



# 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

Debbie Grunhut-Hinds

### Race Reports

A summary of race reports from July 2022.

Various

### Contributors

Championship Update; Ladies Captains' Report; In the Lion's Den; recent social events.

## From the Chair

### John Bassinder



Having spend most of the last few weeks in Suffolk and only a few days at home (due to family circumstances) it was a shock when Debbie reminded me that the time for this had come around again, followed by panic because I didn't think I'd have anything relevant to write about having not been around. I know I tend to ramble (my style of talking, not just running) but I find the easiest thing is to just write what you feel and thinking back over the last few weeks the absolutely obvious thing stands out.

Yet again I realise what a brilliant club we have! Having not been around I can state this with the usual honesty – but from a different perspective now. The day of the Summer Handicap, having a car full of marshals' bibs, signs, registration and finish sheets, and all the race rigmarole, it became obvious at lunchtime that we needed to get back to Suffolk very quickly, having only returned a few days previously and planning to stay for the race. Got to admit there was initial panic, also got to admit it was totally unnecessary. I messaged some of our usual reliable stalwarts at 2pm, within minutes messages were coming back from them; "I'll sort the raffle and food order". "I'll sort the finish and registration". "I'll sort out the rest of the race". By 3pm I'd unloaded the car and the race onto Karen, and we were driving south once again with a much easier mind. Later that evening I was looking with a mixture of envy and pride at the photos of everybody enjoying a successful race and a lovely evening. A week later it was the Committee meeting, again last minute apologies from me, again no problem. It all went ahead, and everything got done (a lot more smoothly I daresay) without me.

We all know it's an awful feeling if you start thanking people and unwittingly leave someone out, but to Karen, Joanne, Becki, Sally and everyone, particularly on the Committee, who has helped pull things together while we've been distracted – a massive Thank You – it just went to prove once again what I already knew – our club has some lovely, amazing people!

On a lighter note, it's been great to see the fun side picking up again thanks to Martin, JP and the socialites, following up Michelle's Ale Trail Run with a night out, and much more to come. Unfortunately I was in Carmarthen for the Lord Nelson away run; only saying this as I seem to be missing so much lately and feeling quite guilty about it. Sorry to miss that one as it's always a lovely evening in a proper Yorkshire setting, but if it's happened by the time you read this, hope it went well.

Some varied and interesting nights out and even a weekend away planned in the near future. Having been part of a Lions' Amsterdam marathon and half marathon weekend a few years ago (complete with the essential red light district post-race rehydration) I know what brilliant memories these events can leave, and I'd definitely urge everybody to join in if they can. If you're new to the club and don't think you'd know enough people to go along, be brave, you soon would!

Finally, we know we have some crazy folk in this club taking on crazy challenges, and I cannot let this month pass without adding my congratulations to Karen, Sarah and Roy for completing the Lakeland 50. Like all these things it's never just about the actual event, it's all about the hours of preparation and miles of training in the months before. Fantastic achievement. Also can't sign off without mentioning Alex . . . . . not over 600 consecutive days of running every day! So proud to be the Chairman of a club full of nutters!

# A Tribute to Steph Hull

## by John Bassinder

I know everyone in the local running world was deeply saddened to hear of the recent death of Steph Hull. To most people Steph was synonymous with Halifax Parkrun in fact to most people Steph WAS the Halifax Parkrun. When Parkruns were becoming popular several local clubs, us included, looked at possible venues to set up a Halifax event and were frustrated at every step. Not sure anyone else looked at Shroggs though, a hilly park on the outskirts. Steph did, and it turned out to be an inspired choice to base the run there in 2015. Everyone knows you won't get a PB, but in the true spirit that Parkruns were intended it has become one of the friendliest Saturday morning gatherings, with a real "Parkrun family" feel. That atmosphere was due in no small part to Steph herself with her larger than life personality and infectious sense of fun.



Before setting up the Parkrun Steph was a much valued member of Stainland Lions. In her time as a Lion she was a hard working Committee member, became involved with the beginners' course, acted as race director for the Bluebell Trail, and was always an enthusiastic volunteer, as a marshal (not the quietest!) or wherever help was needed.

I spent an afternoon with Steph several years ago, marking out the woods before the Bluebell. We talked non stop and by the time we finished I felt like I'd known her for years. She was planning the Parkrun then and was totally sure it would be a success, no question about it. She had that positive attitude in everything and maintained it throughout her illness. A lot of Lions were closer to her than I was and knew all about her battle with cancer, and I know all of them would agree that even words like Brave, Positive and Inspirational aren't really adequate to describe her.

I last spoke to her when I volunteered at Halifax a couple of months ago, she wanted to chat and invited me to walk the course with her before the run, checking for obstacles, etc. She was struggling that morning but still talked non-stop and was open and honest about her prognosis. She was fully aware of what was happening to her but absolutely determined to enjoy what she could while she could. To say it was a humbling experience is putting it mildly, I was close to tears afterwards but totally in awe of her attitude and bravery.

I'm sure all our thoughts are with Jane and Steph's family, her funeral is on Tuesday 23<sup>rd</sup> August, 3pm at Elland Crematorium. Her wishes are that you wear colour only, no black; and Parkrun Milestone tops are welcome. From there everyone is invited to Heath for the wake afterwards.

