



John Bassinder

### From The Chair

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

Debbie Grunhut-Hinds

### Race Reports

A summary of race reports from June 2023.

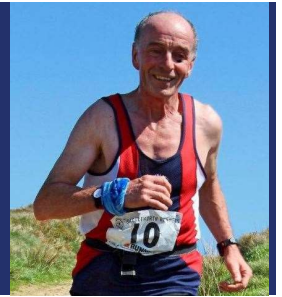
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### Contributors

Maria's Ladies Captain's report. Men's update. Coaching with Colin. In the Lion's Den with Gav.

## From the Chair

### John Bassinder



Well, that was “Flaming June” . . . and it was flaming brilliant, concluding in a perfect day for our 35<sup>th</sup> Anniversary celebration. Lovely to catch up with past members and great to have an informal event that members, partners, kids and even dogs could all enjoy. Thanks to a great deal of effort and planning from President Colin, ably assisted by others, including the hard working BBQ team on a very hot day.

No doubt some of us have moaned that it’s too hot for running . . . no doubt we all kept running. Not easy for those who feel they need to push for PBs at every race – as at Lindley 10k last weekend when the medics were kept busy guiding several runners on their jelly legs from the finish line to nearby seats before pouring water down them. My strategy is to just let the PB’s go for the moment and enjoy it; summertime and the running is easy (not sure what my excuse for slowing down will be once summer’s over but I’ll think of something). By the way, if we all think it’s been hot here then I know you’ll share my congratulations and absolute respect for Genevieve – she only went and completed the 200k challenge through the Peruvian Jungle, running in up to 30 degree heat with humidity of up to 90% and an assortment of bugs thrown in for good measure! Hopefully we’ll get Gen to write about it for us when she comes back down to earth.

Meanwhile two of our other nutters, sorry – highly respected ultra runners – Kevin Robinson and Laraine Penson, chose to run the Wales Ultra 50 on a very warm June day; Kevin finishing 5<sup>th</sup>, and amazingly both appearing to still be smiling at the finish. Love hearing of these adventures and just full of admiration for anybody who has the courage to set themselves these challenges and the dedication to see them through.

Last month I posted dates for our club races coming up – the Track Race and Hare & Tortoise may have been and gone by the time we go to publication; Mark Preston’s Off Grid Race is Sunday 9<sup>th</sup> July, and the “Dave Hutchings Downhill 10k” is set for the 29<sup>th</sup>. Added to these we now have Jim Harris’ ‘orienteering type’ away run on July 20<sup>th</sup> – see Jim’s post for full details – once again it’s something a bit different and everybody who tried the last one really enjoyed it. None of these can go ahead without our band of helpers and as a club I think we’re really lucky that we have so many members willing to “roll up their sleeves” and volunteer. I seem to have been helping or officiating at more races than I’ve been running lately, sometimes a little too much (e.g. adjudicating 3 races in a week at one point) but like loads of others I enjoy it, it’s fun and it’s just as rewarding helping at races as running them. (And I absolutely don’t mean rewarding financially – even referees and adjudicators are totally unpaid volunteers). Like I say, we’re lucky with a willing band of volunteers but I’m always amazed at the reaction from some runners who do loads of races but never consider helping, as though it’s the job of others to do that and they’re doing their bit by running. Please don’t let yourself get like that, races and events only happen if people are willing to forego their own race now and then and pitch in. Likewise with run leaders, it’s great, especially after work, to arrive at the club, switch off, let leaders do the thinking and just enjoy the run. But if others could just offer to lead a run once a month it would take so much strain off our regular leaders.

Other things: Don’t know how many of you look at our public Facebook page. I know once we join the Club we all tend to go straight to the members’ page. That’s the first point of contact for potential members though, and that first impression is everything. If you do pay a visit to that or any of our social media you may have noticed that it all looks fresh and up to date, many thanks to Helen A, Claire Haigh, and all who are contributing.

Finally, I’d just like to add my congratulations to those of all the other Lions to David & Diane, the newlywedded Mr & Mrs Collins, wishing you many happy years together.



# Lions Publicity Officer

## Debbie Grunhut-Hinds



### Race Report for May / June 2023

#### **Austwick Amble Fell Race (29<sup>th</sup> May):**



Five Lions took on the Austwick Amble Fell Race on Monday, a counter in this year's Fell Racing Championship. The race is held in conjunction with the village's Street Market. The senior race is run over a loop circuit of approximately 8 miles and covers a total ascent of 1,200ft. The first 4 miles of the route passes through the beautiful Crummockdale limestone scenery and briefly joins Sulber Nick (which connects the Yorkshire Peaks of Pen-y-Ghent and Ingleborough). The return leg descends slowly back through spectacular scenery to Austwick and to the finish on the village green.

James Penson led the Lions home in 1:05:29, followed by Paul Patrick 1:11:36, Ray Mooney 1:15:17, Aileen Baldwin 1:16:30 & Helen Hudson 1:19:15.

#### **Pete Shields Ilkley Trail Race (29<sup>th</sup> May):**

Hosted by Ilkley Harriers, this year's race was run in memory of fellow Harrier Pete Shields who sadly passed away during the Covid pandemic in 2020. The 6.9 mile trail race has spectacular views over the Wharfe Valley and across Ilkley Moor. It's an out-and-back route with 810 feet of climbing on track, through woodland, fields and moors, with some short road sections in between.

**Results:** Martin O'Brien 1:04:01, Michelle Rogerson 1:04:24.

#### **Pen-y-Ghent Fell Race (3<sup>rd</sup> June):**

With a brand new route, the Pen-y-Ghent Fell Race is one of the few 'mountain course' events in Yorkshire, which puts this race in the longer end of the AS fell race category. The new route has slightly less climb of 1,590ft, but slightly more mileage (6.8 miles). Damien Pearson ran in 1:14:34, with Will Rushworth (CVFR) in 1:03:53.

#### **Northowrun 5 (4th June):**

35 Lions joined our friends and rivals Northowram Pumas for the Northowrun 5, a delightful five mile road race round the hills of Northowram. The race, which was a counter in the Club Championship, yielded some impressive results. There were course PB times for David Farrar, Sue Cash & Phil Richards, and age category places for Richard Crombie (1<sup>st</sup> MV40), Daniel Sykes (1<sup>st</sup> MV35), Mags Beever (2<sup>nd</sup> FV40), Derek Parrington (2<sup>nd</sup> MV55), Helen Armitage (2<sup>nd</sup> FV55), David Farrar (3<sup>rd</sup> MV60), Michelle Rogerson (3<sup>rd</sup> FV45), Angela Lee (3<sup>rd</sup> FV60), Sue Cash (3<sup>rd</sup> FV55) & Claire Haigh (3<sup>rd</sup> FV35).

