



John Bassinder

### From The Chair

A bit of rambling from our Chair, with a lowdown of what's been happening during June 2022.

Debbie Grunhut-Hinds

### Race Reports

A summary of race reports from June 2022

Various

### Contributors

Ladies Captain's Update; Coaching Tips; In the Lions Den.

# From the Chair

## John Bassinder



Summertime, lovely time to be a runner and a brilliant time to be a Lion! Since our last newsletter so much has been happening and reports on the many, many races will no doubt appear below. We're so lucky to live around these parts – we could do three or four races a week at this time of year without venturing out of West Yorkshire. Folks know I go down to Norfolk and Suffolk regularly, a part of the country I lived in for years and still love (in fact I'm probably there as this newsletter comes out). When I know I'm going to be there I look out for a race to enter but know how sparse their calendar is compared to ours. Nowhere near the number of races, and my East Anglian running friends often find themselves driving miles to do a pretty average 10k, many do a 60 mile round trip on Wednesday evenings in summer to run in a Broadland 5k series . . . and there aren't many fell runs either for some reason! When those friends tell me it's all well having these races going on up there "but it's all hills in Yorkshire", (remarks I put down to jealousy). I remind them of the runners' mantra – "Hills are our friends"; and we just happen to live in the friendliest place. I never take it for granted though, and I know I'm not alone when I go out in summer, make the effort to climb those hills, look out over some of the beautiful scenery on our doorstep and feel so lucky.

Not sure how Debbie is keeping tabs on all the racing Lions for her excellent "Courier" reports, but they are really helping to keep us in the headlines of the sports pages, nobody else is getting a look in some weeks!

Our latest club race was the Dave Hutchings Downhill 10k, with a lovely atmosphere for the race and in the bar afterwards – and a big thank you from me to all the runners and helpers. Next one coming up is the Summer Handicap on Thursday 21<sup>st</sup> July from the 1885 – see the diary of events below. We also have the Lord Nelson Away Run back by (very) popular demand on 4<sup>th</sup> August – thanks to JP and Catherine for sorting this and, again, details are below.

Thanks also to Martin Wood for jumping straight in as Social Secretary with a list of ideas and events that he's in the throes of organising, again more details further on in this newsletter – it's all shaping up to be a busy and enjoyable time.

Happy running everybody!

John B.

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### Heath Rugby

I don't often mention our Heath friends – but thought maybe I should. Most of us just appreciate Heath as a perfect home for our Club, lots of parking, lovely bar, excellent base for our races. What we don't often realise is that Heath is a very well organised, ambitious club in their own right, who also happen to play very good rugby.

Their first XV got promoted last season to the North 1 East Division and will play their first home game on Saturday 10<sup>th</sup> September against Paviers at 3pm. To kick off their new season this game will be free, so why not go along, maybe take the family, let the kids see a great match and the bar will be open.

# Lions Publicity Officer

## Debbie Grunhut-Hinds



### Race Report for June 2022



#### **Otley Chevin Fell Race (1<sup>st</sup>):**

Damien Pearson came in 41<sup>st</sup> place out of a field of over 120 runners at the Otley Chevin Fell race. Organised by Skyrac AC, the 2 mile route up Otley Chevin includes 900ft of climb over a mixed terrain from tarmac paths to rocky trails, steps, mud tracks and grass!

**Results:** Damien Pearson 23:57.

#### **Ilkley Trail Race (3<sup>rd</sup>):**

Aileen Baldwin was the solo Lion at this year's Ilkley Trail; a 6.9 mile out and back route with 810ft of climb on tracks, through woodland, fields and moors, with some short sections of road. Virtually all of the climb is on the way out, and runners have spectacular views over the Wharfe Valley and across to Ilkley Moor.

**Results:** Aileen Baldwin 1:01:22 (1<sup>st</sup> FV70).



#### **Northowrun 5 (3<sup>rd</sup>):**



Seven Lions joined our friends and rivals the Northowram Pumas for the Northowrun 5; a delightful five-mile road race round the hills of Northowram. Fraser Ambrose was first Lion home in 16<sup>th</sup> place followed closely by Gavin Dodd in 17<sup>th</sup> place.

**Results:** Fraser Ambrose 33:50, Gavin Dodd 34:02, Clayton Cutter 38:02, Martin O'Brien 40:48, Ray Mooney 43:12, John Bassinder 43:49, Anne-Marine Killeen 52:05.