Hope it's ok to share this last thought with you all after writing this; I must admit this has been difficult to do following on from the recent loss of Linda, an equally brave and lovely person. My obvious emotion, like everyone else, is deep sadness that we've lost two brave people who we will always remember. The consoling thought is that they were people who I had the privilege of knowing and never would have done without running. I realise that through running I've met so many genuine, interesting and inspirational people who have gone on to become good and true friends.

# Lions Publicity Officer

## Debbie Grunhut-Hinds



### Race Report for July 2022

#### The Burner @ Crow Wood Park (3rd):



15 Lions took on Sunday's Burner 10k at Crow Wood Park. The race is a counter in this year's Club Championship. Fraser Ambrose finished in first place and knocked 4 mins 41 seconds off his 2019 course time. There were prizes galore for the Lions, with age category wins for Heather Moffatt, John Bassinder, Laraine Penson and Jackie Barker; there were also category honours for Phil Moyles, Ben Golding-Smith, Danny Stafford, Mark Preston, Gary Barnes, Martin O'Brien, Sandy Gee and Paula Pickersgill.

**Results:** Fraser Ambrose 42:48, Phil Moyles 44:23 (2nd M45), Ben Golding-Smith 46:08 (2nd M40), Danny Stafford 48:13 (3rd M35), Mark Preston 49:08 (3rd M55), Gary Barnes 49:40 (2nd MOpen), Martin O'Brien 50:46 (2nd M60), Steve

Crowther 52:28, Heather Moffat 53:03 (1st F50), John Bassinder 53:44 (1st M65), Laraine Penson 55:52 (1st F45), Sandy Gee 58:32 (3rd M60), Paula Pickersgill 1:02:39 (3rd F50), Jackie Barker 1:10:50 (1st F65), Trish Hallowell 1:15:26.

### Harrogate 10k (3rd):

Rebecca O'Neill was the solo Lion at this year's Run Harrogate 10k, a multi-terrain race set in the Crimple Valley. The race follows an undulating route on tarmac roads and good footpaths. Rebecca clocked a time of 49:07.

### Ironman UK Bolton (3rd):

Two 'crazy' Lions tackled the Ironman UK at the Pennington Flash Country Park, Bolton this weekend. The course included a 2.4 mile swim, a 112 mile bike ride, and a 26.2 mile run. Darren Reece completed the course in 14:24:09 and Richard Crombie in 15:00:06.

### Stoodley Pike Fell Race (5th July):



The Stoodley Pike Fell Race is a quick dash up and down Calderdale's most famous landmark. The category 'BS' race with 213m of ascent over 5km is a counter in this year's Club Fell Racing Championship and is the longest established fell race in the area (started in the 1970's), it never fails to get a good crowd. There were age category honours for Craig Miller (who was first Lion home in 17th place), Aileen Baldwin and Tanya Blake-Miller.

**Results:** Craig Miller 24:03 (1st M50), Andrew Earnshaw 25:33, Damien Pearson 26:01, Tanya Blake-Miller 27:10 (3rd F40), Paul Patrick 29:45, Aileen Baldwin 30:33 (1st F70).

### Helen Windsor Memorial 10k (6th July):

Wednesday evening saw the popular Helen Windsor Memorial 10k, hosted by Halifax Harriers. This race is a favourite for many Lions, with its beautiful runnable course and friendly atmosphere.

**Results:** Jamie Westwood 40:47, Fraser Ambrose 42:37, Will Rushworth 42:39, Gavin Dodd 42:40, Paul Corns 45:04, Clayton Cutter 50:11, Tim Neville 53:12.

### St. Aidan's 10k (8th July):

Formerly known as the East Leeds 10k, the St. Aidan's 10k is the best way to start the weekend. Held on the evening of the first Friday in July, the popular trail race is a perfect introduction to off-road running, being a fast and flat-ish trail race

along public footpaths and bridleways in and around the St. Aidan's Country Park. Tim Walker was the solo Lion at the race coming in with a time of 49:36.

### Ilkley Half Marathon (10th July):

Fraser Ambrose led the way for the Lions at Ilkley Half Marathon, finishing 191st place out of a field of over 1,300 runners, and knocking 3 mins 52 seconds off his previous half marathon time. The well attended event was held in the scorching July sunshine, on the undulating roads of the Wharfe Valley.

**Results:** Fraser Ambrose 1:39:56, Wendy Goodwin 2:30:29, Allison Bamford 2:43:15, Anna Stones 2:54:15, Valerie Nicholson 2:54:15.

### Stocks Lane Stinger (10th July):

Nineteen Lions took on the Stocks Lane Stinger on Sunday, a tough 10k around the beautiful Luddenden Valley with 600 feet of climbing. Starting at the top of Stocks Lane, runners headed out around the valley and back to the bottom of Stocks Lane. The last mile is the "stinger", a sharp uphill pull with a gradient of over 17% in parts. The race is a counter in this year's Club Championship. Gavin Mulholland bagged first place with a time of 41:07.

