



# The Lions Tale

Stainland monthly newsletter



Paul Armitage

### From The Chair

Ramblings from our new Chair for 2024.

Debbie Grunhut-Hinds

### Race Reports

A summary of race reports from January 2024.

Various

### Contributors

Maria - Ladies Update; Coaching with Colin; In the Lion's Den with Gav.

# From the Chair

## Paul Armitage



Hello everyone and thank you for accepting me as your Chair again. I always wonder what I should write here so perhaps some of you could give me some pointers.

I will start with what is going on at the moment. The year starts as always with the Club Championship, of which I am a big advocate. I have done it every year since I joined even last year when my level of engagement with running took a tumble. It is easy to think of this as just everybody running with the sole intention of winning their division and for some of us that is the case. But it is more than that, it is a really good chance to meet up with other Lions to compete together. It really is not about the winning it is the taking part that matters. Yes, you can use it to measure your own improvement if you want to but for me there is nothing better than turning up at a race and seeing many of us attired in our SLRC hoodies and racing attire. The banter before the race along with the reliving of the race afterwards can be the highlight of anyone's week, I know I need to get out more. Plus, there will always be other Lions that run at a different time to you with so many different nights for us all to run, for you to get to know better. Steve Hallam also puts a lot of effort into choosing the races, allotting our divisions (7 for me this year Steve) and then updating the results afterwards. Two races have taken place already, the Winter Handicap and the Meltham Tough 10k and both had good turnouts so thank you for that. Only 18 more to go 😊

The time is fast approaching when we host the WYWL Cross Country race and with the numbers that have been appearing at the other events we are in for a busy time. We always get rave review for the hosting of our race and Lorraine Naylor has been busy in the background organising the permits and other things that we need to host the race on the 25<sup>th</sup> February. As I said we are expecting a large turnout of runners from some 14 clubs across West Yorkshire and we will need lots of help on the day setting up, parking cars and pointing runners in the correct direction. Some of you will have heard about the unfortunate events at the recent Bramley event when a crucial marshal was not where they were meant to be so causing the whole event to be void. Catherine McHugh has the unenviable task of gathering marshals, so can I please ask that you let her know if you can help out, we really need as many of you as possible.

Before that we have our annual presentation evening which we are trying a new format after a poll of our members, as I write it will be too late for anyone else to come along as numbers are in the process of being finalised. It will be a less formal occasion than it has been previously, but I am sure that it will be a truly sparkling event as usual, and of course my speech on the night can also be much less formal, a bonus all round. There will be food, presentations, dancing and drinking which sounds like a perfect night out. I shall report back the bits I remember next month.

Lastly a quick committee update. Firstly I would like to give a huge thanks to John Bassinder for both the work he has done as Chair for the last two years, but not only that John has been on the committee a long time and has given up countless hours to SLRC making sure that we run smoothly. John remains on the committee as Past Chair and I am sure will still give his all. Also stepping down are Mark Preston, Catherine McHugh, Gail Fawcett and lastly Maria Harron. A quick mention for Maria too who as Ladies Captain put all of her enthusiasm into the role for the last three years, I think it is, and has really promoted our Ladies. Joining the committee are Mark Pottinger (Men's Captain), Maria Chandler (Ladies Captain), Gavin Dodd, Heather Anderson and Karen Careless, and after our first meeting in January I am looking forward to working with you all and the committee members who stayed on for more of the same. We had a busy first meeting and I will update you more on what is happening next month.

That is all from me for this month see you soon.