#### **Cork Marathon (5<sup>th</sup>):**

Derek Parrington was the solo Lion at Cork Marathon, coming in 181<sup>st</sup> place out of a field of over 1,700 runners. The course takes runners through the beautiful Cork city and suburbs.

**Results:** Derek Parrington 3:14:45.



**Otley 10 (8<sup>th</sup>):**

Thirteen Lions headed to Otley for the first of the week's Club Championship races. Simon Rawnsley led the Lions home in 105<sup>th</sup> place; there were age category places for Helen Armitage (1<sup>st</sup> F55) and Steve Hallam (2<sup>nd</sup> MV60). The 10 mile race is a tough but enjoyable one, with some big hills after a fast flat 3 mile start, thankfully there was a nice downhill for the last couple of miles.

**Results:** Simon Rawnsley 1:17:43, Steve Hallam 1:19:29, Danny Stafford 1:20:25, Helen Armitage 1:22:37, Gerry Banham 1:25:30, Mark Preston 1:26:22, Clare Thomas 1:27:44, Steve Crowther 1:28:59, Laura Goodwin 1:29:52, Rebecca Gvozdenko 1:32:29, Haley Kelly 1:34:25, Laraine Penson 1:38:10, Alex Whyte 1:49:08.

**Marsden 10 (12<sup>th</sup>):**

Sunday's Marsden 10 saw three Lions finish in the top 20; Stephen Hall took 2<sup>nd</sup> place, followed by Mark Pigford in 7<sup>th</sup> place and Leon Severn in 16<sup>th</sup> place. Aileen Baldwin won the F70 age category. The race started in Marsden and headed out on trails via Deer Hill Reservoir to Wessenden Head Road; it then climbed Wessenden Head before a very scenic downhill along trails in the Wessenden Valley and back to Marsden.

**Results:** Stephen Hall 1:07:25, Mark Pigford 1:17:58, Leon Severn 1:23:19, John Ingles 1:32:58, Aileen Baldwin 1:34:25, Jan King 1:51:18.

**Burton Leonard (12<sup>th</sup>):**

Sunday also saw 16 Lions travel to Harrogate for the Burton Leonard 10k, the second race of the week in the Club's Championship. This was a challenging multi-terrain course, based in the village of Burton Leonard; starting and finishing in the school grounds the route covered a mix of village lanes, farm tracks, fields and paths. Ben Golding-Smith led the Lions home in 23<sup>rd</sup> place out of a field of 175, also gaining an age category place of 3<sup>rd</sup> M40; there were also age category places for David Farrar (3<sup>rd</sup> MV60), Mark Preston (3<sup>rd</sup> MV55) and Jackie Barker (3<sup>rd</sup> MV65).





**Results:** Ben Golding-Smith 46:07, David Farrar 47:58, Roy Lune 49:28, Mark Preston 50:28, Gary Barnes 51:16, Gerry Banham 51:16, Heather Moffat 51:57, Martin O'Brien 52:35, Anne-Marine Ulliyot 53:15, Clare Thomas 53:30, Sue Cash 55:36, Rebecca Gvozdenko 59:59, Sandy Gee 1:00:38, Jackie Barker 1:13:19, Trish Hallowell 1:16:27, Gail Fawcett 1:29:15.

### **Bridestone Fell Race (14th):**

The ups and downs of the Club's Fell Running Championship continued Tuesday evening with race 14 being the Bridestone Fell Race, a 4.7mile run with 1,230ft of ascent. Following registration from a park bench outside the Hare & Hounds in Todmorden, runners made their way to the start of the race at Harley Wood Playing Fields. The first part of the race and lion share of the distance was a climb to the Bridestone rocks, across fields, over stiles, pack-horse trails and a short section of road. This was followed by a steep drop to the finish taking in parts of CWR Leg 3. Conditions were near perfect on the day, with the route being dry and runnable, with stunning views of the countryside from the tops.