**Results:** Mags Beever 32:18, Richard Crombie 34:09, Phil Moyles 35:00, Derek Parrington 35:38, Daniel Sykes 36:03, David Farrar 37:04, Mark Preston 38:32, Steve Hallam 38:36, Ben Golding-Smith 39:02, Clayton Cutter 39:07, Martin Wood 40:00, Helen Armitage 40:09, Michelle Rogerson 41:29, Angela Lee 42:41, Tim Walker 42:59, Laura Goodwin 44:08, Lindsay Upton

44:40, John Carless 44:41, Susan Wade 44:42, Sue Cash 44:59, John Rushworth 45:25, Paula Pickersgill 46:24, Maria Chandler 46:33, Hayley Kelly 47:12, Paul Butterfield 47:19, Sandy Gee 47:26, Claire Haigh 47:57, Alan Whiteley 48:18, Heather Anderson 48:35, Phil Richards 49:07, Rebecca Hill 50:19, Jenny Walker 51:08, Anne-Marie Killeen 52:47, Helen Rees 57:52 & Rosaline Sykes 57:52.



#### Ogden Midsummer Madness (7<sup>th</sup> June):

Wednesday saw Alex Whyte compete in her first race of the week, 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 was the solo Lion finishing in 50:39.



**Marsden 10 (11<sup>th</sup> June):**

17 Lions headed to Stadium Runners territory to take on the Marsden 10 on Sunday. The race, which was a counter in the Clubs Championship, produced some good results despite it being the hottest day of the year so far. There were course PB times for Richard Crombie who knocked off 25 seconds, and Jim Harris who took 1 min 19 seconds off his previous time; and age category places for Mark Preston (1<sup>st</sup> M60), Aileen Baldwin (1<sup>st</sup> F70), Jim Harris (2<sup>nd</sup> M50), Martin Wood (2<sup>nd</sup> M60), Helen Armitage (2<sup>nd</sup> F50), Richard Crombie (3<sup>rd</sup> M40) and Rebecca Hill (3<sup>rd</sup> F50). 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:** Richard Crombie 1:22:35, Jim Harris 1:23:58, Clayton Cutter 1:30:40, Mark Preston 1:32:03, Andrew Earnshaw 1:33:00, Martin Wood 1:33:44, Aileen Baldwin 1:39:22, Helen Armitage 1:40:29, Laura Goodwin 1:44:07, Michelle Rogerson 1:44:25, Alison Audsley 1:48:46, Jonathan Taylor 1:50:19, Paula Pickersgill 1:56:01, Laraine Penson 2:00:54, Rebecca Hill 2:07:12, Alex Whyte 2:13:10, Paul Armitage 2:22:56.

**Flat Caps 10k (11<sup>th</sup> June):**

Whilst the majority of Lions were at Marsden, six Lions made the trip to Sowerby Bridge to run the Flat Caps 10k, hosted by our neighbours the Sowerby Bridge Snails. Starting and finishing at the Cricket Club, the first half of the race is mostly uphill with 980ft of ascent, followed by a very welcoming long downhill to the finish. Fraser Ambrose led the Lions home in 23<sup>rd</sup> place.

**Results:** Fraser Ambrose 48:40, Gaby Ferris 56:27, Martin O'Brien 56:49, John Bassinder 1:00:14, Cat Daniel 1:03:00, Jan King 1:05:54.

**Joe Percy 10k (14<sup>th</sup> June):**

On a hot, sunny Wednesday evening the Joe Percy Invitational 10k returned to Storthes Hall after a three year break, and it was great to see lots of runners from local clubs getting together to take on this renowned team event. The race was a counter in the Club's Championship. The route was slightly different this year, starting on Wood Lane instead of Storthes Hall Lane, which made it a less hilly start, followed by the traditional two loops of Farnley Tyas and ending with a sprint finish down Wood Lane. The race is a team event with separate trophies for men and ladies, with the first 10 men or ladies from a club making up the first team, the next 10 the second team, etc. Stainland Lions entered 20 men and 20 ladies, with the Ladies Teams coming in 2<sup>nd</sup> and 7<sup>th</sup> places, and the Men's Teams in 6<sup>th</sup> and 12<sup>th</sup>.

**Full Results:** Gav Foster 37:23, Richard Crombie 40:40, Phil Moyles 42:22, Daniel Sykes 43:17, Jim Harris 43:36, Nav Uppal 44:15, David Farrar 44:59, James Penson 45:15, Paul Corns 45:57, Claire Smith 46:34, Clayton Cutter 46:54, Mark Preston 47:30, Helen Armitage 47:40, Steve Hallam 47:43, Suzanne Patterson 47:44, Katy Sykes 48:31, Gaby Ferris 48:40, Sally Caton 49:08, Liz Norman 49:59, Maria Harron 50:01, Ray Mooney 50:44, Lorraine Naylor 50:52, Ian Hoskins 50:59, Aileen Baldwin 51:01, Michelle Rogerson 52:15, Steve Crowther 52:36, Joanne Kitcher 53:06, Laura Goodwin 53:17, Ian Johnson 54:17, Clare Thomas 54:33, Cat Daniel 54:57, Lindsay Upton 55:15, Sue Cash 56:53, John Rushworth 58:15, Paula Pickersgill 58:22, Sandy Gee 59:35, Paul Butterfield 1:01:14, Heather Anderson 1:02:30, Phil Richards 1:04:37, Annie Killeen 1:08:48.

**Yorkshire Veterans' Athletics Association – Race 3, Middleton Park (21<sup>st</sup> June)**

Wednesday saw Lions at the 3<sup>rd</sup> race in the Yorkshire Vets Grand Prix, with some good results despite the hot fiery conditions. Jim Harris led the men home in 39:34, followed by Damien Pearson 40:28, Paul Patrick 42:47, Mark Preston 42:49, Steve Hallam 43:54, Ben Golding-Smith 45:54, Ian Johnson 48:22, Dave Hudson 48:48, Jonathan Taylor 52:01, Sandy Gee 55:40 & Paul Armitage 59:16. The women were led home by Sally Caton in 45:15, followed by Helen Armitage 45:24, Aileen Baldwin 45:48, Helen Hudson 50:26, Paula Pickersgill 53:20, Claire Haigh 54:10, Manjit Ahir 59:08.

**The School Run (24<sup>th</sup> June)**

Four Lions competed in Saturday's School Run, part of the Summer Wine Trail Series, a series of friendly and challenging races in the beautiful countryside around Holmfirth. The challenge began in the field above Digley Reservoir with stunning views of the Pennines. The route starts on a wide bridleway and heads out on trails.