### **2024 Championship Races:**

- Sunday 3<sup>rd</sup> March: Hot Toddy.
- Sunday 28<sup>th</sup> April: Willow Valley Flyer.
- Wednesday 22<sup>nd</sup> May: Blackstone Edge Fell Race.
- May/June (TBC): The Full Bronte (Bronte 5).
- Sunday 23<sup>rd</sup> June: Norman Cole Penistone 10k.
- Tuesday 2<sup>nd</sup> July: Stoodley Pike Fell Race.
- Sunday 7<sup>th</sup> July: Eccup 10 mile.
- Wednesday 17<sup>th</sup> July: Hepworth Trail Race.
- Wednesday 7<sup>th</sup> August: Hopwood Trot.
- Sunday 18<sup>th</sup> August: Piethorne 10k.
- September (TBC): Meanwood Valley Trail Race.
- October (TBC): Holmfirth 10k.
- Sunday 27<sup>th</sup> October: Macclesfield Half Marathon.
- Sunday 3<sup>rd</sup> November: Guy Fawkes 10.
- December (TBC): Coley Canter.
  
- 3k Track Race – dates to be confirmed.
- Halifax & Huddersfield/Brighouse Parkruns – Every Saturday.

### **2024 Fell Running Championship Races:**

- Sunday 11<sup>th</sup> February: Windy Hill (11.8 miles, 2100ft) BM
- Sunday 25<sup>th</sup> February: Hoppits Hill (3.3 miles, 820ft) BS
- Sunday 16<sup>th</sup> March: Flower Scar (8.1 miles, 2165ft) AM
- Saturday 23<sup>rd</sup> March: Boulsworth Bog (7.2 miles, 1280ft) BM
- Monday 1<sup>st</sup> April: Trunce 1 (4 miles, 558ft) BS
- Tuesday 2<sup>nd</sup> April: Bunny Run 1 (3 miles, 328ft) CS
- Tuesday 9<sup>th</sup> April: Bunny Run 2 (3 miles, 328ft) CS
- Tuesday 16<sup>th</sup> April: Bunny Run 3 (3 miles, 328ft) CS
- Monday 22<sup>nd</sup> April: Trunce 2 (4 miles, 558ft) BS
- Monday 6<sup>th</sup> May: Coiners (6.7 miles, 968ft) BM
- Monday 13<sup>th</sup> May: Trunce 3 (4 miles, 558ft) BS
- Wednesday 22<sup>nd</sup> May: Blackstone Edge (3.5 miles, 1201ft) AS
- Thursday 23<sup>rd</sup> May: That's So Hebden Bridge (6.5 miles, 1150ft) BM
- Monday 3<sup>rd</sup> June: Trunce 4 (4 miles, 558ft) BS
- Monday 24<sup>th</sup> June: Trunce 5 (4 miles, 558ft) BS
- Sunday 30<sup>th</sup> June: Kinder Trog (16 miles, 3500ft) BL
- Tuesday 2<sup>nd</sup> July: Stoodley Pike (3.1 miles, 700ft) BS
- Monday 15<sup>th</sup> July: Trunce 6 (4 miles, 558ft) BS
- Monday 5<sup>th</sup> August: Trunce 7 (4 miles, 558ft) BS
- Sunday 18<sup>th</sup> August: Piethorne (6.2 miles, 900ft) BS

- Monday 19<sup>th</sup> August: Trunce 8 (4 miles, 558ft) BS
- Monday 9<sup>th</sup> September: Trunce 9 (4 miles, 558ft) BS
- Saturday 28<sup>th</sup> September: Five Trigs (18.6 miles, 2953ft) BL
- Sunday 6<sup>th</sup> October: Castle C'Alf (7.5 miles, 1600ft) BM
- Saturday 2<sup>nd</sup> November: Shepherd's Skyline (6.2 miles, 1148ft) BS
- Sunday 1<sup>st</sup> December: Mytholmroyd (6.2 miles, 1640ft) BM
- Saturday 14<sup>th</sup> December: Moors the Merrier (21.1 miles, 4000ft) BL

#### **West Yorkshire Winter League 2023/24:**

- 18<sup>th</sup> February: Pudsey (**Note: date has been changed from the 11<sup>th</sup> Feb**).
- 25<sup>th</sup> February: Stainland
- 10<sup>th</sup> March: Crossgates