**Results:** James Penson 45:39, Dick Spendlove 50:35, Paul Patrick 51:45, Aileen Baldwin 53:10, Martin O'Brien 53:44.

### **School Run (18th June):**



The School Run is part of the Summer Wine Trail Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. The challenge begins in the field above Digley Reservoir with stunning views of the Pennines. The new race route starts on a wide bridleway and heads out on trails. Twenty Lions competed in Saturday's race, another counter in this year's Club Championship. Mags Beever was first Lion home in 6th place overall and 2nd female, also gaining an age category win for 1st F40. There were also age category places for David Farrar (1st M60), Fraser Ambrose (2nd M), Maria Harron (2nd F50), Gerry Banham (2nd M60), Laura Goodwin (2nd F40), Paula Pickersgill (2nd F55), Jackie Barker (2nd F65), Clare Thomas (3rd F) and Anne-Marie Ulliyot (3rd F50).

Margaret Beever 50:13, Fraser Ambrose 51:40, James Penson 54:09, David Farrar 56:32, Maria Harron, 57:54, Gary Barnes 1:00:01, Gerry Banham 1:01:25, Mark Preston 1:01:44, Laura Goodwin 1:03:29, Clare Thomas 1:03:57, Anne-Marie Ulliyot 1:04:36, Tim Walker, 1:06:18, Rebecca Gvozdenko 1:06:29, Hayley Kelly 1:07:36, Paula Pickersgill 1:13:38, Paul Butterfield 1:13:57, Alex Whyte 1:20:25, Jackie Barker 1:20:55, Richard Lambert 1:25:01, Emma Taylor 1:32:15.

**Freckleton Half Marathon (19th):**

Anne-Marie Ulliyot was the only Lion at Sunday's Freckleton Half Marathon, clocking 1:56:42. Impressive work from Anne-Marie after taking part in Saturday's School Run. Freckleton is the oldest half marathon in the UK, first held in 1965.

**The Wall Ultramarathon (18th):**

Last week Catherine O'Shaughnessy took on the UK's most iconic ultramarathon and conquered 70 stunning miles through historic Hadrian's Wall country. Participants started in Carlisle and had 26 hours to run or trek the fully supported and waymarked route through to Newcastle. Catherine completed the course in 16:01:38.

**Yorkshire Veterans Grand Prix Series - Race 3 @ Middleton Park (22nd):**

Wednesday saw Lions at the 3rd race in the Yorkshire Vets Grand Prix, with some glorious results despite the hot fiery bone-dry conditions. First across the line again was Gavin Mulholland, who had a good tussle on the first lap in the much-needed shade of the woods, before breaking clear and finishing in a time of 31:44. The race was led out by Stephen Hall who had another epic result in only his second venture, coming home fourth in the end. Third Lion home was James Westwood with another quality top 10 result for the team. The ladies also had some core strength today and some good inter-club battles with Loraine Naylor managing to stay in front of Maria Harron despite Maria keeping the pressure on right to the finish. The rest of the top four were the usual suspects, Helen Armitage and Aileen Baldwin.

**Results Men's:** Gavin Mulholland 31:44, Stephen Hall 33:42, Jamie Westwood 35:55, Leon Severn 39:50, Mark Pottinger 42:22, Jim Harris 42:43, Paul Patrick 43:36, Martin Wood 44:59, Mark Preston 45:30, John Ingles 48:13, Dave Hudson 49:41, Paul Armitage 57:38.

**Results Women's:** Lorraine Naylor 43:35, Maria Harron 43:44, Helen Armitage 44:43, Aileen Baldwin 45:19, Sue Cash 51:38, Paula Pickersgill 57:11.

**Ogden Midsummer Madness (22nd):**

Wednesday also saw the first of the week's Club Fell Running Championship races. The first was Halifax Harrier's fiendish little fell race around Ogden Reservoir woods and moorland. Described as "beautiful but not for novices", the full Category A race included just under four miles of roller-coaster hills, mud, streams, open moorland and near-vertical descents. Alex Whyte was the solo Lion finishing 1st in her F50 age category in a time of 54:35.

**Leeds 5k & Club Championship (22nd):**

Held at the Brownlee Centre Cycle Circuit, the series is a great opportunity for runners to achieve their best 5k time. Gavin Dodd knocked 8 seconds of his previous time.

**Results:** Gavin Foster 17:42, Gavin Dodd 19:43.

**Holme Valley Five Miler (24th):**

Roy Lunt was the only Lion at this year's Holme Valley Five Miler, which took place in beautiful sunshine on Friday evening. The hilly trail race is part of the Summer Wine Trail Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. Roy finished in a time of 40:30 and 3rd in his M55 age category.

