more likely it is that you will score well overall. You may look at others in your division and think "I could never beat them" but that's not what it's all about. The ones that end up in the top 3 at the year end aren't necessarily the fastest runners but the most consistent! Also, we really do need some true but fair competition for the trophy positions because historically, in some cases only the top 3 actually have actually qualified and completed 9 events. This is a key reason why we have dropped it to 8 to qualify. The smarter ones among you will play the long game and not get distracted by the early leaders - Things can change throughout the year with injuries, loss of form and improvement for some all affecting the final results. So don't be put off if you feel surrounded by faster runners - nothing stays the same forever and you just might surprise yourself.

Good luck to all of you taking part and when it all seems a bit tough, simply kick back (just a little bit!) and enjoy it for what it is.

Steve

Ladies Captain's Report

Maria Harron



Ladies' Report

In the last Newsletter I was able to report on the many challenges that had been completed by so many Stainland ladies in 2021. It was fantastic to celebrate such achievements and hear about their determination to keep going throughout the year but also how fellow club members helped to motivate each other as well.

I have recently been trying to find out the challenges that ladies have set themselves for 2022 and it is very exciting reading about them but again hearing about the support everyone has for each other, I am super proud to be a Lion and part of this Club! I cannot write about all the challenges that have been set but I thought it would be nice to hear about as many as possible so we can track progress through the year, maybe be inspired to set a challenge for yourself or support like a Lion. Please let us know what your challenges are so we can report on them. So here goes

Zoe Dee

7 marathons in 7 days in memory of Rob, raising money for Overgate Hospice. The first one marathon is on is 26th September starting at Overgate and finishing on 2nd October at Overgate. Training is going well with around 30 miles per week at the moment.

"I'm under no illusions and know that there'll be a lot of walking but I'm so bloody determined."



Zoe is hoping for the pride to be right behind her and I am sure we will be, she already has offers of company from Stephen Hall on training runs where he promises to run slowly!

Catherine McHugh

Yorkshire marathon in memory of Robert - because he told her she had to do it and I am sure she will! In aid of Overgate.

Karen Thorne and Sarah Lunt

Lakeland 50, which is 50 miles and certainly not 50 kilometres! They will be joined by Roy Lunt and have already been training hard including having done a recce of the last section of the race in the dark!

Anne Cawdron

Signed up for Walk all Over Cancer - 10,000 steps a day throughout March. When I spoke to her at the end of February she was on less than 6,000 a day but at this point it was still less than 6 weeks since her hip replacement! A few days into March and into her challenge she is already on target with her 10,000 steps a day with a few extra in the bank saved up in case she needs them. She is amazing!

"I'm going to give it my best shot!"

Here is a link to her fundraising page:

<https://fundraise.cancerresearchuk.org/page/annes-walk-all-over-cancer-giving-page-33>

Dawn Medlock

Inspired by Anne, Dawn is also going to set herself a smaller challenge and do the Walk all Over Cancer challenge too in her build up to fitness following injuries last year. 2022 will be better!

Lin Devine

Shorter projects are being taken up by others too – Lin is trying to do 20 miles a week and see where that leads! It is a good baseline for keeping fitness levels going.

Joanne Cooke

She is doing at least 5k a day walk or run. She has done every day so far this year, even with the storms!!

"Not sure how long it will last but at the moment my stubbornness is keeping me motivated to get out... as we like to say *we're not made of sugar!*"

Bev Day

She has secured a place for GNR and will be running for Overgate. When she asked if anyone would help get out on training runs with her, she had many offers of help from Christine Cliffe, Dawn Medlock, Lin Devine and others! Well done!

Diane Thornley

"Think my challenge will be to do some actual running!"



There it is written in black and white, we look forward to hearing how you get on when you are back from your holiday!

Lindsay Upton, Clare Thomas, Claire Radcliffe and Ella Boyle

Paris Marathon on the 3rd April, first marathon for them all and it has been lovely to see them embracing their new club membership and taking advantage of what we have to offer as a club. They have been enjoying (!) coming to track as part of their training, although it seems to be they don't always come when it is raining and there is more oxygen in the air to help them run faster! 😊

I shall ignore the comment from Clare Thomas about retiring from running after the marathon! She will be buzzing so much when she gets that marathon medal that she will just want to run more!

Lindsay is also working to get a sub 50 mins 10km this year too 🍌

Lorraine Naylor

“Stay injury free.”

A very good point and a great thing to think about. As a regular attendee of Diane Waite’s yoga class Lorraine has realised the benefits of yoga for injury prevention and to also help improve her running.

Debbie Grunhut-Hinds

Rather than distance Debbie is going for ascent! She is planning on 100,000 feet of ascent during her runs this year. In previous years she has managed 80,000 feet so needs to climb an extra 20,000 feet. Hill sessions sound like a great idea!