#### **Club Away Runs:**

- 8<sup>th</sup> February: Mamils Café Bar, Brighouse.
- 14<sup>th</sup> March: Sowerby Bridge (to be confirmed).
- 11<sup>th</sup> April: Ripponden (to be confirmed)
- 9<sup>th</sup> May: Orienteering with Jim Harris (venue to be confirmed)
- 13<sup>th</sup> June: Stump Cross (to be confirmed)
- 11<sup>th</sup> July: Will O Nats (to be confirmed)
- 8<sup>th</sup> August: Lord Nelson, Luddenden Village (to be confirmed)
- 12<sup>th</sup> September
- 10<sup>th</sup> October
- 14<sup>th</sup> November
- 12 December: New Inn, Sowood (Xmas Tree Run) (to be confirmed).

#### **Club Events:**

- Friday 9<sup>th</sup> February 2024: Stainland Lions Presentation Night & Party, Bradley Hall Golf Club.
- February 25<sup>th</sup> 2024 – Stainland hosting WYWL Cross Country.
- May 5<sup>th</sup> 2024 – Bluebell Trail.

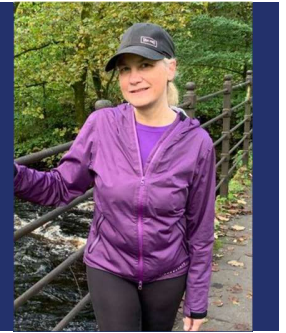
#### **Other Races:**

- Sunday 19<sup>th</sup> May: Calderdale Way Relay



# Lions Publicity Officer

## Debbie Grunhut-Hinds



### Race Report for January 2024

#### Giant's Tooth Fell Race (1<sup>st</sup> Jan):



Out and about on New Year's Day were three hardy Lions who completed the Giant's Tooth Fell Race. The 3 mile route around Ogden Water had 400 feet of ascent. Dave Culpan beat his 2023 time by 1 minute 51 seconds.

**Results:** Moria Alderson 26:12, Martin O'Brien 27:48 & Dave Culpan 28:53.

#### West Yorkshire Winter League – Race 3: Stadium (7<sup>th</sup> Jan):

It was great running from all the Lions at Race 3 of the West Yorkshire Winter League. Stadium put on a great show with plenty of encouraging marshals. The course was expected to be muddy and hilly and it did not disappoint. There were plenty of tree routes to contend with along the way, but thankfully the stream wasn't too deep! Most Lions got round in one piece unlike Joanne Kitcher and Laura Goodwin proven to be a mucky pair 😊 Andrew Earnshaw came out bloodiest!

Gavin Mulholland led the men home in 3<sup>rd</sup> place, followed by Daniel Sykes, Phil Moyles, Andrew Earnshaw, James Penson, Jim Harris, Paul Corns, Paul Patrick, Ben Golding-Smith, Martin O'Brien, Ray Mooney, Steve Crowther, Amjid Khan, John Bassinder & John Rushworth.

Bringing the Ladies home was Mags Beever in 43<sup>rd</sup> place (2<sup>nd</sup> female), along with Anne Johnson, Stefanie Hopkins, Clare Smith, Lorraine Naylor, Aileen Baldwin, Helen Hudson, Helen Armitage, Joanne Kitcher, Rikki Hammond, Sally Caton, Laura Goodwin, Heather Anderson & Linda Hayles.

After three rounds the Men have 6,014 points (6<sup>th</sup> place), Ladies have 4,902 points (1<sup>st</sup> place), Vets 2,779 points (6<sup>th</sup> place) and Super Vets 2,797 points (1<sup>st</sup> place).







### Stainland Lions Winter Handicap (14<sup>th</sup> Jan):

Forty-seven Lions set off from Heath Rugby Club for the Club's Winter Handicap – the race was the first counter in this year's Club Championship, and many runners were keen to get some valuable points on board. All participants were relieved of their GPS watches and phones, given a map of the course and must predict their finish time before the race, and the Handicap Trophy is awarded to the runner whose finish time most closely matches their pre-race predication.