**Race to the Tower - Double Non-Stop Marathon (25th-26th):**

Laraine Penson conquered this monumental 52.4 mile race along the stunning Cotswold Way. Setting off at Whiteshill, the route then takes runners along the incredible trails of the Cotswold Way and finishes off at the 65ft Broadway Tower with great views enabling runners to look back at what they have accomplished. Laraine finished in a time of 13:35:37 in 167th place out of a field of 500 runners.

**Round Sheffield Run - Summer Edition (25th):**

Fraser Ambrose and Michelle Rogerson completed the Round Sheffield Run on Saturday. The race comprised eleven individually timed stages over a 20k route, with an extra 4k to jog in total between the various sections. Competitors received results for each stage as well as a combined overall time. Fraser Ambrose finished in 382nd place out of a field of over 2,880 runners.

**Results:** Fraser Ambrose 1:34:27, Michelle Rogerson 1:54:14.

**We Need To Talk About Chevin Fell Race (26th):**

We Need to Talk About Chevin is to put it simply the worst possible scenario when touring the Chevin. Starting and finishing on Station Road with the first climb right out of the blocks heading straight up to Surprise View; runners then drop down to The West Gate and up again to the famous Danefield climb and down to a loop of Poolscar Wood. The final climb is up Miller Lane before a fly down to the finish. Classed as a Category BM fell race with 2,130ft of ascent over 9 miles - this is not for the faint hearted! Aileen Baldwin was the solo Lion on the day coming in 36th place with a time of 2:20:14 and 1st in her F70 age category.

**Hollybank Eccup 10 (26th):**

Three Lions took on the Eccup 10 Mile race on Sunday. The course takes in rural closed roads and a scenic route around Eccup reservoir.

**Results:** Mark Pigford 1:12:08, Rebecca O'Neill 1:18:03, Jan King 1:28:04.

**Lindley 10k (26th):**

Also taking place on Sunday was the Lindley 10k. Starting in the centre of Lindley, the route takes runners up to the M62, down a huge hill towards Huddersfield before the final leg straight up another huge hill back to Lindley. Reassuringly, the finish line is almost directly opposite the hospital! Derek Parrington was the first Lion home in 19th place and a 2nd place in his MV55 age category. There were also age category places for Gaby Ferris (1st FV50), Maria Harron (2nd FV50), John Bassinder (3rd MV65).

**Results:** Derek Parrington 42:33, Gaby Ferris 48:02, Maria Harron 48:10, Gary Barnes 49:00, Martin O'Brien 51:48, John Bassinder 52:45, Sandy Gee 58:18, Lin Devine 1:00:19.

**Kinder Trog Fell Race (26th):**

The second of this week's Club Fell Running Championship races was the Kinder Trog, a 15-mile fell race with 3,000 feet of ascent. James Penson completed the route in 2:50:39.

**The David Hutchings Downhill 10k (30th):**

32 Lions raced down Saddleworth Road on Thursday evening in the ever-popular Downhill 10k; conditions on the day were sunny and warm (until the end anyway, when the heavens opened!) The race is named after a much-loved club member who sadly passed away a few years ago and who was a great supporter of the race. A bus was on hand to take the runners to the start line on the moors high above Scammonden Bridge, and despite the route being mostly downhill the race is a challenge and notoriously hard on the legs! Fraser Ambrose won the race in 37:10, and Gaby Ferris was 1<sup>st</sup> Lady (and 6<sup>th</sup> overall) in 41:51.



## Parkrun PB Corner



### 4<sup>th</sup> June:

Centre Vale: Colin Duffield took 1 min 40 seconds off his previous course time, taking him to 27:41.

### 11<sup>th</sup> June:

Brighthouse: Judith Greenwood set a new VW75-79 age category record with a time of 35:34.

### 18<sup>th</sup> June:

Huddersfield: Sue Cash celebrated her 200<sup>th</sup> Parkrun with a time of 25:49.

Halifax: Alan Whiteley celebrated his official 50<sup>th</sup> Parkrun with a time of 30:17.

Oakwell: Rebecca O'Neill ran a course PB of 26:26, taking 1 min 29 seconds off her previous time.

### 25<sup>th</sup> June:

Chichester – Richard Spendlove set a new VM75-79 age category record with a time of 23:27.

## Ladies Captain's Update

### Maria Harron



### Ladies' Report

It seems like only yesterday that the last report came out and I am a little late getting this one done so am going to keep it brief!