**Results:** Gavin Mulholland 41:07, Leon Severn 52:54, Daniel Stafford 54:03, Damien Pearson 54:05, James Penson 54:31, Phil Moyles 55:22, Steve Hallam 57:58, Aileen Baldwin 58:52, Mark Preston 1:00:22, John Ingles 1:00:25, Heather Moffat 1:02:09, Raymond Mooney 1:03:19, Rebecca Gvozdenko 1:04:29, John Bassinder 1:05:46, Susan Cash 1:08:34, Laraine Penson 1:11:35, Alex Whyte 1:20:56, Jackie Barker 1:21:41, Emma Taylor 1:34:17.



### Widdop Fell Race (13th):



Six Lions tackled this year's Widdop Fell Race, a counter in the Lions' Fell Racing Championship. The race is a classic high moorland route along interesting paths with a few tussocks and chest high bracken thrown in! Craig Miller was the first Lion home in 20th place, and Andrew Earnshaw knocked 1 min 14 seconds off his previous time - they were both winners of the Mixed Team Prize along with Aileen Baldwin & Alex Whyte.

**Results:** Craig Miller 1:05:49, Andrew Earnshaw 1:08:37, Damian Pearson 1:12:09, Paul Patrick 1:18:17, Aileen Baldwin 1:28:15, Alex Whyte 1:51:53.

### Toss O' Coin (17th):

The Toss O'Coin, a hilly mixed terrain race based at the Toss O'Coin Pub, is part of the South Huddersfield Trail and Road Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. Three Lions tackled the course on Sunday. Mark Preston was first Lion in 27th place.

**Results:** Mark Preston 51:25, Diane Waite 57:42 (3rd FV55), Emma Taylor 1:24:03

**Sir Titus Summer Trot Half Marathon (17th):**

Gavin Foster took 1st place at the Sir Titus Summer Trot Half Marathon with a time of 1:17:50. The route is flat and even underfoot and follows the Leeds & Liverpool Canal, starting and finishing at Saltaire.

**The Hepworth Trail (20th):**

The Hepworth Trail is a new race in the Huddersfield Summer Wine Trail Series; starting and finishing in the village of Hepworth, the route follows a mix of steep grassy climbs on footpaths, bridleways and quiet country lanes. Seven Lions completed the race, with Paul Corns leading the Lions home. There were age category honours for Margaret Beever (2nd F40), Sally Caton (2nd F45), Lorraine Naylor (2nd F50) and Suzanne Patterson (3rd F50).

**Results:** Paul Corns 44:45, Lorraine Naylor 46:16, Suzanne Patterson 46:23, Sally Caton 48:20, Mark Preston 48:30, Margaret Beever 50:51, Ian Johnson 52:38.

**Denholme Duddle (23rd):**

The Duddle is a challenging walk / trail running event which starts and finishes in the village of Denholme. Half of the route is on open moorland, passing Top Withins and other beauty spots in Bronte County. Participants can opt to run/walk either 27, 21 or 17 miles, navigating through six checkpoints enroute. Lions Aileen Baldwin & John Ingles chose the 21 mile route, which turned out to be 22 miles!

**Results:** John Ingles 5:14:00, Aileen Baldwin 5:26:00

**Alex Whyte - 600 Consecutive Days of Running:**

At Halifax Parkrun on Saturday, Alex Whyte completed her 600th consecutive day of running. Alex started her first running day back in 2020 with the idea to run for 25 minutes or 3 miles every day during December whilst the weather was cold, wet and windy; when the New Year came Alex joined RED January and has never looked back. The club is extremely proud of Alex and her amazing achievement.

**Yorkshire Vets Grand Prix - Race 4 - Saltaire Striders, Bingley (26th):**

A pride of 25 Lions headed to Bingley for the fourth race in the Yorkshire Vets Grand Prix series. Despite the rain making the trail trickier Lions Ed Hyland, Stephen Hall and Vets Captain Gavin Mulholland took 1st, 2nd and 3rd places respectively. Jamie Westwood made it a top performance for the 4 to count category team. Returning after a recent injury, Margaret Beever stormed home in first place for the ladies' team. Lorraine Naylor (1st F50), Helen Armitage (1st

F55) and Aileen Baldwin (1st F70) all claimed top spot in their respective age categories, and Heather Moffat claimed 3rd in her F50 age category. The next race on 14th August is on the Lions home turf.



#### **Cleveland Steelman Triathlon (30th):**

Taking place at Ellerton Water Park, Richmond, the Cleveland Steelman Triathlon is a very popular middle distance triathlon, with a 2km lake swim in a scenic venue; the 58 mile bike course is undulating and on quiet roads, and the 13.1 mile run route is mainly on flat country trails.

**Results:** Steven Crowther 5:45:57, John Rushworth 6:50:10.

#### **The Montane Lakeland 50 Ultra (30th):**

Lions Karen Thorne, Sarah Lunt & Roy Lunt took on the Lakeland 50 Ultra on Saturday. Almost double the distance of a marathon, on rough terrain with around 3,100m of ascent to deal with - the Lakeland 50 is a huge challenge; it requires commitment, drive and the ability to 'just keep going' when most people would 'just rather not!' The route starts in Coniston and heads South before completing a clockwise loop, taking in the Dunnerdale Fells, Eskdale, Wasdale and Buttermere before arriving in Keswick. The three Lions completed the route together (read lots more about Roy, Sarah & Karen's Ultra journey below).