Roz Sykes was this year's winner who finished within 5 seconds off her estimated time. In second place was Jan King who was 40 seconds out, followed by David Farrar who was 1 min 41 seconds away from his estimated time. The fastest man on the day was Gav Mulholland, who completed the route in 29:20, followed by Gav Foster 31:02 and Phil Moyles 34:24. The first Lady home was Helen Armitage in 39:36 followed by Heather Moffat 41:22 and Michelle Rogerson 42:15.



**Inskip Half Marathon (20<sup>th</sup> Jan):**

Two Lions crossed the border to Lancashire to compete in 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.

Stephen Hall came in 4<sup>th</sup> place out of a field of over 200 runners with a half marathon PB of 1:15:21, knocking over a minute off his previous half marathon best and setting a new M35 Club Records. Gavin Foster closely followed in 7<sup>th</sup> place with a time of 1:17:44, his best half time in three years.

**Brass Monkey Half Marathon (21<sup>st</sup> Jan):**

Chris Hall ran the Brass Monkey Half Marathon in a time of 1:22:03. This flat, fast road race attracted over 1,700 runners and started and finished at York Racecourse.

**West Yorkshire Winter League – Race 4: South Leeds Laker (21<sup>st</sup> Jan):**

Storm Isha hadn't quite made its appearance on Sunday morning when 31 Lions headed to Leeds Lakers territory for the 4<sup>th</sup> cross-country race in the West Yorkshire Winter League series. Gavin Mulholland led the Lions home in an impressive 5<sup>th</sup> position. Other scorers for the men included Mark Pottinger, Daniel Sykes, Andrew Earnshaw, Bill Johnson, James Penson and Jim Harris. Mags Beever finished 2<sup>nd</sup> Lady overall on the day, followed by Stefanie Hopkins, Anne Johnson, Lorraine Naylor and Aileen Baldwin.

With four races left to go the Lions currently rank 5<sup>th</sup> overall, with the Men in 7<sup>th</sup>, Ladies in 2<sup>nd</sup>, Vets in 7<sup>th</sup> and Super Vets in 1<sup>st</sup> place.



**Meltham “Tough” 10k (28<sup>th</sup> Jan):**

Sunday’s Meltham 10k was the second race in this year’s 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 a hilly one with over 650 feet of ascent, starting from the centre of Meltham and heading to Blackmoorfoot Reservoir. Phil Moyles led the Lions home in 57<sup>th</sup> place, and there were age category wins for Dick Spendlove and Jackie Barker.

**Results:** Phil Moyles 43:55, Dave Farrar 46:54 (2<sup>nd</sup> M60), Steve Hallam 50:24, Helen Armitage 50:55 (2<sup>nd</sup> M55), Michelle Rogerson 51:03, Dick Spendlove 51:22, (1<sup>st</sup> M75), Andy Baird 51:43, Mark Preston 51:50, John Carless 52:40, Maria Harron 53:21, Heather Moffat 53:34, Steve Crowther 53:52, Amjid Khan 54:32, Karen Carless (3<sup>rd</sup> M55), Anne-Marie Ulllyott 56:19, Hayley Kelly 56:49, Rebecca Gvozdenko 1:00:07, Gareth Knight 1:00:18, John Rushworth 1:00:42, Sandy Gee 1:01:21, Rebecca Hill 1:03:07, Lin Devine 1:04:10, Dawn Medlock 1:04:53, Phil Richards 1:05:40, Paul Armitage 1:08:54, Rosaline Sykes 1:10:35, Helen Rees 1:11:14, Anne-Marine Killeen 1:13:25, Jackie Barker 1:14:41 (1<sup>st</sup> F65), Judith Greenwood 1:20:46 (2<sup>nd</sup> F75).

## PB Corner

### Parkrun PB's

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

Brighouse: **Will Rushworth** ran a course PB of 20:17, taking 1 min 25 seconds off his 2016 course best.

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

Brighouse: **Wayne Underwood** knocked 3 seconds off his time to come home in 24:48.