#### **VO2 Max sessions – 6 week block**

The first of these started on 13th June and will be continuing on a Monday night for 6 weeks. They are an extra training option that the coaching team thought may be of use to the club runners and have been proving useful. It is something that we could consider having a few times a year in blocks of 6 weeks to run alongside the established hills and track sessions.

A little bit about it if you have not already read about it:



The VO2 Max session is the session that many of you came to last September when Graeme Woodward from England Athletics came to do some coaching with us.

This type of session, when done regularly, is an excellent way to improve fitness and stamina. As our VO2 Max (the maximum rate of oxygen consumption) increases this leads to an increase in the body's efficiency to deliver oxygen, very useful when you're running!

By doing this same session each week for 6 weeks you may find you improve your times or become more consistent with each rep. The idea is that your body gets used to the effort and adjusts allowing you to cope with it better. There's only the weather to worry about! The session is available to all levels of running as we just run around a field so no one gets left behind, and we all finish at the same time! The actual session lasts 24 minutes.

We meet at Heath as normal at 6.30pm and do the session across the road in the park. It is on grass so a nice change to do some speed work on a flat/uneven surface and is better for your knees than tarmac. There is a warm-up and some drills before doing the session then we do 4 mins at 80% effort and 2 mins recovery x 4.

At the time of writing this we have done 4 weeks and some runners have managed to attend each week and are beginning to find the session easier and some improvements in times too. Here are some comments from some of the runners.

*"I've only managed to get to two of these sessions so far. But I can feel the benefit of having done them. I like that it doesn't matter what your pace is. You don't feel like you're keeping anybody back by being slower than them. Definitely one of the most inclusive sessions that the club has, and it benefits everyone equally."*

*"Finding these great sessions to ensure you do some training at threshold pace, which you might not always do on your own. Also helps to track your progress if you do regular. Maria ensures we are all warmed up and does cool down stretches like happens at the track she also gets you to focus on improving your form."*

*"I joined this group as I have been struggling with stamina and motivation. I really like the fact that I know exactly what to expect and having others around means I'm not tempted to give up. Over the past few weeks I've found increasing consistency in my pace on the laps and tonight was delighted to see that my speed had increased by a whole mm too. The sessions have been fun and cater for everyone. These sessions are also ideal for those of us that can't get to track on Wednesdays. Definitely something to add to the club's training calendar."*

*"The last few weeks have been very enjoyable and in only 2 weeks I had already increased not only speed but stamina too. I'm not always able to make track so trying a similar style of training on a Monday was really helpful. The group sessions are fun have been very helpful. I hope further sessions are planned!"*

Well done to those that have come, it's been good fun and we still have two more to do. I hope we will be able to put on another block of 6 weeks later in the year and have these training sessions become part of our yearly plan in the future. Please let the coaching team know any thoughts or ideas.

### **Vets Season – WE NEED YOU!**

The Vets Season has started and there have been three races but there are still four more to go. Stainland is doing well but we need more people attending the races. They are really good fun, and it would be great if our Ladies or Men could win something at the end of the season. There have already been lots of individual category prizes for: Aileen Baldwin, Gav Mullholland, Lorraine Naylor, Helen Armitage, Stephen Hall, Jamie Westwood, Dave Hudson and Dick Spendlove.

Everyone counts towards the points we get as a club so by turning up and running you will be helping! There are four more races (including Stainland where we will be needing marshals) but we need runners of all levels to join us. Here is the website where you need to register before you run:

<https://www.yvaa.org/events/grand-prix>

And if you still need talking into it before looking at the website this is how it all works (taken from the website!):

We organise up to 10 Grand Prix multi-terrain races per year, as part of a race series. Each one is organised as a specialist veteran race by one of our associated clubs and we try to spread them out across our region as much as possible. Our Grand Prix races frequently have over 200 runners and are a great social as well as competitive outing.

All entrants must be over the age of 33. To run and count in the Grand Prix races you must be a member of a club that is affiliated to the Yorkshire Veterans Athletic Association or affiliated as an individual yourself. Runners of age 33 and 34 will be guests for their affiliated clubs and will not be eligible to score points until they are a fully-fledged vet of 35.