Becki Ambrose

“Find some consistency and motivation again! Hoping the brighter nights will help! Here’s to Spring!”

Such a variety of challenges and it is not too late to find your short or long plan for the year. We can all feel like Becki over the winter but as she says Spring is coming and there is so much to get excited about, here are a few:

Vets races

CWR

Championship divisions to be released soon and points to be won

7-week 10k track/marathon plan happening at the moment

Social run to be planned with Baildon and Saltaire runners

Sports Day!

Helen Armitage - CIRF

In February Helen Armitage completed her Coach in Running Fitness and joined the Stainland Lions Coaching Team. It is great to have her onboard and I am sure you have already seen how her enthusiasm and passion for the club and running is very inspirational. I have asked her a few questions about her running and about her new coaching qualification.

When did you join Stainland Lions and why?

I think I joined Stainland Lions in about 2004 but didn’t get the chance to run with the Club much or take part in many races due to family commitments until around 2011. I do remember though that it was Mark Preston who persuaded me to become a member after I had signed up for the Great North Run.



What have you enjoyed about being a member of the Club?

I really enjoy turning up at a race wearing my Stainland vest knowing there will usually be some other Lions there. The encouragement and friendship that you get from being part of a Club makes such a difference to the enjoyment of running and just makes you want to keep running and also to become a better runner. Also, once you start taking part in races your competitive side definitely comes out.

Why did you decide to become a coach and do the Coach in Running Fitness (CIRF)?

Before taking the coaching course I did have to go through my LIRF course first, which took a while as the courses kept getting cancelled due to COVID, which was rather frustrating, but I persevered with it as I had started to take a group out on Thursday Club runs and really enjoyed it. Once I had completed the LIRF course I thought about doing my CIRF course (Coach in Running Fitness) as a bit of a challenge to myself. To do something different and something that was probably outside my comfort zone. I will be honest and say that the CIRF course is quite intense and there is quite a lot of work to do outside of the course. I was totally stressing about the final assessment day but was surprised how much I did actually enjoy that day. Everyone on the course had felt the same and we were able to support each other through it. It meant a lot to get the handshake on the day to say I had passed the course, but fully realise

that this is just the start of it all, and it is now where the real learning curve and coaching journey starts.

The course also makes you realise that although running starts out as simple as putting one foot in front of the other as fast as you can, it is much more technical than that and working on the way we run is so important to improving how well we run. I have tried to work on my own running technique over the last few months, and though I had improved a bit – until you see a race photo of yourself and then think – do I really run like that?

It also means a lot to me that this gives me an opportunity to give something back to the Club. I love taking part in the Championship events, the Cross-country, Vets races, and Calderdale Way Relay, but none of these things happen without the work of others, so hopefully this is my chance to give something back.

What is the one piece of advice you would give to runners that you learnt from the course?

My advice to anyone is to enjoy your running. Keep challenging yourself, keep setting goals and enjoy yourself along the way.

Track

The first track plan of the year has been a big success. We did a 6-week plan gearing up to a 5k.

Here are some great statistics regarding the track sessions for the first 5 weeks thanks to Leon Severn:

- 58 different people attended in the first 5 weeks.
- Current average weekly attendance is 34 people.
- 32 people have done at least 3 sessions.
- 14 have done all 5.

Unfortunately, the weather was not good for week 6 of the plan and our attendance dropped so Leon did not do the statistics again! Please remember that rain does not affect your running at track, and those who attended during the rain were so impressed with themselves that they did it and did not melt in any way! 😊 It's only rain!

But we have had Parkrun success from Sue Cash and Diane Waite with course PBs and feeling really good about their progress! Well done ladies!

A big welcome to new members Ella Boyle, Claire Radcliffe and Clare Thomas. We look forward to getting to know you and seeing how your running progresses. We hope that you will get fully involved in everything the club has to offer.

Well done ladies, keep running and smiling even if it rains!

Men's Captain's Report

Leon Severn



Here we go! Straight out of the blocks and into the New Year! At the risk of repeating what Maria might also have said in her notes, we literally did start the year flying out of the blocks . . .

. . . . in this case the blocks on the track at Spring Hall. We were really proud as new coaches and the captains to see so many people get involved with the 6 week track sessions that Maria had put together! As a coaching group it's been great to see so many people get involved across the weeks.

Maybe it's 'new year, new me', and numbers might start to average out but hopefully we'll still see large numbers turning up and trying out the session! The spirit and effort from everyone has been fantastic to see. A personal guarantee – you WILL improve your times and your fitness by consistently turning up on a Wednesday, and making track sessions a part of your regular training! Mark has preached this for years, and includes it in a lot of people's plans when they're training for marathons.