**Results:** Mark Preston 59:17 (1<sup>st</sup> M60), Paula Pickersgill 1:10:56 (2<sup>nd</sup> F50), Sandy Gee 1:15:50, Rebecca Hill 1:22:02.



### Ultra Wales 50 (24<sup>th</sup> June)

Two crazy Lions took on the 50 mile trail and mountain race with 2,898m of ascent, the route has six checkpoints and explores the lower reaches of Southern Snowdonia before ascending and taking in the beauty of Cadair Idris and Rhinog Fach. Kevin Robinson finished in 11:36:01, and Laraine Penson in 19:11:10.



### Round Sheffield Run (25<sup>th</sup> June)

Two teams of Lions headed to Sheffield on Sunday to compete in the Round Sheffield Run. The pairs completed eleven individually timed stages over a 20k route, with an extra 4k to jog in total between the various sections, sharing one timing device the running pairs must stay within arm's length at the start and end of each stage. Competitors received results for each stage as well as a combined overall time.

**Results:** Ian Hoskins & Michelle Rogerson 2:11:39; Tim Walker & Jenny Walker 2:25:33

### Lindley 10k (25<sup>th</sup> June)

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. Mags Beever led the Lions home in 25<sup>th</sup> place, 3<sup>rd</sup> female overall and first in the FV40 age category. There were also age category places for Gaby Ferris (3<sup>rd</sup> FV50) & Jan King (3<sup>rd</sup> MV70).

**Results:** Mags Beever 42:56, Fraser Ambrose 43:44, Derek Parrington 45:50, Navinder Uppal 47:17, Gaby Ferris 50:29, Martin O'Brien 56:19, John Bassinder 57:52, Maria Harron 59:28, Jan King 1:01:29, Rosaline Sykes 1:11:21, Helen Rees 1:14:36, Mhairi-Clare Luke 1:21:11.

### Cragg Vale Fell Race (28<sup>th</sup> June)

Eight Lions were at the Cragg Vale Fell Race on Wednesday evening – run over a distance of 4 miles with 800 feet of climbing, the race was a counter in this year's Club Fell Championship. There were great performances all round, but Stephen Hall obliterated the competition to come first overall, with the runner in second place nearly a minute and a half behind him! Aileen Baldwin came first in her age category.



Stephen Hall (CVFR) 27:30, Jim Harris 35:38, Mark Pottinger 36:41, Paul Patrick 39:56, Aileen Baldwin 43:28, Ben Golding-Smith 43:34, Helen Hudson 44:00, Claire Haigh 52:17.

### 3k Trace Race (28<sup>th</sup> June):

Whilst some Lions were tackling the Fell's, nineteen Lions were also collecting Club Championship points at the 3k Track Race.

**Results:** Richard Crombie 10:39, David Farrar 11:41, Derek Parrington 11:56, Gaby Ferris 12:31, Steve Hallam 12:32, Mark Preston 13:07, Maria Harron 13:17, John Carless 13:27, Michelle Rogerson 13:28, Gerry Banham 13:50, Claire Thomas 14:08, Angela Lee 14:20, Jonathan Taylor 14:26, Becky Hill 15:49, Alex Whyte 15:53, Heather Anderson 16:05, Christine Gale 16:31, Annie Killeen 17:34 & Karen Carless 18:24.

### Hare & Tortoise (29<sup>th</sup> June):

Thursday's club night was host to the ever popular Hare & Tortoise race, beautifully organised by John, Karen & team. Runners were paired up according to speed and set off in different directions – Hares towards Stainland, Tortoises up Saddleworth Road to Branch Road – to (hopefully) meet on the route, exchange the baton, turn round and run back. The first pair back win – with a trophy awarded at the annual dinner.

### Results:

- 1<sup>st</sup> - Team 8: Michelle Rogerson & Jennifer Town – 51:41
- 2<sup>nd</sup> - Team 16: Tim Walker & Jenny Walker – 54:44
- 3<sup>rd</sup> - Team 19: Paula Pickersgill & Claire Haigh – 54:46
- 4<sup>th</sup> - Team 13: Clare Thomas & Leanne Morgan - 54:51
- 5<sup>th</sup> - Team 14: Lindsay Upton & Sarah Wannerton - 55:12
- 6<sup>th</sup> - Team 9: Gerry Banham & Kati Law - 55:20
- 7<sup>th</sup> - Team 4: Gaby Ferris & Alison Underwood - 55:44
- 8<sup>th</sup> - Team 1: Paul Patrick & Kate Wilson - 56:43
- 9<sup>th</sup> - Team 12: Dave Collins & Debbie Grunhut-Hinds - 56:48



- 10<sup>th</sup> – Team 17: Jonathan Taylor & Christine Gale - 57:07  
 11<sup>th</sup> – Team 3: Steve Hallam & Jo Brown - 57:11  
 12<sup>th</sup> – Team 2: Mark Preston & Rachel Stansfield - 57:25  
 13<sup>th</sup> – Team 11: Ian Johnson & Alan Gibson - 57:37  
 14<sup>th</sup> – Team 7: Aileen Baldwin & Roz Sykes - 57:45  
 15<sup>th</sup> – Team 18: Wayne Underwood & Becky Hill - 58:09  
 16<sup>th</sup> – Team 15: Sue Cash & Jennifer Bromley - 58:15  
 17<sup>th</sup> – Team 10: Roy Lunt & Jackie Barker - 58:57  
 18<sup>th</sup> – Team 5: Lance Parker & Laura Palfrey - 59:03  
 19<sup>th</sup> – Team 6: Gary Barnes & Helen Reece\*

\*Unfortunately Helen had a fall and was unable to finish.

## PB Corner

### Parkrun PB's

#### June 3<sup>rd</sup>

**Oakwell Hall:** Ben Golding-Smith produced a PB of 23:33, knocking 20 seconds off his previous course best.

#### June 10<sup>th</sup>

**Letchworth:** Heather Anderson ran a PB time of 30:06, knocking 51 seconds off her course best & coming 1<sup>st</sup> in her Age Group.

#### June 17<sup>th</sup>

**Middleton Woods:** Michelle Rogerson clocked up a course PB of 24:36, knocking 16 seconds off per previous best, she was also 1<sup>st</sup> Female & 1<sup>st</sup> in her age group.

**Potternewton:** Ben Golding-Smith ran a PB time of 23:17, taking 18 seconds off his previous course time.

#### June 24<sup>th</sup>

**Oakwell Hall:** Laura Goodwin ran a course best of 27:07, knocking 1 min 21 seconds off her previous time.

### Race PB's

**Northowrun5:** David Farrar (37:04) knocked 18 seconds off.  
 Sue Cash (44:59) took a whopping 4 mins 7 seconds off her course time (the cake was well deserved!)  
 Phil Richard (49:07) knocked 1 min 58 seconds off.