#### **James Herriot Country Trail Run (31st):**

Lions Derek Parrington & Aileen Baldwin travelled to James Herriot Country to complete the James Herriot Country Trail Run. The 14k race, organised by the Rotary Club of Wensleydale and now in its 17th year, took place over the same scenic route on moorland tracks and paths near Castle Bolton, thanks to the kind permission of Lord Bolton himself. The course takes runners through undulating fields, moorland and gravel paths before descending to the finish. Derek Parrington finished in 47th place out of a field of 174 runners with a time of 72:62, and Aileen Baldwin came in 78:92 finishing 1st in her F70 age category.



# Parkrun PB Corner



## July 2<sup>nd</sup>:

### Huddersfield:

Dave Hudson 23:38 – taking 6 seconds off his 2016 course time.

Becki Ambrose celebrated her 150<sup>th</sup> Parkrun.

## July 9<sup>th</sup>:

At Halifax Virginia Lewin ran as a F70 for the first time. Pictured with Judith Greenwood & Jackie Barker.



## July 16<sup>th</sup>:

### Halifax:

Sally Caton 23:12 – knocking 21 seconds off her previous course PB.

Clare Thomas 24:54 – taking 7 seconds off her previous course time.

### Brighouse:

Ben Golding-Smith 21:06 – knocking 23 seconds off his previous course PB.

### Centre Vale:

Fraser Ambrose 20:23 – taking 30 seconds off his previous time.

## July 23<sup>rd</sup>:

### Huddersfield:

Mark Pigford celebrated his 100<sup>th</sup> parkrun with a time of 20:40.

## July 30<sup>th</sup>:

### Brighouse:

Richard Crombie 19:45 – knocking 1 min 50 seconds off his 2018 course time.

Molly Swire 32:42 – taking 1 min 42 seconds off her previous time.

# Club Championship Update

## Steve Hallam



### Championship Update

#### Upcoming Races:

21st Aug	3rd Sep	11th Sep	16th Oct	29th Oct
Colne Valley 10K	Blackshaw Head Fete	Shepley 10K	St Aidans HM	Race you to the Summit
10K	5.5M	10K	13.1M	7K
Road	Fell	Road	Trail	Fell

Following the last few races, the Championship tables are now taking shape. If you have only completed a handful or even just one!), now is the time to give some thought to do your bit to shake things up and not allow the front runners to simply take the honours so easily! Even now, in mid-August, there are still enough opportunities to go for it in each division. After the Colne Valley 10K, there are still a total of 9 events (including local parkruns and the final track 3K) to make a massive difference.

8	685.0	Fraser Ambrose
6	512.3	Chris Hall
5	491.7	Gav Mulholland
6	489.1	James Penson

Fraser is doing great in Division 1 but who would want Gav Mulholland breathing down their neck!

10	653.7	Ben Golding-Smith
10	625.2	Danny Stafford
10	600.2	Steve Hallam
10	594.1	Helen Armitage
6	480.2	David Farrar

In Division 2, we have David Farrar starting to build a head of steam and catch up with the leading pack. However, Ben Golding-Smith has a healthy lead at the moment.

Mark Preston, Heather Moffat, Laraine Penson and Jackie Barker are all currently leading their respective divisions, but who can catch them or at least give them a good run for their money!

13	604.7	Mark Preston
8	579.7	Martin O'Brien
8	574.1	Gerry Banham
8	563.8	John Ingles
10	555.4	Clare Thomas

10	584.2	Heather Moffat
8	546.5	Amjid Khan
9	540.8	Rebecca Gvozdenko
9	532.2	Sue Cash
9	528.8	Hayley Kelly

11	531.2	Laraine Penson
8	505.4	Paul Butterfield
9	502.8	Paula Pickersgill
8	495.8	Sandy Gee
10	451.0	Alex Whyte

10	430.3	Jackie Barker
8	394.8	Emma Taylor
6	309.1	Richard Lambert

For those of you who have already completed a good number of events but find yourself trailing a bit, why not see if you can make some useful gains in the remaining races but maybe think about your strategy: For example:

- Starting your race just a bit slower and build your speed throughout the event. Personally, I find this usually results in a decent or improved time, but it does require a certain amount of discipline.
- Develop the confidence to hold back just a little bit and let others push on early if they want to. You may be surprised to find yourself passing most of them later on whilst still having enough left in the tank for a strong finish.
- How about joining in with regular track and hill sessions which will enhance your overall speed and best prepare you to handle the rigours of maintaining a better pace for the whole of the race.
- Regular Parkruns. These can be practiced every single week and when done regularly, get you used to holding a faster speed for a few miles.

Please note, this is not "qualified" coaching advice, but I can state quite categorically that they have all worked well for me!

### Scoring System:

Several years ago, the traditional scoring system was very simple. Typically, the fastest time for each event was allocated 30 points, second place would get 29, third place 28 etc. The problem with this was that you could turn up to race and find yourself the only one in your division present for any given event and gain maximum points without much effort or genuine competition!

We therefore changed to the current system which is designed to reward you more for improved performances (which pretty much works well, most of the time). However, this system isn't perfect either as your actual score will depend very much on the performances of the first 3 over the line. If they are all very fast and the standard high, your score is likely to be affected negatively (e.g. Bunny Runs and Otley 10). If the event has a small field and the top 3 aren't that much further ahead than the chasing pack, then your score could go in the other direction and award you with a handsome and unexpected bonus! (e.g. The Burner, School Run).