If you're interested or want to know more, just ask. Come give it a try, we'll make it work for you, whatever your current level of fitness. Just do it.

Talking of training, many will be midway through their spring marathon training. Many fitting races into that training, such as Richard Crombie. Carrying on from last year, he's recently recorded a sub-40 mins 10k at Dewsbury in February. Brilliant work. One to watch in the coming months for sure. Keep it up big fella.

Hot on the comeback is Paul Corns as well. I'll be hoping to see Paul back at the club when I'm free, but also happy to keep a check on Strava to see him return to his best.

I know many more are injured, and will try to reach out to them as well but would also ask how can we do more to keep in touch? Maybe the away runs starting again (scheduled for March) will be that opportunity? Be good for injured people to keep in touch, stay involved.

Good to see other races coming in thick and fast as well, with two Championship events, including our Winter Handicap (great route John Bassinder). Fraser Ambrose is the man with a target on his back. The hare that the foxes are trying to hunt down. So far . . . he's getting away in Division 1. Game on.



So, the long & short of it is! we had a great day @ Lion's WYWL.

We've also had four Cross-country events squeezed in – Mudsey Pudsey, Leeds Lakers @ Middleton, the Stormy Stadium Slippy Slalom, and our own log flume in reverse on a fabulously sunny Sunday, after a horrendous couple of weeks featuring the alphabet of storms, starting at A and going right through to Z! Thankfully though, Heath didn't flood and we could hold our fabulous event. Performance wise, we haven't had the best session for the mens, with a mixed turnout, but individually Gav Mulholland continues to deliver the gold, well silver, but he's our little pot of gold! See his race reports on the Facebook Group for an indepth review of the races!

Next year we'll hopefully have better availability and push the mens team back up into medal contention! It would be really good to see us do this again.

Talking of team events, we've now got a date set for the Calderdale Way Relay. That date being Sunday 15th May!!! If you haven't already put your name forward, please let Maria or I know!! It's such a good team event – don't miss out!

Anyway, I'll quite there – so much happening, so much to be involved with in the coming months, looking forward to seeing how everyone is getting on!

Keep on running.

Coaching with Colin Duffield

Off Road / On Road – The Same but Different

1. Green and Black's, Twix and Cadbury's Buttons are all chocolate.
2. BMX, mountain bikes and road bikes are all cycling.
3. Cappuccino, Americano and Mellow Birds are all coffee.
4. Road running, trail running, cross country and fell running.

All the same but all different

The specific conditioning and technique needed for off road running, as opposed to road running, and its effect on our performance is something most of us find out at some point. It can be a shock.

If you're used to knocking out 7 minute miles on tarmac and suddenly someone persuades you that cross country is a fun thing to do over winter, you might be surprised, and a bit disappointed to find that the best you manage is 9 minute miles. Then someone suggests a few fell races and you find that 12 minute miles are the best you can do

Don't despair. You're obviously a fit running machine and one crap run sliding around Storthes Hall doesn't change that but running off-road does ask some different questions of your body and requires you to get some slightly different skills and strengths.

A single page in the Lion's Tale isn't enough to go into depths, but here are a few points to consider:

Certainly fell races, probably cross country, possibly trail races will involve gradients you're not familiar with. This is true of both ascending and descending. Whilst there are some really obvious effects of this from an energy point of view, there are also biomechanical consequences. In short, you might get tired, and you'll have to move differently.

Also, think about where you're putting your feet. You're now running on ground that might be uneven, with hazards like tree roots, rocks and mud. If you're not going to end up face down/bum up, you're going to have to repeatedly adjust your stride length and make frequent sideways movements. That lovely rhythm and flow you find on tarmac will often be an impossible dream. You might find this tiring, you'll probably tense up, you might even swear. None of these will help.

Also, this instability of terrain will mean that your body will have to work harder to maintain speed whilst keeping balanced because you're fighting against this forced sideways movement and attendant instability. It's no wonder that after a hard fell race there's often a feeling that your body's battered from all angles. Even if you didn't fall down the steps of the pub after post-race 'relaxing'

Of course all this chopping, changing will mean that mentally you need to stay alert and focused at what's in front of you. No dreamy runners serene state available here. Then if sometimes we add an element of navigation

But don't despair. There are a number of relatively simple things you can do that will open up your horizons and allow you to enjoy some 'wilder running'.

Simple things you can do:

- Practice – it's a basic truism that you get good at what you do.
- Measure runs in time not distance or speed.
- Think about adapting the training you might already do. For instance off road reps – up and down, over steep ground.
- Strength and conditioning. The more stable and strong you are the easier it will become.
- Get the right kit. It doesn't have to cost the earth, but grippy trainers can be a revelation sometimes.