**Marsden 10:** Richard Crombie (1:22:35) knocked 25 seconds off his time.  
 Jim Harris (1:23:58) took 1 minute 19 seconds off.

# Ladies Captain's Update - Maria Harron



## Ladies' Report

Hoping you are all ok in this heat, I am not complaining about it but it does make it hard to race! It certainly does not stop you ladies though, just this weekend Mags Beever was 3<sup>rd</sup> lady in the Lindley 10k (coming back from injury and it is all good, phew) and also Laraine Penson completed the Wales 50 mile Ultra! Well done ladies, you are amazing.

Stainland Lions has a wide range of ages of women but most (I think) are in the V40 categories and above, we have some younger ladies and need to encourage more but it is so good to see so many of our club ladies working their way up the category ladder and taking on new challenges and continuing to enjoy running. I was chatting to Rikki Hammond about running as we get older and the problems it can cause. She was very happy to use her experience as a GP to inform us about running and the menopause. It is a really interesting read and really good for not just the ladies to read but the men too! It is the 21<sup>st</sup> century and certainly Davina MaCall would be over the moon that we are talking about it all.

## Running Through the Menopause – Rikki Hammond

You sweat buckets, your running tights seem extra snug, you toss and turn at night, during the day, you're exhausted and irritated. The menopause can be an athlete's nightmare. The shifts in hormones that occur as you exit your reproductive years can have serious effects on your running.

The upside, besides moving up an age group or two, all women experience these changes, but maintaining your mileage puts you ahead of the pack in terms of coping with them. What's more, with a few modifications to your routine, you can continue running strong long into post-menopause.

Hormones have effects on more than just your reproductive system, oestrogen and progesterone receptors are in all body tissues to a greater or lesser extent. Oestrogen strengthens bone and plays a key role in vasodilation, or the way your blood vessels expand and constrict based on what's going on inside and outside your body. As a result, your blood pressure and temperature perception shift in ways that may affect your running.

Menopause heats things up in more ways than one. First, your body's natural air-conditioning system works less efficiently. Normally, your blood vessels expand as you warm up, sending blood closer to your skin for cooling; lower oestrogen levels blunt this response, trapping more heat inside your core. This, along with changes to your brain's thermostat, the hypothalamus, likely contributes to hot flushes.

Some research suggests women who exercise regularly have fewer hot flushes. Runners are used to feeling heated; they're used to that feeling of sweating so aren't so bothered by it.



Training through a hot flush poses no danger. Pre-hydrate. Try a slushie or ice-cold water to cool you down from the inside before a run. If it's hot out, consider wearing a bandana soaked in cool water or a scarf prepacked with ice or cooling beads. Wearing wicking technical clothing helps.

A good night's sleep plays a crucial role in recovery from tough training sessions.

Lower levels of oestrogen and progesterone decrease production of the hormone melatonin, which helps you drift off, in part by dropping your core temperature. Melatonin is released when there is less light, so no screens etc. and turn the lights down in the time before bed.

When hot your body then tries to cool you down by pumping out perspiration. However, the changes to your temperature-regulating system make you prone to overshoot. The result: a cycle of sweating profusely, then waking up chilled and sticky.

Running improves sleep overall. Try to stick to morning runs if you can, as evening exercise elevates your core temperature too close to bedtime. Try keeping your bedroom cool, using wicking sheets, etc.

Just as blood vessels take longer to expand during exercise, they also don't shrink down as quickly afterwards. This causes a blood pressure drop that can leave you feeling light-headed when you stop moving, or even just when you stand up after sitting down.

Cooling yourself down with an icy drink or a cold towel can speed along this constriction to steady your blood pressure. So can compression gear, which keeps blood moving instead of pooling in your legs.

Declines in oestrogen and testosterone decrease your ability to build and maintain muscle. Your percentage of fast-twitch fibers, which help you sprint to the finish line, also declines.

If you don't strength train already, add two to three sessions per week to maintain muscle mass and reduce your risk of osteoporosis, since the pull of strong muscles on your skeleton increase your bone density. Also, include things like plyometrics and hill reps, these train the connections between your muscles and brain to increase your power, or the ability to recruit strength quickly.

Even if you're a marathon runner rather than a sprinter, these short, sharp, high-intensity sessions can build the power you need to cross the finish line strong. High-intensity interval sessions as little as 20 minutes long can help increase fitness levels and lean muscle mass, and decrease body fat, in postmenopausal women.

There is very little research that has explored injury risk linked to menopause. Changes to levels of collagen could affect the elasticity of your ligaments and tendons. As oestrogen receptors exist all over your body and this is why many women report achy joints, bones, and muscles when levels of this hormone decline.

Fortunately, the same strength and power, building moves that improve your performance, also help keep you off the side-lines. Strong muscles keep your form intact and better absorb the impact of running, protecting your bones and connective tissue.

Lower oestrogen levels trigger your body to store fat instead of build muscle, not exactly ideal for your 5k times. Running alone offsets some of the infamous middle-age spread, but the same high-carb diet that fuelled your training before might not work as well for you near menopause. Lower oestrogen levels leave you more sensitive to carbohydrates, causing

spikes then troughs, meaning you might need fewer gels, sports drinks, or chews to make it through your long runs. Oestrogen helps insulin do its job shuttling blood sugar into cells. As it diminishes, you become more insulin resistant and more sensitive to carbs. You need fewer carbohydrates overall. However, don't starve yourself or it will release stress hormones which won't help, tending to put weight on in the abdominal area. Higher carb diets worsen hot flashes as does being overweight.

Save the simple sugars and starchy carbs for when you really need them during races and training. Otherwise, get your carbs from fruits and vegetables. Aiming to get about 30 grams of carbohydrate, about the amount in one banana, during long endurance training sessions will generally be sufficient.

Focus on whole grains, fruits, vegetables, and high-quality proteins. Sources like dairy, whey powder, and lean meats contain high levels of leucine (high in foods like beef, salmon, nuts, eggs, chickpeas, brown rice and soya beans), an amino acid essential to building muscle. Include protein with leucine in your pre-run meal means you'll have the raw materials for recovery in your bloodstream the minute you stop sweating. They say take a post-run snack, aim for another 25 grams of protein within 30 minutes after finishing. Lower oestrogen levels make it harder to maintain muscle mass so pump up the protein.

Synthetic oestrogen and progesterone (HRT) can minimize some of the symptoms of menopause, relieving hot flashes and night sweats while protecting against bone loss.

The menopause can trigger depression too, but running is very good for your mental health.

Menopause is a natural biological process that occurs in women typically between the ages of 45 and 55 and marks the end of the reproductive years. It is defined as the absence of menstrual periods for 12 consecutive months, which indicates the depletion of the ovaries' supply of eggs and the cessation of hormone production, particularly oestrogen and progesterone.