If any of this bothers you at all, let's look at actions we can take to minimise this yo-yo effect:

- You could carefully consider exactly which events in which you choose to compete.
- Just simply do more of them and your optimum scores will surely materialise sooner or later!
- Accept the unpredictability to keep things interesting!

However, if there is a better way to do this better, possibly fairer, or just simply makes more sense, I would welcome any discussion from any or all of you. I would be looking to implement any possible changes for next year but it's never too early to kick things off. Also, any feedback on the current set up on what you like, what you would believe we could change, please come and chat with me at any anytime. Or if you prefer, private message me from our Facebook pages. I would welcome your input.



**Stocks Lane Stinger** - Possibly the most scenic event of the year!

# Ladies Captain's Update

## Maria Harron



### Ladies' Report

Yet again another month flies past!

Firstly, a big welcome to several ladies who have joined in the last few months: Christine Gale, Ros Sykes, Helen Rees and Francesca Rosada. Great to see them joining in with club runs and also taking advantage of track sessions and VO2 Max sessions. We look forward to seeing you all get more involved in the club, hopefully for many years to come. Lovely to see Angela Fawthrop returning as a social member too – welcome back!

I have been catching up with how some ladies are doing with their 2022 challenges and they are doing well! Here are a few updates:

**Lin Devine** has been getting her 20 miles a week done (Covid permitting!) and has benefitted from and enjoyed the VO2 Max sessions.

**Beverley Day** is well on the way with training for the GNR with only 5 weeks to go now. Beverley is raising funds for Overgate Hospice at the same time. This charity is very close to our hearts and if you can donate to Beverley's fundraising then please follow the link: <https://greatnorthrun.enthuse.com/pf/beverley-day-af00c>

Who else is going GNR? Please let me or Helen Armitage know.

**Anne Marie Ulyott** is training for her first 'proper' marathon. She did a virtual marathon in October 2020 but has admitted to not really training properly and spent time walking and chatting on the day but was happy to have completed the distance. This time she is taking it more seriously as she has a deferred London Marathon place from April 2020 and will be running at the start of October. Great to see Anne Marie being a regular track attendee as part of her training plan!

Other ladies currently training for specific races are:

- Carol Ann Heptonstall – London Marathon
- Zoe Dee – 7 marathons in 7 days (we would like to hear more about this in a future newsletter)
- Catherine McHugh – Yorkshireman Half
- Mags Beever – Chester Marathon
- Sally Caton – Yorkshireman Half
- Suzanne Paterson – Yorkshireman Half
- Lorraine Naylor – Yorkshireman Half

- Joanne Kitcher – London Marathon

It was pointed out to me (thanks Jim) that SL had a winning team at the Widdop Fell Race. There had to be two men and two women to qualify as a team and the SL team were placed first above Todmorden Harriers by just one point! Well done to:

- Craig Miller
- Andy Earnshaw
- Aileen Baldwin
- Alex Whyte

Great running from all. Aileen never ceases to amaze me with her running abilities and the amount of category prizes she wins. I am hoping that I can ask her some questions for the next Newsletter – Okay Aileen? A great run from Alex too who is still on her run every day (19 months done!) but helped the team get the first prize despite being the penultimate finisher in the race. She has so much determination and always a smile, and also proves that by turning up to a race you just never know whether you will count as a category prize winner or within a team. I hope the team got some good prizes. So, keep entering those races and then remember to turn up and run!

Karen Thorne and Sarah Lunt have been training hard for many months for the challenging Lakeland 50-mile race that happened last week. They were also joined by Roy Lunt for all the training and the race, and it is brilliant that he has also written about the event on behalf of the ladies.

### LAKELAND 50 2022

#### Roy Lunt, Sarah Lunt & Karen Thorne:

The seeds of our journey to the Lakeland 50 start line were first sown more than 2 years ago in 2020, the year I turned 50. I could go on about how we eventually came to choose Lakeland but to cut a long story short, I decided I wanted to do something a bit different (from a running perspective), something I had never done before. So, 50 miles in my 50<sup>th</sup> year seemed the most obvious thing to do.

Why an ultra? And why pick one that's nearly twice as long as you've ever run before? Just two of the questions fired at me by my mother when I mentioned it!! Along with "you should know better at your age" and "it'll probably retire you from running!!"

The simple answer – because we've never done it before and because we can. Anybody that knows us will know that, where running is concerned, logic goes out of the window. Enter first, worry about it later. Welcome to our world.



If you google 'ultra-marathons' it's defined as anything longer than a standard 26.2 mile marathon. We did Kielder Dark Skies a few years ago, and this came in at over 27 miles, so theoretically, had we not already completed an ultra? We don't think like that. It didn't have the word 'ultra' in the title, so it didn't count. Again, welcome to our world!

We hadn't even got to the point of looking for races when Covid intervened and put paid to any plans of doing an official race in 2020. The idea was shelved. My birthday came and went and no more was said on the subject.

Fast forward to 202 and the idea had pretty much been forgotten. But it still nagged away at me that my birthday hadn't really been marked in any way. Covid had put paid to a planned holiday and there had been no races for the best part of a year.