**Alison Underwood** ran a PB of 34:11, taking 9 seconds off her time.

Fountains Abbey: **Becky Hill** clocked up a PB of 29:49, taking 1 min 5 seconds off her previous best.

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

Huddersfield: **Sue Cash** ran a PB time of 27:24, taking 42 seconds off her 2019 best.

**Abi Howarth** beat her 2019 time by 58 seconds, giving her a new PB of 28:29.

**Becky Hill** knocked 34 seconds off her best time, giving her a new PB of 29:06.

Peter Pan, West Hull: **Ben Golding-Smith** ran a PB time of 22:44, taking 1 min 17 seconds off his previous course time.

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

Worcester: **Tony Mott** beat his 2017 time by 6 mins 13 seconds coming in at 26:00.

### Races

**Inskip Half Marathon:** **Stephen Hall** smashed the M35 Club Record with his PB time of 1:15:21.



Stainland Lions'  
Lion of the Month

# DICK SPENDLOVE

January 2024

Another club legend, well done, quite an accomplishment.

An inspirational runner, congratulations!

Great South Run, 10 miles - 1st M75 in 1:19:23. What an achievement!

1st M75 in 1:52:10, Tatton half marathon and all being well that will have qualified him to run for England in next year's Manchester Half Marathon. Utterly amazing achievement!

51mins at Meltham 10k is a phenomenal time. He got his category prize and he did say he was a minute quicker than 2 years ago!

Congratulations to Dick Spendlove who got M75 Bronze medals in the 1500m and 400m races at the Masters Track Championship.

CONGRATULATIONS!

# Ladies Captain's Update - Maria Chandler



## Ladies Captain's Update – January 2024

The first month of the year is nearly over, and it is time to write my first report as Ladies Captain for the newsletter. Gaby Ferris and I are taking over the reigns from Maria Harron and Helen Armitage. I am sure that you would all join me in thanking them for all their hard work in promoting and supporting the ladies in the club during their time in the hot seat. I seem to remember this time last year Maria saying her time was over, but she still stayed on for another year to help us all. I have always looked forward to reading her reports on the achievements of the ladies in the club, and I hope I can keep up her high standards. Both Maria and Helen put in so much time for the club with coaching, leading runs and all that goes on behind the scenes. Thank you for all you have done and will continue to do.

So it's over to myself and Gaby to continue their good work. For those of you who want to find out more about our Ladies Vice Captain, head on over to the Lion's Den and meet Gaby properly there.

A short introduction to myself – my running career started fairly recently. In my youth, many years ago, I played football as a teenager growing up in Guernsey and then onto the Uni team when I left the island, and this continued until I 'retired' when I moved North about 20 years ago. During all these years of playing football the only running I would do would be on the pitch or at training. Running was something I did not enjoy at all. Fast forward to 2018 and, after not doing much other than walking in the interim years, I went down to Huddersfield to do my first Parkrun (in the not so great time of over 40 minutes). I went on and off and then in 2019 I walked up the road to join the SMART Running Club that ran out of the YMCA near Salendine Nook. This was a great little club that got me started on running properly and enjoying it. During Covid, with no other options, I actually found myself enjoying running by myself. Fast forward to September 2022 and I came down to Stainland with Heather, my friend from my Smart days to our first track session. I have to say I loved it. Track has definitely helped my running no end and it is something I enjoy. I know you hear this time and time again, but if you haven't tried it come and give it a go.

January is always the time when we set targets for the year. What are our running goals? A number of runners have agreed to share their running goals with you.

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## Sue Cash

I like to have some targets to work towards! This year I'm aiming to:

1. Run sub-54 minutes for 10k races that don't have killer hills in.
2. Regularly run sub-26 at Parkrun.



3. Improve my pacing, which has always been pants (set off fast, die on my arse – every single time). Naturally I'll be doing track sessions regularly to help with these goals.

I seem to have retired from fell racing/cross country like a massive wuss, so will just be concentrating on road this year.