As a result of this hormonal shift, women may experience various physical and emotional symptoms, which include the following:

- Anxiety and changes in mood, such as low mood or irritability
- Changes in skin conditions, including dryness or increase in oiliness and onset of adult acne
- Difficulty sleeping, which may make you feel tired and irritable during the day
- Headaches or migraines
- Hot flashes (i.e. short, sudden feelings of heat, usually in the face, neck and chest, which can make your skin red and sweaty)
- Joint stiffness, aches and pains
- Loss of self-confidence
- Night sweats (i.e. hot flashes that occur at night)
- Palpitations (i.e. heartbeats that suddenly become more noticeable)
- Problems with memory, concentration and 'brain fog'

Menopause can increase your risk of developing other health issues, such as weak bones (i.e. osteoporosis) or heart disease, diabetes, depression, anxiety. In addition to these female-specific physiological phenomena, aging adults will also experience sarcopenia (loss of muscle mass and strength).



While weaker bones and lower muscle mass have a direct effect on athletic performance, rest assured that you can still train and race well into later life. One particularly inspiring example is Sister Madona Buder, or the “Iron Nun”, whose Ironman finish at the age of 82 qualifies her as the current world record holder for the oldest woman ever to finish an Ironman Triathlon.

From a holistic perspective, postmenopausal women should combine endurance, aerobic, strength, and balance exercises to maintain physical fitness.

Strength training works by putting stress on the bones, which signals the body to create new bone tissue and improve bone density. When muscles contract against resistance, it creates tension on the bones, stimulating the bone-building cells known as osteoblasts. These cells respond to the stress by laying down new bone tissue, which can help increase bone density over time.

Tracking exercise intensity, such as monitoring by heart rate during a workout, can help women make sure they are working out at the right level to improve cardiovascular fitness and build endurance. It can also help avoid overtraining, which can increase the risk of injury or other health problems. By monitoring heart rate during exercise and staying within the right target heart rate zone defined in the session plan, a woman can tailor workouts to meet specific needs and goals.

In addition, body and mind exercises (e.g. yoga, Pilates, and stretching) can help to manage menopause-related symptoms. Specifically, it has been shown that low-volume resistance training three times a week improves muscular strength among post-menopausal women.

Because your body is more resistant to responding to training stimulus as your hormones decline, you need to be sure to include hard sessions to get the same results. That means really sharp, high-intensity sprint interval work like Tabata and interval training. Intensity also improves body composition. Research has shown that this type of training decreases visceral fat (around your internal organs which increased your risk of heart disease), increases lean mass, and improves cardiovascular fitness more effectively than longer HIIT sessions or steady-state endurance work and is particularly important after the menopause.

Likewise, make sure you bring that intensity to the weight room and lift heavy weights. Our bodies need additional exercise stress to make up for the muscle-making stimulus our hormones, like oestrogen, used to provide. That means not lifting light weights for 20 reps, but rather lifting heavy weights in the low three to six repetition range to really build that lean mass and maintain muscle integrity.

Vitamin D is essential for synthesizing protein and calcium regulation which are needed for muscles. In women, oestrogen increases the function of the enzyme responsible for activating vitamin D; therefore, vitamin D deficiency is a key concern for menopausal women who are experiencing declining oestrogen levels. This is associated with a loss of muscle mass and strength in older people, alongside a decline in physical performance. Depending on where you live and how much sunlight you're exposed to, you may need to take a vitamin D supplement in order to get the level required to enable effective training. It is quite hard to get enough vitamin D in your diet, but you can make vitamin D in your skin when it gets sunshine. Being a runner usually means you are an outdoor person which will help here.

There is growing evidence that older women can benefit from omega-3 polyunsaturated fatty acid supplementation due to several reasons, reduced risk of heart disease, improved cognitive function, reduced risk of depression, improved bone health, reduced inflammation. This can be particularly important for older women who may be at risk of inflammation-related conditions such as arthritis, diabetes, and cancer, as well as sports injury. Foods high in omega-3s include fish, vegetable and flaxseed oils, nuts, flax seeds, and leafy vegetables, all of which are hallmarks of the Mediterranean diet.

The Mediterranean diet has been linked to many other health benefits, including reduced risk of cardiovascular disease and premature mortality.

No matter what your personal views are on Hormone Replacement Therapy (HRT), there is substantial evidence that it helps relieve menopausal symptoms and has a positive effect on muscle mass and bone density, HRT has also been proven to increase power. The way I see it is that we have not evolved yet to live into our 80s and 90s and now we are we need to make adjustments for our increased longevity.

If the thought of HRT does not sit well with you, then there are natural alternatives in the form of phytoestrogens. Phytoestrogens, whose chemical structure is very similar to that of human oestrogen, are in fruit, vegetables and grains.

The combination of a good diet, HRT (natural or not) and exercise will help reduce the development of sarcopenia and the negative effects of menopause on bone density. With a well-structured, progressive training plan as well as thrice-weekly heavy lifting, you could be finishing an Ironman triathlon well into your 80s!

Nearly half of women over 50 say they sometimes leak urine. You've likely heard that it's important to strengthen your pelvic floor muscles with (as if the vicar is over for dinner and you need to break wind!). The pelvic floor is part of the core.

Hot off the press is the need for all women, regardless of the use of HRT, to use Oestrogen pessaries, ok to use even after breast cancer. It is now realised that the vaginal skin, once it has atrophied there is no getting it back, and maintenance of healthy tissue is good for bladder function, as the bladder contains oestrogen receptors, and preventing soreness.

For more information, tune in to 'Hit play not pause', a podcast that helps active women optimize their changing physiology, maintain strength and fitness, and perform their best through their menopausal years.

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I promised in the last Newsletter that we would hear from more of the Rob Burrows Marathon ladies and I am very pleased that so many have taken the time to share their experiences, including first time marathoners.

**Zoe Russell**

From the giddy buzz on the Rob Burrow Fun bus to the almost silent return journey home, the inaugural Rob Burrow Marathon was an experience I will never forget.

It was so hot, even at 9am I knew the heat would be a problem but as the miles went by the temperature just went up and up. Fit, young people were collapsing and nothing could have prepared any of us, I felt sick, had cramp for the first time ever, tears, falling out with myself and my wheels definitely came off at mile 10!!!

However, the other runners and, moreover the supporters, were absolutely unbelievable. They were my legs when they didn't want to work, they were my lungs when I couldn't breathe, they were my fuel (literally, water, food, hose pipes) when I was seriously flagging and they were my self-belief every time I heard my name. It was just amazing.

It took forever – but Sir Kevin Sinfield was supporting everybody across that finishing line and even took time out for a chat. An incredibly humble man.