Grand Prix Registration / Numbers: Eligible athletes can register for the series for free online. You will then be able to enter any Grand Prix races you want to (subject to race entry limits). Race entries in 2022 will be £5 in advance, you need to enter online before each race. You will be issued with a new number when you attend your first race of the series. This number should be kept and worn on the front of your vest for all subsequent races in the current series. Replacements for lost numbers will be available for £1. If you are a scoring runner, you must also wear an age category label (showing e.g. F35, or M50), on the back of your vest. These can be obtained from race HQ. Non-scorers should not wear an age category label.

Scoring: Points are awarded in each Grand Prix race as follows:

The first man, regardless of age category, is awarded 300 points. The second man is awarded 299 points. And so on. The first lady, regardless of age category, is awarded 150 points. The second lady is awarded 149 points. And so on. No points are awarded for non-scorers, as the name suggests.

Age at AGM date determines age category for the season in Grand Prix awards. If you change age category during the season you become eligible for the new category in individual Grand Prix races.

#### Team Awards:

All individual Grand Prix races are scoring races for the team awards.

The annual team awards are:

- Men, first 4 to count (aggregate points for the first 4 male finishers from a club).
- Men, rest to count (aggregate points for all male finishers from a club outside the top 4).
- Men, all to count (aggregate points for all male finishers).
- Ladies, first 4 to count (aggregate points for the first 4 female finishers from a club).
- Ladies, rest to count (aggregate points for all female finishers from a club outside the top 4).
- Ladies, all to count (aggregate points for all female finishers).

Note: For annual team awards, no competitor can contribute to the winning of more than one prize. E.g. a club winning the four-to-count trophy cannot win the all-to-count trophy, yet can win the rest-to-count trophy.

#### Individual Awards:

- Category prizes are given at each of the races.
- At the end of the series, trophies are awarded in each category based on the runners' best 6 scores from the 7 races. A minimum of five races have to be completed to qualify for an award.

I am hoping you may be tempted to join us for the following races:

Race 4	Saltire Striders	Bingley	26/07/22
Race 5	Stainland Lions	West Vale	14/08/22
Race 6	Queensbury RC	Littlemoor Park	23/08/22
Race 7	Ackworth RR	Ackworth	25/09/22

This is how we stand at the moment as a club, we are doing well but we could do better!

### YVAA Grand Prix 2022

#### Women's Team Points - Latest Table (3 Races)

Pos	All to count		1st 4 to count		Rest to count	
	Club	Points	Club	Points	Club	Points
1	Horsforth	3190	Horsforth	1608	Horsforth	1582
2	Pudsey Pacers	2332	Stainland	1588	Pudsey Pacers	1135
3	Stainland	2032	Roundhay Runners	1330	Stainland	444

#### Men's Team Points - Latest Table (3 Races)

Pos	All to count		1st 4 to count		Rest to count	
	Club	Points	Club	Points	Club	Points
1	Pudsey Pacers	12263	Pudsey Pacers	3501	Pudsey Pacers	8762
2	Stainland	10683	Stainland	3388	Stainland	7295
3	Queensbury	5534	Queensbury	3134	South Leeds Lakers	2830

## Coaching with Colin Duffield



### Stainland Lions Coaching Team

Hello all Lions.

The Stainland Lions Coaching Team are here to help you get the best out of your running and get the best out of yourself. We're a resource for all members and our input is equally applicable to a new or steady runner as it is to any of the 'fasties'.

We know that some of you will just want to go for a run and enjoy your time with like-minded friends, and that's fine and absolutely a fantastic reason to be a Lion. Others will have ambition to run further or faster, and that's where we should be able to help.

We run the Monday hill sessions and the Wednesday track sessions, and also hold occasional other sessions looking at more specific training, such as off road technique or V02 Maximisation. We also regularly contribute to the newsletter with articles about a specific element of training. If you have any ideas for further sessions or newsletter features, let us know.



We're all qualified and accredited with English Athletics, up to at least Level 2/CiRF level, and some a bit further. Some of us also have an additional interest in Strength and Conditioning training. We like to think we're approachable and more or less house trained. So if you have any questions or would like a chat, we'd be very happy to try and help (anything we don't know, we can always ask Mark Pigford!).

And here are our mugshots (only one or two of which have been featured on Crimewatch).

**Gavin Dodd****Colin Duffield****Helen Armitage****Maria Harron****Leon Severn**

### **Everything you've always wanted to know about Lactate Training and VO2 Max but were afraid to ask**

Before I even start, I know most people won't read this, and frankly I wouldn't blame you, this is mostly a geek thing.