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## Heather Anderson

My main personal goal this year is the Keswick Mountain Festival Trail 25k – to complete it and hopefully with a smile on my face. It's important that I love a place if I'm going to run that sort of distance! I've done a couple of road half marathons and thought I would like to do something challenging for me and a bit different! Otherwise (this might sound a bit dull) I just want to stay injury-free, as well as getting a bit fitter and stronger, looking forward to an enjoyable 2024!

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## Joanne Kitcher

My running goals are to book some races to stay focused and try and get to track more for speed and maybe book some half's in.

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## Claire Haigh

I told my mum back in 2012 if I ever signed up for another half marathon she was allowed to slap me after I completed the Great North Run, knackered my knees in and subsequently slipped a disc in my back. This year I've signed up for my first ever marathon which is something I've always wanted to do but never thought I'd be able to! I'll be mooching my way around Manchester (my "home" city) and hoping it doesn't destroy me! Like most people, I watched the London marathon last year and thought stuff it let's have a go! I wanted to do one before my 40<sup>th</sup> and it then dawned on me that I only have this year left!! I was unsuccessful in the London ballot, and I just forgot about it until I did the Manchester Half in October and got a bit carried away the day after and signed up! After having last year as a rebuild year after being hit badly with long Covid, this year is the year I want to try and hit some big running goals. A marathon is definitely top of the list, but I'd like to try and do a few more fell races and I'm hoping I can edge ever closer to that elusive 2 hour half marathon time. Oh, and my mum hasn't slapped me for signing up . . . . . yet!

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## Michelle Rogerson

I'm currently training for Sheffield Half on April 7<sup>th</sup> and then focusing on Chester Marathon in October. I'm not aiming for PB's but I would like to improve my times a bit!

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## Hayley Kelly

My goals this year are to try get fitness back . . . . fallen off a bit over the last 18 months, no idea why and no real excuse lol. I'm aiming to be able to run half marathon distance better and would like to do more this year . . . . next goal Liverpool Half in March.

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My own goals for the year: Join more club runs, keep injury free so I can complete enough races in the Championship to count, run well at the Liverpool Half and Manchester Marathons, run some fell races support the club as best I can.

If any ladies would like to contribute to this section and tell us all about your goals, your achievements, or maybe your favourite or most exotic race, just send me a message and you too can have your words in print.



## Coaching Corner

### **Embracing the Heartbeat of Our Running Club: The Vital Role of Volunteer Coaches and Run Leaders – by Gavin Dodd**

Like most running clubs 'Stainland Lions' started with groups of like-minded people meeting on a regular basis for a run and chat.

While this remains the heart of our club, as the club grew it also recognised that many members wanted to 'get faster', 'achieve PBs', 'learn more' and 'run longer'.

As soon as the running track opened at Spring Hall in 2007, 'Stainland' made the decision to fund a few members through their England Athletics coaching courses to allow them to take coached sessions (this was a requirement to fulfil the council's insurance policy). Stainland also supported the creation of the track, by donating £2500 towards the 'track building fund' - a small amount compared to the Harriers £200k but still significant considering we didn't have lots in reserve at the time.



Coached sessions have now been in place pretty much every Wednesday for the last 17 years. Along with the Harriers we are the only clubs to have been ever present since day one.

Early coaching was taken by Damian Cole, Gavin Dodd, Jess Riley, Sue Gledhill and Richard Fawthrop then the mantle was taken over by Mark Pigford, Tanya Blake Miller and Graham Robertshaw. More recently the team has expanded to Leon Severn, Helen Armitage, Colin Duffield and Maria Harron.

Monday night coached Hills sessions started in 2012 and have continued on since then. Mark Pigford was doing his own hill sessions and members saw the benefit and started to join him.

Hills sessions start at Heath, where we warm up with a steady run to a local hill, once at the hill the session starts, the session is usually made up of a number of short intervals up the hill in question. In more recent years the number of members attending the hills sessions have dropped off, we are very keen to boost the numbers again - and would

appreciate any feedback on how we can do this - in a similar way to track, running hills on a regular basis boosts speed, and helps with your general running technique. It's seen as a vital part of any runners training.