This was hands down and without exception THE hardest thing I have ever done but I am so very glad I did it. I even wear my T-shirt and I'm not a T-shirt girl. I'll be supporting next year and hopefully giving something back. Not for the faint hearted (it's a very tough course) but so worthwhile, for an amazing cause, with amazing people.



**Christine Cliffe**

When I saw the Rob Burrows documentary it was a no brainer, I was gonna enter the Leeds Marathon to help raise funds for the cruel disease MND. I figured it would be tough but 26 miles is not tough compared to what Rob and his family are going through.

This was my second marathon, the first whilst it counted and I still got my London medal was only virtually and I can now say whilst it was flat it was so much harder than running a 'proper' marathon supported by crowds and other fellow runners.

The day itself was hot, so amongst the other usual worries (the fuel, the questionable 'will I be able to finish', toilets and hills . . . ) we now had the added worry of not having trained in hot weather. The Lions' bus was packed with runners and supporters, I felt in safe hands!

Despite the heat, the hills, and an Achilles injury, I surpassed my personal goal of under 5 hours at 4 hours 45 minutes. I was elated!!!

No one could have prepared me for the huge support from villagers, families, friends and marshals. The cheers, claps and offers of drinks, sweets, oranges, hosepipes to cool off were such a welcome and I enjoyed every minute (even the huge will at mile 19!!) Would I do it again? You bet I would.

**Lin Devine**

This was the first time that I had ventured into the marathon world – I had always vowed that it would be something I'd never do but a group chat of ladies and gentlemen of a certain age and a chat with the family of a hospice patient made me think that just maybe I could give it a go. So began the (absolutely freezing) Sunday morning forays with the Stainland Sole Mate. We covered some absolutely stunning routes (thank you Anne and Peter) and an unbelievable number of conversation topics (with Peter and Paul probably relieved to have each other to talk to to get away from some of the girly chat) with many laughs along the way. I was so chuffed to get to 18 / 20 / 22 miles as that was the furthest I'd ever been.

Race day was upon us and the weather gods sent us a warm one! The build-up atmosphere was exciting, nerve wracking and emotional. The sight of Rob and Kevin passing us was a hugely poignant moment and a reminder of the reason we were all here. I have never seen support like it – from start to finish the streets and countryside were lined with a myriad of fabulous supporters (including several Lions) offering gels/water/sweets and very welcome sprinklers! The emotional was palpable – so many people running for so many causes close to their hearts. The support from fellow runners was amazing.

The heat was a demon as was Otley Chevin and that was the point when I knew if I was going to finish I had to abandon my race plan and just keep one foot in front of the other.

Without a shadow of a doubt it was one of the hardest things I've ever done (at one point I was having a conversation with a lady about whether this or childbirth was harder – we both said the marathon) but the sense of achievement at the end as I could hear the roar from the Lions crew was immense and the pain of the last few hours diminished. Also, we raised £3,876 for MNDA which was fantastic. I can say with great certainty that if I'm ever on this route again I'll be marshalling but it was such a fantastic day in so many ways – one never to be forgotten.



### Carol Lord

The Rob Burrow Leeds Marathon on 14<sup>th</sup> May 2023. Wow what an experience it was. Hot, Hilly and Hard. Having done quite a few marathons before, this was the hardest one that I have done. I walked more than I have ever done and talked more than I have ever done but there was such a sense of camaraderie with most of us raising money for the same charity.

With Rob and Kevin also taking part the atmosphere was absolutely fantastic. The support was off the scale, one section it was like the Tour De France no barrier just a wall of support on either side. Lots of club members had volunteered to marshal, so seeing them along with lots of friends and other club members was wonderful.

We were offered everything along the route – oranges, bananas, jelly babies, even ice lollies, with extra water stations outside people's houses and showers to cool us down.





Anne-Marie Killeen

I entered the marathon about a year ago after a flurry of WhatsApp activity from fellow Stainland runners and FOMO. It was to be my seventh marathon and number seven featured heavily so it seemed to draw me in. I joined the group for the long training runs.

There were plenty of bumps in the road for other members with Carol's nasty knee injury and Anne's hip replacement. Carol and Anne continued to remain integral members of the group even though they were unable to run. I very much appreciated Carol's mindfulness session.

I was extremely grateful to get to the start line in one piece and feeling well prepared having done 4 x 20-milers. I was joined by my husband and eldest daughter on the day and we got up early to get Paula's Fun Bus from Heath to the stadium. I got separated from the other Lions as I stayed with my family who were starting much sooner than me. I felt very nervous waiting for the start but was pleased to hear Bruce Springsteen Bord to Run as I approached the start line.

My race plan was discarded before I left Headingly as it was already extremely hot and not a day when I wanted to push myself. The crowd support was the best I have ever known and I will never forget it. I was born in Leeds and was running past my first home and primary school. I saw family and friends and of course the Lions strategically positioned along the course. My husband is a Harrier so it was good to get a cheer from them too. I met quite a few Harriers and Lions running on the course and everyone was having their own struggles but I thought about Rob Burrow and also good running friends no longer with us and realised how trivial and temporary my own struggle was. The long drag up the Chevin was very hard and it was worrying to see so many collapsed runners and busy ambulances.



I abandoned my regular marathon nutrition and took up the offer of salty crisps and nuts from a spectator as I could see so many runners with cramp. I was grateful to always get water when needed as I heard some runners didn't get enough. I was very pleased to see Abi and Karen a mile from the finish. By then even the downhill bits seemed uphill!

I felt like an Olympian at the finish as it is the only time I'll ever get to experience a stadium finish. I was reunited with my husband and daughter who had waited about two hours for me. They had been lucky enough to see Rob and Kevin twice on the course and saw the emotional finish. All in all it will be my favourite marathon despite it being my slowest. My first marathon was special but my last one was the best ever! I'm very grateful for the support I received from the club who made this such a memorable experience. I have even cried writing this short piece as I became quite emotional reliving the experience.

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Amazing running ladies, some firsts and possibly some lasts there but incredible achievements.

A few months back I asked on FB and the Forum about your inspirational lady runners and it was fascinating to read familiar names and some I had never heard of. So I am going to try and put a few facts about some of those ladies in the next few Newsletters. Starting (it has to be) with Paula Radcliffe – here are some of her times that we can just say wow!

#### **Paula Radcliffe MBE**

- 3 x winner of the London Marathon (2002, 2003, 2005)
- 3 x winner of the New York Marathon (2004, 2007, 2008)
- 2002 winner of the Chicago Marathon
- 2015 winner of the World Champion in the Marathon from Helsinki
- Held the Women's World Marathon Record with a time of 2:15:25 for 16 years from 2003 to 2019 when it was broken by Brigid Kosgei.