Stainland Lions is a wonderful club. We meet and go for runs with our friends. From the chippy, from Heath, from pubs. We get blown off cliffs in Llandudno and get lost in the fields around Crumlin. And long may that continue. However, recently a few terms have been creeping into our vocabulary, particularly around Monday hills and Wednesday track, terms like Lactate Threshold and VO2 max training. You may by now have realised that neither are craft ales or indie bands (although they probably should be). They both relate to energy systems we use when running and how we can train them.

So, I thought at least a few of you might want to know what the hell it's all about. Here goes, although bear in mind that there are whole sports science books about this stuff. I've tried to simplify it and give you the edited highlights.

Let's start with some definitions...

### **Lactate**

During sustained exercise, you can't get enough energy through oxygen alone. This is when your body starts to break down glucose to help in the effort. At this point lactate starts to build in your bloodstream. As blood lactate levels begin to rise, it will eventually mean that you won't be able to keep going at the same intensity for very long. You'll have to slow down or stop and let your body process the lactate before you can get going again. This point where the lactate becomes a problem is what we generally mean by your lactate threshold, although it's only one of them (Actually Lactate Turnaround, or LT2, LT1 is when the lactate first starts to appear. Fun this stuff in it?) What this means in reality is, if you train your body to better withstand this lactate build up, you'll therefore be able to perform longer and harder.

### **VO2Max**

VO2 max is the maximum volume of oxygen per minute that you can grab from the air and use to provide energy to run. Lots of genetics in this and sadly ladies, your VO2Max will probably be 10-15% less than any equivalent man in your life. You can quantify this as MLs x KG of Body Weight, but probably don't try unless you have access to a lab, white coat, and a very patient life partner. You don't need to. Just be aware that the more oxygen you can grab and use, the better, and it can be improved with training.

*Just for completeness and before anyone else feels inclined to point this out, there's more than one way to train yourself to use oxygen efficiently. Long, slow runs also help with adaptation and improved oxygen uptake. But what we're going to talk about here is training at VO2 Max efforts, the interval stuff, like we might do at track or hills. We can cover the benefits of long slow runs separately.*

### **How to Develop Your VO2 Max**

As previously mentioned, genetics has a large impact on VO2 max, but with the right training, it is possible to develop it by training at high intensity for short periods. Due to the nature of the high-intensity workouts that you need to do in this training — which is close to maximum heart rate/effort for some — good aerobic and muscular adaptations need to have happened before starting to work at this level. So don't jump straight into this stuff then have to have time off because you've over-done it.

Typical VO2 max sessions are built using repetitions that are sustained from 1 to 5 minutes, with active recovery between 50% to 100% of the duration of the repetition (with a total of 10 to 20 minutes at VO2 max). The pace/intensity you need is very similar to the 2-3 km hard race pace for most runners.

### **How to Develop Your LT**

Workouts to improve LT are less intense than VO2 max workouts, with longer intervals and shorter recovery periods. The total duration of a typical LT workout should be between 20 and 60 minutes not counting recovery intervals. Traditionally the typical structure would include repeated runs of 4 to 12 minutes and recoveries of 1 to 3 minutes, however threshold runs, fartlek, type runs of a similar duration can get you in the right training zone and increase your tolerance of lactate. Some coaches recommend finding the right training zone ('sweet spot') for this type of workout by running a well warmed up, hard effort at 5k and either replicating the perceived effort or heart rate.

And finally...

Obviously, and the bright sparks amongst you will all have worked out that both hills and track can be used to train either of these. Lactate can also be trained at (say) park run, or races. As ever - and I bore myself with this - don't cram your week's running with these kind of sessions. Not more than 20% of your running total time as a general rule. You'll just get injured, and the sessions will be poor quality. Honest.

So that's it. If anyone wants to ask me more, or tell me to shut up, please do. Either by old fashioned talking or my messenger of FB.

## Lion's Social Scene

At the start of this year when we were still coming out of lock downs and restrictions, people kept reminding me that we needed to get things going again. Like everybody else I kept hoping we'd soon be back to normal, now I realise I'd forgotten what normal is for this club, and there's so much going on I'm struggling to keep up!