So that's the basic advice, but (and here's the bit I've been getting to) I'm planning some sessions to look at these aspects.

Probably three in total, probably Monday nights as an alternative to hills:

- Two sessions in Shibden Park; looking at drills, ascending and descending, and practicing altering cadence and keeping stability.
- One fell session (venue TBC) where we'll transfer some of the skills from Sessions 1 & 2 onto a fell running environment. Obviously this will have to be a bit of an away run. But we've got some fantastic venues within a short drive and I'd like to use a venue that features in the Club Fell Champs to show people that fell running isn't just for people with beards and varicose veins. Although both are encouraged.

If anyone's interested in this training, get in touch, either through the Facebook page, old fashioned talking, carrier pigeon, or psychic crystal fueled connection vibes. Just not the Forum as I can't seem to get on there (I'm actually wondering if it really exists or if it's a joke played by a small Lions clique on the rest of us!).

Dates for your Diary

March 2022:

Sunday 20th – Windmill 6 (6 miles) – Birdsedge Village Hall (Championship Event).

Sunday 30th – Heptonstall Fell Race (15 miles, 3300ft) (Fellrunning Championship).

Thursday 31st – 7 Week Beginners Course Starts

April 2022:

Saturday 2nd – Moorhouse's Pendle Fell Race (4.5 miles, 1500 ft) (Fellrunning Championship).

Sunday 3rd – Brun Valley 10k – Thompson Park, Burnley (Championship Event).

Tuesday 5th – Bunny Runs 1 (3 miles, 328 ft) – West Lane Baptist Church, Haworth (Championship & Fell Event).

Saturday 9th – Wardle Skyline Fell Race (7 miles, 1250ft) (Fellrunning Championship).

Sunday 10th – Flat Caps 10k – Sowerby Bridge Cricket Club (Championship Event).

Tuesday 12th – Bunny Runs 2 (3 miles, 328 ft) – West Lane Baptist Church, Haworth (Championship & Fell Event).

Tuesday 19th – Bunny Runs 3 (3 miles, 328 ft) – West Lane Baptist Church, Haworth (Championship & Fell Event).

May 2022:

Monday 2nd – Coiners Fell Race (6.7 miles, 968 ft) – Mytholmroyd Community Centre (Championship & Fell Event).

Saturday 7th – Llanberis, Elio Ridge (7.8 miles, 2493ft) (Fellrunning Championship).

Sunday 8th – Bluebell Trail.

Sunday 15th – Calderdale Way Relay.

Wednesday 18th – Blackstone Edge Fell Race (3.5 miles, 1200ft) (Fellrunning Championship).

Saturday 28th – Helvellyn & Dodds Fell Race (15 miles, 4386ft) (Fellrunning Championship).

June 2022:

Wednesday 8th – Otley 10 (10 miles) – Otley Cricket Club (Championship Event).

Sunday 12th – Burton Leonard 10k – Harrogate (Championship Event).

Tuesday 14th – Bridestones Fell Race (4.7 miles, 1230ft) (Fellrunning Championship).

Saturday 18th – The School Run – Digley Reservoir, Nr Holmfirth (Championship Event).

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

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

July 2022:

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

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

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

August 2022:

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

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

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

September 2022:

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

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

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

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

Sunday 18th – Stainland Trail.

October 2022:

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

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

November 2022:

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

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

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

In the Lion's Den With Gavin Dodd



Jenny Marshall



Age:

39

Occupation:

Project Manager for an IT company.

When did you start running?

I started running in 2016 as my brother had started running and I wanted to be better than him!

What made you join Stainland Lions?

I joined Stainland Lions after moving from Wakefield to Lindley. I know how marvellous a running club can be and heard lots of great things about the Lions.

Favourite race distance?

My favourite distance is a 10k.

Best advice / tips for training?

Someone once told me that the first mile is always a lie. I tell myself most times I set off on a run! Another tip that I remind myself a lot is to run with my heart and not with my head. If the competitive edge in me gets too carried away I can fall out of love with running if I don't keep it in check.

Proudest moment?

Taking part in Endure24 with my old running group. We ran the 5 mile loop in pairs every 4 hours, even at 2am and it was just brilliant.

What do you enjoy listening to?

That depends on the type of run. If it's quick then it's something like Limp Bizkit, if it's a steady longer one I like Fleetwood Mac.

Quick fire questions:

Fav film?

This is a tough one . . . I love the Identity Thief.

Fav running shoes?

I wear Brooks Bedlam for road and Saucony Peregrine for trails.

Plans/goals for the future?

Just to keep running and enjoying it. I do a lot of strength training, so I want to focus on a balance between the two.

Favourite food / restaurant?

I love food, all of it! My favourite place to eat is HOME in Lindley, it's great.