#### Personal Bests:

- 3k: 8:22.20 (Monaco 2002)
- 5k: 14:29.11 (Bydgoszcz 2004)
- 10k: 30:01.09 (Munich 2002)
- Half Marathon: 65:40 (South Shields 2003)
- Marathon: 2:15:25 (London 2003)

# Updates from the Men

## Gary Barnes – The Rob Burrow Leeds Marathon



The Rob Burrow Leeds Marathon – what an event, what a day, and what a race to be my first marathon!

I followed a plan set out by fellow Lion, Paul Alexander, who also provided some great tips and insight throughout my training. I'm very grateful for his support!

After training in the wet, wind, rain (and even snow!) the sun decided to come out in full force on race day, making for some tough conditions.

4:22:39 for my first marathon, which I'm happy with. Now time to start thinking about the next . . . a trip to the capital may be on the cards!

## Why I Often Take Walk Breaks (Even During Races!) – Steve Hallam

Whilst this isn't intended as any form of coaching, I thought it might be useful for others to understand and possibly benefit from as part of my running strategy that I have developed over the last 15 year of being a Stainland Lion.

Now, some people regard walking during a run or race as some kind of abject failure! However, I take the opposite view but only walk when I feel completely out of breath. This happens most often when climbing a steep hill, but it can also be when I'm racing as fast as I am able to go but just simply need a short recovery.

To get the best out of ourselves, I strongly believe that we need to recognize our own personal strengths and weaknesses and use them to our advantage. I know that I'm not great at adjusting my pace in accordance with the severity of the challenge, be that in a fast race or climbing a long ascent, therefore when I become physically stressed, I will usually do the following:

- **Slow right down to walking pace, but not for too long – just enough to stabilize my breathing. This typically lasts anything from 5 – 45 seconds.**
- **Try to relax everything, including head, shoulders, arms and general movement.**
- **Focus my mind on preparing for getting back up to speed.**
- **Ensure that my running form is still as it should be (i.e. the things we learn from drills and activations at track sessions!)**
- **Not allow myself to become distracted by how many others pass me by.**



- **Then, gently build back up to a sustainable pace which I can keep up for as long as possible.**

I often find that the ones that passed me earlier are now firmly back in my sights once again and now seem like a viable target to regain my earlier position. This, along with the short recovery, will usually give me the confidence to push along a bit harder, especially when I observe that others are finding it tough going too!



Definitely walking here!

A perfect example of when I used this strategy to best effect was this year's Dewsbury 10k race back in February. I wasn't expecting to beat my previous PB of 44:31 there from 3 years earlier but wanted to at least try for another sub 45. For the first 2 miles I tried to keep my pace down just a little and not get carried away. This helped me to get to the halfway stage without being totally shattered. Despite taking no less than THREE walk breaks in the second half, I managed to sustain an even pace of 6:51 per mile back to the finish, which resulted in a new P of 43:47 a few weeks after my 64<sup>th</sup> birthday! These walk breaks were very short but long enough to help me to push on both mentally and physically. I don't often get it so right!

I think this proves that my strategy works effectively for me, but my key message is that taking walk breaks are not necessarily a bad thing and the short recoveries can assist you in reaching your goal! The walk breaks have effectively become a coping mechanism, breaking a longer run or race into smaller bite-sized chunks that my mind can more easily deal with. It definitely works for me, so don't go thinking that when you feel the need to walk a bit, it means that you have failed in some way – just try to use it to your advantage!

# Coaching with Colin Duffield

## Five Things That Aren't True

So now we're at Number 3 in my list of things runners believe that aren't true.

Here's the list again for anyone who missed it:

1. *The best way to get better at running is to just run*
2. *Always running fast is the best way to learn to run faster*
3. *Age is just a number, ignore it*
4. *Always running a long way is the best way to improve long running*
5. *You can't change the way you run*

### **#3 Age is just a number**

So, our physical peak is between 20-35 years of age. After this our bodies start to decline. For instance, our Vo2 Max (our ability to use oxygen) declines by roughly 10% each decade, also our bodies take longer to recover and rebuild after hard training or racing. Similarly our muscles become less efficient, particularly the ones vital for the generating of power when running quickly.

In addition to this natural and predictable decline, those of us who have been running for some time will inevitably be carrying long standing injury, imbalance, or weakness that can stop us in our tracks periodically if we don't plan our running in an appropriate way. Also, female athletes will have the menopause to further complicate things.

So, age is very much more than a number.

Lovely, isn't it? Depressed yet?

The first thing to do is to accept all of the above, because there is no opt out. If we ignore it and pretend we're 22, we'll get away with it for a while but not for long, certainly not forever. The list of runners I have known who just carried on as they always have, and now are no longer runners, sadly runs into quite a few pages in my contact list.

So what am I suggesting us golden oldies do?

Firstly, the good news for us mediocre runners is that we're not starting from a point where we're getting 100% out of our bodies. Studies have concluded that elite runners who squeeze out all their potential when young are hit harder by decline. Those of us who never really achieved more than say 75% should be able to maintain something closer to previous performance.

However, regardless of whether you run to improve and compete, or if you run for the sheer pleasure of it and don't overly concern yourself with performance, you need to respect your body, understand it, and learn to make it work for you.

As younger people we may be able to just run, and then run again the next day. Older athletes will almost certainly not be able to do that in any genuine way. We need to think more about our bodies and what we're asking them to do. Most of us know that strength training, core work, etc would do us good, and we probably know we should have always been doing it. For the veteran, doing these things, looking after our power, stability, flexibility and balance may just be the things that keeps us running.

There's loads of stuff available to help us do this, even just within the confines of the Lions. Also, the internet is rammed with tutorials and videos that cost nothing. Look them up and have a go, but it's often beneficial to have someone observing you and telling you if you're doing it right. This is in the same way that I think that I'm a great dancer, but as the video footage of my moves on the dancefloor at a friend's wedding proves, we don't always really know how we're moving our bodies. The same can be true of this stuff. So I'd suggest in the first instance get help to do it right to get the dividends.

So, what kind of running and training? Is it all steady miles on the canal bank or can we dive into the world of intervals, hills and speed training? The good news is that you can but understand possibilities and limitations. Don't try and match your performance from 20 years ago. You won't be able to. So do the quality sessions, maybe a couple of times a week and stop before you've overdone it. Remember, anyone doing a relatively intense session only gets benefit when the quality's there. If you've reached your limit and you're running like the proverbial bag of spanners, you're teaching yourself to run like a bag of spanners and kiboshing any hope of further training in the days after. But conversely, don't think you can't push yourself at all, and make the session too easy. It's all baby bear's porridge.