Aside from the 1885 Summer Handicap and the regular away runs over the next few weeks, Martin and Gav D are scheming between them to fill your diary with some brilliant events:

**From Martin:** 22<sup>nd</sup> July meet at 7.30pm in the Hogs Head in Sowerby Bridge for a few drinks, backslapping of achievements, drowning sorrows for injuries and general banter. Then see where the evening goes from there!

There's a Comedy Evening coming up at The Arches on September 23<sup>rd</sup>; three comedians and DJ till late. If you are wanting to go use the following link – it's £20 per person plus £1 booking fee. Remember to put "Lions" on the group part of the form. <https://thearchesdeanclough.com/other-events/lolthe-arches/>

**Gav Dodd** has posted on our members' FB page about the Bier Keller on Friday 11<sup>th</sup> November, and some have already booked. If you're interested book quickly as it's selling fast. Remember to state "Lions" on the group part of the booking form. <https://thearchesdeanclough.com/other-events/halifax-bierkeller/>

**Martin** is also starting to put together a weekend away with running/walking in the Lake District in early October. Quite a lot of interest has been shown in this via our FB page, so please keep an eye on that or see him for more details. He would also welcome any feedback (can always discuss on the night out) on anything that you would like to see happen/ events to attend etc.

### Dates coming up:

Thursday 21<sup>st</sup> July: Summer Handicap from 1885 with food afterwards.

Friday 22<sup>nd</sup> July: Meet at 7.30pm in the Hogs Head in Sowerby Bridge for drinks.

Tuesday 26<sup>th</sup> July: Bingley Vets Race.

Thursday 4<sup>th</sup> August: Lord Nelson Away Run – long awaited return back to the Lord Nelson Inn (one of the filming locations for Gentleman Jack) in the beautiful village of Luddenden. Prepare for a few hills but with absolutely stunning scenery. See Catherine's post on FB for details and food orders.

Sunday 14<sup>th</sup> August: Stainland hosting the YVAA Vets race from Heath.

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

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

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

John B



# In the Lion's Den with Gavin Dodd



## Claire Haigh



Age:
<b>37</b>
Occupation:
<b>Head of Science at a high school.</b>
When did you start running?
<b>I started running in 2006 when I was travelling in Australia as a way of being able to still fit into my clothes as I was living the travellers diet of carbs and beer. I kept it up when I came home, and apart from injuries and illness, I've been doing it ever since!</b>
What made you join Stainland Lions?
<b>I wanted to try and get faster and also meet like-minded people who I could run with.</b>
Favourite race distance?
<b>10 miles – which I never thought I would say, but the two races at that distance I've done I've loved!</b>
Best advice / tips for training?
<b>Just get outside and enjoy it. Even doing just ten minutes will make you feel better. At the moment with long Covid that is something I've had to adapt to, and as long as you are enjoying it, it doesn't matter how far or fast you go, just be happy being out.</b>
Proudest moment?
<b>Doing the GNR for Crohn's and Colitis UK in 2012. Although any run this year given the circumstances I'm mega proud of.</b>

### Quick fire questions:

What do you enjoy listening to whilst running?
<b>I love music so anything a bit upbeat. I love Oasis and Courteeners, but also like running to dance music. My current favourites are Bradford's finest Bad Boy Chiller Crew as they've all got a bit of tempo to them! A very eclectic mix!</b>
Fav film?
<b>Lion King.</b>
Fav running shoes?
<b>Brooks Ghost</b>
Plans/goals for the future?
<b>At the moment, to be able to run without it wiping me out! I said I'd like to do a marathon before I'm 40, so we shall see if I manage that!</b>
Fav meal/restaurant?
<b>Pizza is my all time favourite dish, any flavour! Restaurant would be Six by Nico, I would massively recommend it to anyone.</b>

**July 2022:**

Thursday 21<sup>st</sup> – Summer Handicap, from 1885 (with food afterwards).

Wednesday 26<sup>th</sup> – Vets Race 4 @ Bingley (Saltaire Striders).

**August 2022:**

Wednesday 3<sup>rd</sup> – Hopwood Trot 8.8k, Hopwood College Sports Pavilion (Championship Event).

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

Sunday 14<sup>th</sup> – Vets Race 5 @ West Vale (Stainland Lions).

Sunday 21<sup>st</sup> – Colne Valley 10k, Leymoor Cricket Club (Championship Event),

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).

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**