Various options were discussed between us, that's Sarah, Karen and myself, and at some point Karen mentioned that 10 years ago she had completed the Lakeland 50. "But that was 10 years ago, when you were young and fit" was the line I didn't dare say for fear of a black eye, so I kept it to myself (until now!!). Anyway, we looked into it, and it seemed perfect. A nice weekend in the Lake District and just the small matter of 50 miles to complete, but with a seemingly generous 24 hour time limit to complete. Ideal for a first go at an ultra. No problem!! Enter first, worry later.

We duly entered, which was to be via a ballot. The day of the ballot results arrived and with fingers crossed we each checked our emails (not easy with your fingers crossed!!). Typically, things didn't go according to plan. Karen had got a place but Sarah and I had missed out. To say we were disappointed is putting it mildly. We hadn't even contemplated the fact that we might not all get a place. But there was nothing we could do about it. Not to worry we thought, we can still have a nice weekend in the Lakes, supporting Karen, she'll be fine – on her own!!

But all was not lost. A couple of days later there was a post on the Lakeland Facebook page that there would be a limited number of charity places up for grabs, first come, first served. There was no way we were going to miss out again and, thankfully, we both managed to get a charity place. Game on.

### **Training:**

How do you train for something like this? We had no idea, but eventually a 'loose' training plan was concocted. This initially consisted of the standard midweek runs and a long run at the weekend. At some point we realised that this was never going to be enough and we would have to step things up. A decision was made to join the LDWA (Long Distance Walkers Association) and with hindsight, this was probably the wisest choice that we made throughout the training. They have some fantastic off-road events and on just the kind of terrain that we needed. You can also enter their events as a runner, which was part of the attraction for us. This gave us the chance to increase the mileage, and also gave us the all important 'time on feet' aspect of the training, with the longest run/walk we did being 38 miles (although after a couple of wrong turns it was closer to 40!).

In 2022, and January 22<sup>nd</sup> saw us travel up to the Lakes for the first of the official recces of the course. This was to cover the last 16 miles of the route, from Ambleside to Coniston, and would be run in the dark as the expectation was that on the day of the actual event most of us would arrive at this section at night.

All went well. We were very lucky with the weather – it was pretty mild for a night run on high ground in the Lakes in January. This for me was when it hit home just what we had gotten ourselves into. I had no concept of how long we

would be out there (4 and 3 quarter hours) or just how technical (very) the course is in places. Anyway, we came away unscathed, if a little more anxious about what was to come

Training continued through February and into March, with back to back long weekend runs now becoming part of the process too. Fortunately, we were managing to stay relatively injury free, apart from the occasional niggle here and there – just run it off lol! I stay relatively injury free, but I must mention at this point the ongoing problem Sarah has had with her knees. She has not been pain free for a long time now, and has already had one knee operated on, only to be told that a knee replacement is her only real option. Couple this with the back problem (broken coccyx) she has had for years, and you would be forgiven for thinking that she shouldn't have been anywhere near a pair of running shoes, let alone the Lakeland 50!! But believe me, try telling her to stop and you will fail miserably.

Meanwhile, Karen was doing what she always does. She just ploughs on relentlessly and refuses to let anything stop her. Try an 1885 run on a Tuesday night, and you'll get the idea. To watch these two in action is something to behold, as I did in February when they took on the South Pennine 24 in an absolute blizzard. I conveniently managed to miss the deadline for entries to this and I'm still getting stick for it, even now.

Moving on to June and with more LDWA events under our belts, the 19<sup>th</sup> saw us venture back up to the Lakes for the second official recce, this time to cover the first 30 miles of the route from Dalemain to Ambleside. Brutal sums this part of the route up nicely!! Another long day saw us on our feet for 9hrs 20 mins, and once again we were lucky with the weather. A dry, clear day and consequently some stunning Lakeland views to enjoy.

So, we come to July, taper time, and all is going well (Sarah's knee aside) until 2 weeks before the event when Sarah tests positive for Covid. It hits hard and she is pretty much bedridden for 3 days, casting serious doubt on her chances of even starting the event, let alone finishing it. After a week, Sarah finally tested negative but with only 6 days until the event, still not feeling great and now having not run for 2 weeks, it wasn't looking good.

### **30<sup>th</sup> July – Race Day:**

Finally, the weekend of the race arrived. We had travelled up to Coniston on the Friday afternoon for kit check and registration and, with kit check duly passed, we were in bed around 10pm ready for an early start the following morning. With the race due to start at 11.30am and an hour long journey from Coniston to the start at Dalemain, we were up at 6.30am – too early for us to take advantage of the full English breakfast at the B&B. Gutted.

Anyway, off to Coniston to meet up with Karen and Byron, who had stayed at the campsite. Courtesy of the ever dependable Byron, we got to Dalemain in good time, and it was a privilege to see some of the 100 mile runners coming through who, having set off at 6pm the previous evening, were by now 50 miles in. Just amazing to watch!!





At 11am the Lakeland weather finally turned against us, and the heavens opened. Jackets were on and off a couple of times even as we were stood on the start line, as the rain stopped and started again. The plan as far as Sarah was concerned was to 'test out her lungs' on the first 4 mile loop of the Dalemain estate and see how she felt, before deciding to continue or not. Was it ever really in doubt!!