So two quality sessions a week leaves five more days to play and recover. So do your long run, have a chatty run with mates, perhaps mix it up and get on your bike, but also rest. You'll need more rest and recovery as you get older, the boom-bust cycle of over training and injury it's so easy to fall into.

Also, it's worth having a brief word with yourself about diet. Your 50+ body's less forgiving!

So, by the way of a conclusion:

- Accept reality and don't chase the you of 20 years ago
- Strengthen and stretch your body
- Regularly check and adjust your training and make sure you're giving yourself enough recovery time.



# Away Run - June 2023 with Jonathan Pybus

Thursday 8<sup>th</sup> June saw our monthly away run from The Old Brandy Wine at Luddenden Foot. We had six runs of differing abilities all go out and enjoy the Calder Valley, then back to the pub for pie and peas. Once again we had a fantastic turnout and some great routes.



**July 2023 Away Run:**

The next away run will be something a little different – a score event\* from **The Scape House Inn** on Scapegoat Hill (almost home turf for the Tuesday 1885-ers).

- Where: **Scape House Inn, HD7 4NJ.**
- When: **Thursday 20<sup>th</sup> July – 7pm-ish (staggered starts) – registration from 6.15pm.**
- To be followed by a meal afterwards (£6.00 per head) – must be pre-ordered – please add your orders to the comments on the Club Facebook post and ensure that you make payment arrangements with Debbie Grunhut-Hinds. The last date for food orders is 6pm on 17<sup>th</sup> July, by which date all food must be paid for (we can only place orders once payment is received).
- Choice of **Chili & Rice or Thai Green Vegetable Curry.**

\*A score event is a glorified treasure hunt and not something to worry about taking too seriously – is just for fun.

# In The Lion's Den with Gav Dodd



Paul Patrick



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

I've been running on and off for years, I probably started entering races around 2007/08, 10k road races mainly.

**What made you join the Lions?**

I joined following the beginners course in 2009. I was interested in running in team events and generally improving my running. The club offered on and off road running that appealed to me.

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

I was fortunate to get a club ballot place for the 2017 London Marathon. Three weeks before the race I got Achilles tendonitis in both ankles that put a stop to my training but I decided to run rather than defer my place, glad I did as the atmosphere was fantastic, although I did pretty much have to walk after the first 10 miles!

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

People run for different reasons, I guess to keep running you need to know why you are doing it, is it to keep fit, lose weight, meeting new people, whatever. Set yourself achievable goals, enter the club championship where you will be put in a division with runners of a similar ability, make use of the clubs' brilliant coaching team. Try different types of running, if you run mainly road then try off road, even try fell racing – a great atmosphere and usually enter-on-the-day events. Enter the Vets Championship (if you're +35 years old).

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

Road shoes are Nike Pegasus, off road/fell Inov8 Mudclaws, etc.

**What do you do for work?**

Project Manager (currently on an open ended sabbatical, or is that retirement)

**Favourite Meal/Restaurant?**

Fillet steak / The Ivy (only when I can afford to!).

**Favourite Tipple?**

Tea / Black Sheep

**Favourite Holiday Destination?**

Majorca is always nice, New York or Paris for a city break. Scotland, Wales and Cornwall are pretty good too without the necessity to fly.

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

I've currently done c.80 different fell races; I'd like to add more. It would be good to do some races in the Lake District.

**Any Non-Running Related Hobbies?**

Crown green bowling (fell running with bowls, flat cap and a pipe!)

**What's Your Desert Island Disc (fav group, album, concert)?**

It's rock music all the way for me since first hearing Black Sabbath as a 12 year old. There are so many albums I could choose from – Dark Side of the Moon being the obvious choice. For a desert island it would probably have to be something less heavy – Beatles, Rolling Stones or Steely Dan maybe.



**July 2023:**

Thursday 20<sup>th</sup> July – Away Run @ Scape House Inn.

Thursday 27<sup>th</sup> July – Downhill 10k @ Heath.

**September 2023:**

Sunday 17<sup>th</sup> – Stainland Trail.

**2023 Championship Races:**

- Friday 7<sup>th</sup> July – Holme Valley 5 Miler, Holmbridge Church Hall, Holmfirth.
- Wednesday 19<sup>th</sup> July – Hepworth Trail Race, Hepworth Football Club.
- Wednesday 2<sup>nd</sup> August – Hopwood Trot, Hopwood College Sports Pavilion.
- Sunday 20<sup>th</sup> August – Piethorne Trail, Bulls Head, Rochdale.
- Sunday 3<sup>rd</sup> September – Tholthorpe 10k, The Village Green, Tholthorpe, York.
- Sunday 30<sup>th</sup> September – Stairway to Heaven, Holmbridge Church Hall, Holmfirth.
- Sunday (Mid-October T.B.C) Holmfirth 10k, Hade Edge Bank Hall.
- Sunday 29<sup>th</sup> October – Bronte Way Fell Race, Aisled Barn, Trawden, Colne.
- Sunday 5<sup>th</sup> November – Guy Fawkes 10, Ripley Castle.
- Sunday (November T.B.C) – Clowne Half Marathon, Chesterfield.
- Saturday (December T.B.C.) – Ambles Revenge, Waggon & Horses, Oxspring.

**2023 Fell Championship Races:**

- Tuesday 1<sup>st</sup> August - Crow Hill Reverse (5 miles)
- Wednesday 9<sup>th</sup> August - Pilgrims Cross (6.6 miles)
- Sunday 20<sup>th</sup> August – Piethorne (6.2 miles) **also in Club Championship**
- September – Thievelly Pike (4.3 miles) tbc
- Sunday 10<sup>th</sup> September – Yorkshireman Full (26.1 miles)
- Sunday 10<sup>th</sup> September – Yorkshireman Half (14.9 miles)
- Sunday 29<sup>th</sup> October – Bronte Way (7.5 miles) **also in Club Championship**
- Saturday 9<sup>th</sup> December – Moors the Merrier (21.1 miles)

**YVAA 2023 Grand Prix:**

- Race 4 – 13<sup>th</sup> July @ Northowram Pumas
- Race 5 – 1<sup>st</sup> August 2023 @ Queensbury RC, Littlemoor Park
- Race 6 – 8<sup>th</sup> August 2023 @ Pudsey Pacers, Post Hill

- Race 7 – 1<sup>st</sup> October @ Ackworth RR, Fitzwilliam Country Park.

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

- 19<sup>th</sup> November: Baildon
- 3<sup>rd</sup> December: Queensbury
- 17<sup>th</sup> December: Bramley
- 7<sup>th</sup> January: Stadium
- 21<sup>st</sup> January: Lakers
- 11<sup>th</sup> February: Pudsey
- 25<sup>th</sup> February: Stainland
- 10<sup>th</sup> March: Crossgates

**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**