In addition to coached sessions, in approx. 2011, England Athletics introduced the 'Run leader' qualification, or LiRF.

LiRF stands for Leader in Running Fitness. Those who have attended the course are given tools and methods to deliver fun and safe sessions to multi-ability groups, provide advice and support to new runners, as well as to develop pathways for those who want to progress. The course focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club.

Again 'Stainland Lions' were quick to embrace the offering and funded volunteers on their LiRF qualifications - the names are too numerous to mention but have a think about the members who regularly put their hands up to plan and take the Monday, Tuesday and Thursday sessions - it's often the same people week in and out who make a massive contribution.

Like many other areas, coaching and club runs are an area in which we set the benchmark, and in turn all other running clubs in the area have copied our structure and vision.

All our coached sessions are inclusive and benefit everyone from the beginner to the fastest runners targeting 2.35hr marathons, and everyone in-between, in fact, track and hills are probably the most inclusive forms of training, as the fastest and steadiest runners are only ever a few hundred metres apart and will warm-up and cool-down together.



Behind all these sessions and club runs are the dedicated volunteer coaches and LiRFs who invest time and effort into planning sessions and routes, with the intention of challenging members and keeping them interested on a weekly basis - as well as keeping them safe.



While we are fortunate to have a committed group of volunteer coaches and run leaders, we are always looking for enthusiastic people who can add and enhance our offering.

There is a cost to coaching and LiRF courses, the cost is funded by the club, but there is an anticipation that there will be a corresponding commitment from you to contribute to the club's activities or coaching efforts. This doesn't mean each week, most of our coaches are on a 4/5 week rotation.

If this is of interest to you please speak to one of our coaches in the first instance.

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**TRACK NEWS : Faster and Fitter in 2024 – Starting Wednesday 7<sup>th</sup> February – with Colin Duffield**

As a group of coaches we think it's important to keep it fresh by offering new things. So, we've been discussing what we can do that will give you all a big performance boost in 2024, we've decided to challenge you to commit to six weeks of specially designed track sessions to get you faster and fitter.

The focus is VO2Max. This means sessions designed to help you use oxygen more efficiently and effectively.

Improving your VO2Max is one of the key improvements anyone can made to their speed and endurance.

The good news is that it's very trainable but responds best to a repeated series of training sessions, rather than a more ad hoc approach. If you stick with these six sessions you should definitely see an improvement in your running, particularly (although not exclusively) around 5k type distances where you're working hard.

We've put together a targeted series of six sessions, starting in February and are confident that if you commit you'll see a difference.

It's suitable for everyone but isn't an easy option. You'll get out of breath and be working close to your limit, but you'll see the benefits. It hurts but it works!

## Away Run - February 2024

**The first Away Run of the year is being held on Thursday 8<sup>th</sup> February, and we will be setting off from Mamil Café Bar, Brighouse, HD6 1EJ.**





# In The Lion's Den with Gav Dodd



## Gaby Ferris



↑  
This is not me

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

I was on the athletics team at school. 200m and 3<sup>rd</sup> leg of the 4 x 100m relay. I loved it! We'd get to finish school early to get the coach to Spensborough track. My mum bought me a pair of spikes and I thought I was brilliant (still do when I take my spikes out at Springhall).

After school I didn't run again until I was in my 30's. (For some reason I had really gotten into aerobics . . . maybe it was the posey gear?). Anyway, I signed up for Race for Life, did some half-hearted training and slowly got more and more hooked.

As I got a bit fitter and faster, I signed up for a few races with a friend. GNR, and a few local 10k and 5ks (Littleborough, Tod . . . what happened to them?). I think it was after the Huddersfield 10k that we got talking to a Lion we had seen around and about and he said we should come along to the next beginners cohort. He was telling us about the different club nights and races, and I heard 'something, something hills, something, something cross country' and 'we also do TRACK' . . . I'd had my eye on track for a while and a few weeks later I was there. Springhall. Home.