The race itself was largely and, quite surprisingly for us, incident free. Our plan all the way through this was that no matter what, we would stay together. This was 50 miles on some of the toughest terrain the Lake District can throw at you and, as it turned out, in some of the toughest conditions. Nobody was going to be left behind. The rain was on and off throughout the afternoon but from 9pm at night it just never stopped and our feet suffered more than anything with varying degrees of trench foot (pictures are available lol) after around 8 hours of constant rain.

We had estimated it would take us around 17 hours to complete – we eventually got to Coniston having covered 50 miles and climbed over 9,000ft in just over 21 and a half hours. But this was never really about the time, it was always about the sense of achievement and the feeling when we arrived at the finish was like nothing I have experienced in any other race. We were walked from the finish line to the event marquee and introduced to the crowd inside like heroes and presented with our medals. It honestly brought tears to my eyes. And they did this for every single person that crossed that finish line, around 2000 people!!



I am so proud and privileged to have shared this journey with Sarah and Karen. To have these two in your corner is all you need when things are going badly, and you feel like giving up, which I did, a couple of times. My heartfelt thanks to both.

All through this I had said that this would be my first and last ultra. Having experienced Lakeland, my mind has been changed. I actually can't wait to sign up again for next year. Why? Because of the volunteers. They make this event the success it is. The level of detail is amazing. At every checkpoint they make you feel like you are the only one there, and nothing is too much trouble. Just incredible and we were so grateful.



I was told that a lot of what an ultra-marathon is about is mental strength, and this is absolutely true it's about carrying on when your body and your common sense is telling you to stop. It's about (in our case) finding the strength to go back out in the middle of the night in the pouring rain. It's about trying to stay hydrated and trying to force food into your mouth when your body is starting to reject it. On a personal note, I have suffered with plantar fasciitis over the last few months, so pretty much every step from around 7 miles was painful but, again, mental strength kicks in and you just find a way to block it out.



And above all, it's about teamwork and friendship, and we had an abundance of that. That will get you to the finish line every time.

Thanks for taking the time to read this, I know I've gone on a bit!!

I will end just by thanking a few people who have helped us/me along the way:

Sarah and Karen for just being Sarah and Karen. Enough said.

A massive thank you to Byron Thorne for his never-ending help not just during the race but also during the two recces. He was actually up all night during the race and appeared at a couple of the checkpoints – this was very much appreciated.

The Tuesday night 1885 crew for their words of encouragement and support. And for 'dot watching' during the event. Thanks guys.

Ally Audsley, my running wife, who joined us for many of our long runs and was so supportive all the way through.

Also, Maria Harron who, having completed the Lakeland last year, became a valuable source of tips and information for me at the Monday night hill sessions. Thanks Maria.

And Artur Stelmachowski, who, like Maria, passed on many words of wisdom and advice to me over the last few months. Cheers pal.

Lastly, my mum, who (jokingly) said this would retire me from running. She sadly passed away before I had the chance to get this done. But hey, I did it mum. And I'm gonna keep going. This one's for you.



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A massive well done to Sarah, Roy and Karen, a huge achievement. Having read about their experience I am tempted to do it again as it was so much fun, and the atmosphere was incredible. Maybe that was a mistake for me to have said that so I had best move on!!!

Finally, a date for your diary . . . . in September the club is having a 'Sports Day' evening at track, a great idea from Gaby Ferris! It will be a fun evening where we can be competitive as individuals or in teams, and maybe laugh at the Egg and Spoon. Here are the details.



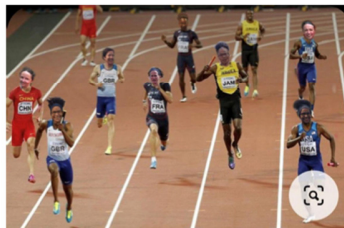
Wednesday 21st September, 18:30 onwards

Event
100m
400m
800m
1500m
4x100m Relay
4x400m Relay

Spring clean those spikes, polish your plimsolls and trot on down to track...

It is the Stainland Lions Spring Hall sports day (well, evening!)

Come and compete and bag that place on the podium!



Additional events may be added (3 Legged race, Egg and Spoon race)



## Stainland Vet's Race from John Bassinder

### Tim's Finale – and what a way to bow out!

The latest round of the YVAA Grand Prix proved once again that we know how to host a race! As always a great deal of work went into ensuring the event was a success and as always there are a lot of people to thank for making that happen. Chief marshal duties were shared by Catherine as the advanced press ganger, and Karen on the day. Joanne did a superb job of the catering, then when the race got underway both her and Karen marshaled at early spots before helping to man the finish line, if you want to know anything about multi-tasking just ask either of these two!

Thank you to all the marshals and helpers, but one particular person I've saved to last . . . . a huge Thank You to Tim Walker for his stint as Race Director for this event as well as past Vets races and Cross Countries. Tim has served the committee for many years, always contributing and ready to volunteer. He has dealt with floods and plagues, notably serving the Club as Chair for two difficult years throughout the container saga and the pandemic. He has been a stalwart of the Lions and is still going to be running and racing with us but is now taking the opportunity to step back and give a chance for others to come forward and do their bit. I'd like to thank him on behalf of the Committee and indeed the whole Club for all that he has done over the years.