This did turn out to be a massive mistake as Coach Pigford, on the lookout for a gullible fool, fast tracked me through membership to run in the CWR as the ladies team were short of a runner. He didn't tell me that Leg 5 resembled nothing like track or that I was being paired with a super fastie who had to stop and wait for me every ½ mile . . . . but it must've been alright coz I came back and I've stuck around since.

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

Obviously, I love track (see Newsletter July/August '21) and I've loved racing the shorter stuff at the Stainland Lions Sports Day. I'm a fan of the Downhill 10k too. Anything horizontal or going the opposite way of up really.

### Do you have any advice for a beginner?

Give it time. You might not 'love' the first 6 – 8 weeks but stick with it and it will get easier. Run with others, run by yourself. Don't be put off by naysayers. Give hecklers the bird.

**What's your go to running shoe?**

I went to Up and Running. They suggested Asics and I've stuck with the brand ever since. I have messed up though, going for colour or style, and 'will these go with my posey running gear?' when really I should've checked for comfort and sizing. Paid the price with a few black toenails. I've recently bought a pair of Nova Blasts. They've got a bit of a wedge. Apparently, I'll run like Sifan Hassan in them. They are a baby blue colour so they can't play out till summer. My SPIKES are Nike (and go with anything!)

**What do you do for work?**

I am a Youth Justice Officer. I work with young people who are involved in or at risk of offending. Boys, girls 10 to 18. I got a lot of 'ooh, I bet that's challenging', and it can be, but I can also say that I have met some of the most resilient, interesting, funny and kind teenagers and families during my work. And it's great when you bump into a young person you've worked with years later and they can't wait to tell you that they've turned things around, are working or studying, settled down and doing well.

**Favourite meal / restaurant?**

Cheesecake, jam roly-poly or old-fashioned school sponge and custard (chocolate sponge and mint custard). And my Glaswegian friend makes the best Scottish breakfast.

**Favourite tippie?**

Don't think I have one. A cold beer in the sun. Zinfandel Rose £4.15 from Lidl. There are some things I can definitely not drink after overindulging as a teenager – lager and black . . . remember that?

**Favourite holiday destination?**

Sri Lanka. I've been 5 times. I love the people, the weather, the beaches, the food, the wildlife, the pace of life. I always pack my running shoes and take myself off for an early morning run through the villages and jungle. It's a great way to explore and I don't mind running in the sun.



← This is not me

**Any running or non-running bucket list items**

I've managed to dodge the marathon since joining the club. I should ditch my 'Why run 26 miles when you can run 200m?' mantra and get one done. I have been taken to one side before now and told I could try harder, and race more (Yes, Paul Armitage and Ian Johnson!). Maybe I'll find a race in Sri Lanka.

**Any non-running related hobbies?**

No.

I can easily and happily spend full days watching The Diamond League, World Champs or any other big athletics competition. I am very excited for the Olympics. I've been to watch the championships a few times in Birmingham and Manchester. I shout and jump up and down in my seat. I can talk about athletics at length. I research all the runners – does that sound like a hobby or slightly worrying behaviour?

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

Whitney Houston, Sheffield Arena, 1999. It should've been my favourite concert. I loved Whitney Houston growing up. I wanted to look like her, sing like her. I was sooo giddy and I had a ticket. Unfortunately, this was the era of the 'troubled diva'. She was 2 hours late coming on stage and SHE GOT BOOED! Her voice was still amazing though . . . . hairs standing up at the back of your neck amazing. I forgave her.

Now my daughter is of an age when she can go to gigs and concerts, I have been both dragged along to and gate crashed some of her favourites. Loved Paolo Nutini, Little Simz. It definitely opens you up to new music and experiences, although I did have a mild panic attack when I got caught up in the mosh pit at Jamie T. Chic at The Piece Hall were fab.

I like any music really . . . . not heavy metal though (is it still even called that?)



This is not me



This is me

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