## Lion's Social Scene from Jonathan Pybus

### Summary Away Run (Michelle's Late 50<sup>th</sup>)



This was a fantastic event, originally arranged to celebrate Michelle Rushby's 50<sup>th</sup>!

Everybody met by the M62 J22 to set off on the Pennine Way to Marsden. The weather was perfect and the gang set off 30 minutes late due to a police incident on the motorway.

The route was undulating but only about 500ft of climbing. If you have never walked or run this route you need to put it in your diary and have a go! There are some fantastic viewing points along the route with mainly good footpaths to walk on.

Captions please!



After 4 miles the group split so you could do 6 miles or 10 miles, both routes are scenic with the longer run group finishing by Butterley Reservoir, the same route as the Marsden 10 race.

We finished at a great pub, The Riverhead Brewery Tap, next to the side of the river where the sun was shining, and chance to get changed. Even Colin turned up on his bike! A special thanks to Clayton Cutter, who very kindly collected all our bags at the start, so we didn't have to run with them, and met us at the finish along with Michelle, who was recovering from Covid and unable to run.





After a few drinks we caught the booze train to Slathwaite where again we were drawn to a pub and the best burger bar in the area, Rumpus Burgers.

We caught the train back to Huddersfield after that, and a good day was had by all!

[Thank you to Simon Rawnsley, Sally McGregor & Martin Wood for their great photos]

### **Next Social Away Run – Sunday 4<sup>th</sup> September – Haworth 6 Miles**

As part of bringing the club back together, I thought this would be a bit different with it being on a Sunday, and with a few people wanting more away runs, so this should go well with the normal Thursday away runs.

#### **The Plan!**

The run will involve two groups, one at my group sort of pace but a bit slower (with plenty of opportunity to take photos, etc.), the other group a bit steadier (Judith/Richard's pace).

We meet at Oxenhope Station at 9.30am (lots of free parking). The proper Worth Valley Railway steam trains sets off at 10am. The cost of the train is £7 to Keighley. Fantastic journey with the old fashioned carriages and great scenery. After 30 mins we will be in Keighley where we will follow the Worth Way (well half of it anyway – 6 miles) back to Oxenhope.

The route follows the railway line, crossing over it a few times; some off road, but only through fields so it's suitable for all. The route finishes back at Oxenhope Station where we can go for a beer / coffee.

#### **Dates coming up:**

Sunday 4<sup>th</sup> September: Away Run – Haworth – 6 miles.

Sunday 18<sup>th</sup> September: Stainland Trail Race from 1885.

[Offers of help and marshaling for the above race would be massively appreciated]

Keep an eye on our members' FB page for any more events and updates.

# In the Lion's Den with Gavin Dodd



## Roy Lunt



**Age:**

52

**Occupation:**

Branch Manager at Motor Parts Direct in Elland

**When did you start running?**

Early 80's at high school. In those days there wasn't really any age regulations, so I ran my first half marathon at the age of 12! When I left school I didn't really run again until my early 30s and haven't stopped since.

**What made you join Stainland Lions?**

A friend took me down to Heath for a training run, around 2013 or 14 I think. I'd trained alone for years but running with like-minded people improved my running so much.

**Favourite race distance?**

10 miles – preferably on tarmac. Can't remember ever having a bad race at that distance

**Best advice / tips for training?**

Listen to your body – I've learnt the hard way!! If things don't feel right, just stop. There'll always be another day. Listen to the coaches – some of the best races I've had have come off the back of their advice.

**Proudest moment?**

Definitely completing the Lakeland 50 mile ultra in July with Sarah and Karen. In my early days of 5ks and 10ks an ultra seemed so far out of reach, but put the work in and you can achieve anything

### Quick fire questions:

**What do you enjoy listening to whilst running?**

I love music but I've never been able to run with earphones in. I usually end up listening to Sarah and Karen – it's so hard to get a word in!!

**Fav film?**

Can't decide between First Blood or The Shawshank Redemption.

**Fav running shoes?**

Nike Air Zoom Pegasus.

**Plans/goals for the future?**

After Lakeland, who knows? Maybe try and qualify for a 100? But mainly just to try and stay injury free and keep running as long as I can.

**Fav Food?**

Anything Chinese. Or Pickled Onion Monster Munch!!



**August 2022:**

Tuesday 23<sup>rd</sup> – Vets Race 6 @ Littlemore Park (Queensbury RC).

**September 2022:**

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

Sunday 4<sup>th</sup> – Social Away Run – Haworth 6 miles.

Saturday 10<sup>th</sup> – Lost Shepherd Fell Race (15 miles, 2700ft) (Fellrunning Event).

Sunday 11<sup>th</sup> – Shepley 10k, Shepley Cricket Club (Championship Event).

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

Wednesday 21<sup>st</sup> – Provisional date for a “Sports Day” at the track.

Sunday 25<sup>th</sup> – Vets Race 7 @ Ackworth (Ackworth RR).

**October 2022:**

Sunday 16<sup>th</sup> – St. Aidan’s Half Marathon, Leeds (Championship Event).

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

**November 2022:**

Sunday 6<sup>th</sup> – Guy Fawkes 10, Ripley Castle (Championship Event).

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

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

**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**