



John Bassinder

From The Chair

An update of what's been happening at the Club during March.

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from March 2022

Various

Contributors

Championship & Fell Running Championship Update; Ladies & Men's Captains Reports; Coaching Corner & In the Lions Den.

From the Chair

John Bassinder



For all those fed up with hearing that our priority is to get the club back to pre-Covid normal - The good news is that you won't have to hear it anymore, it's really happening! The first away run was a big step towards it, and what a beauty to start with, brilliant run, lovely company, and superb food. The atmosphere and chatter in the Shears afterwards was a reminder that we've been missing more than just their pies. Great to see everybody catching up with friends, and many thanks to Paula for getting that ball rolling again. It was a lovely evening that felt like spring had definitely sprung, so I suppose it was no surprise exactly a week later when the temperature dropped and snow arrived just in time for the first night of the beginners. It didn't deter them though and it was great to see so many Lions welcoming our new and returning runners. More will be starting at various points throughout the seven weeks, and I know Captain Richard and Vice Captain Becki would be grateful for help over the next few Thursdays. The final night will be the Hare & Tortoise race on Thursday May 19th and we hope to see a good turnout of runners for that - As well as marshals to make sure I don't lose anybody [again].

Got so much to look forward to as we get going again; The Presentation night/Annual dinner sorted [more from Michelle later] and much more happening as well, but first things first - Our flagship race, The Bluebell Trail, is coming up fast on May 8th. Clayton as Race Director is cracking on as always with the massive amount of work behind the scenes while Gail in her first stint as Chief Marshal is busy press-ganging volunteers - But we still have loads of vacancies! No wish to repeat everything from the AGM [I'll spare you all that] but for anybody who couldn't attend that night this may be a good time to post a brief explanation - Especially as our membership fees are now due!- of why helping at these races is absolutely vital to the club.

We've held the fees at £35, out of which £16 per member goes to EA for personal affiliation plus £150 for club affiliation [50p each, so £16.50] £12.50 goes to Heath. That's £29 total, leaving us with £6 per member to cover costs such as equipment, coaching courses, awards for presentation night etc. So how come we're still able to fund summer bashes, club races, kids Christmas party, free CWR entry, bus hire for the Downhill and so on? How are we able to keep giving literally thousands to charities so continuing our tradition from the time we were founded, and which is still one of our priorities now - an ethos which makes us proud to be different.

Where does all the money that pays for the fun come from? From our races of course! Races that can't take place without volunteers. It's lovely to see such a take up again for the Calderdale Way relay, it looks like we'll have the biggest turnout of teams as usual. The entry fee for that race goes up every year but as a Lion it costs you nothing, the club takes care of it. But please remember as you enjoy that day [and I hope you all will!] those places aren't paid from membership fees, they're paid for by the income from races and through the efforts of those who volunteer at them.

We need around 100 enthusiastic, noisy marshals to keep the race safe and create the atmosphere that we're renowned for, and Gail is still recruiting. We ideally could have done with more marshals at the Cross Country - A race that earned us £500. I fear some may have stayed away because they don't run cross country themselves but as you've seen - that's not how it works. So please don't be shy of helping at the Bluebell or the other races - If you love the Lions life, if you're looking forward to the CWR, if you're benefiting from the coaching, if you enjoy the club races and summer bashes - this is what pays for it!

Two last points; It's not just the club who benefit, a large portion of the race proceeds [as always] will be going to Overgate and I think that we should all feel really proud that our efforts have now raised over £100,000 for them. The final point – It's always a brilliant atmosphere on race day, it raises the profile of our club and wins us loads of compliments, and that atmosphere is created by the marshals and helpers - You will absolutely love being part of it!

Since the last newsletter we have of course had our AGM where sadly for us Cat Daniel had to leave the committee because of work commitments. We'd all like to thank Cat for her hard work in her stint as Secretary, welfare officer, communications and generally volunteering for anything that needed doing.

John B.

Lions Race Reports

Debbie Grunhut-Hinds



Race Report for March 2022



James Penson & Jim Harris passing Greenfield Reservoir (Pic by Colin Brearley)

Saddleworth Ten Reservoirs (5th):

Three Lions took part in the Saddleworth Ten, a challenging 26-mile, high level moorland route forming a circuit around Saddleworth Moor. Starting and finishing in Greenfield and visiting ten local reservoirs along the way. Each participant has to self-navigate around the route, visiting each checkpoint in the correct order.

Results: James Penson 5:27:39, Jim Harris 6:33:08, Helen Hudson 6:44:42.

Cloud 9 Hill Race (6th):

Two Lions headed to Congelton to run the Cloud 9, a scenic and challenging mostly off-road 9-mile race from Congelton to the summit of Bosley Cloud, with a climb of 1,125ft.

Results: Ray Mooney 1:32:21, Rikki Hammond 1:39:27.

Ilkley Moor Fell Race (6th):

The Ilkley Moor Fell Race has been organised by Ilkley Harriers since 1980; this FRA Category AS race has over 1300 ft of climb over 5-miles – although short the course is difficult with some very challenging descents.

Results: Damien Pearson 59:52, Martin O'Brien 1:05:05

Dentdale Run (12th):

Lions were out in force at the Dentdale Run; the race was the 3rd in the Club's Championship. Runners chose either the 14.2 mile or 7.9 mile course around the lanes of Dentdale in the Yorkshire Dales. The route was an undulating one, billed as "the most scenic race you will do!" 15 Lions ran the 14.2 mile course; Steve Hallam was the first Lion home producing a course PB of 1:52:33 as well as being second in his M60 age category. Helen Armitage was the first Lioness home and came second in her F55 age category. There were also age category places for Aileen Baldwin (1st F70) and Angela Lee (2nd F60). Paul Armitage was first Lion home on the 7.5 mile route; Lesley Henderson won her F70 age category and Judith Greenwood came second in the F75 category.



Steve Hallam 1st Lion & 2nd M60 at Dentdale (Pic: Andrew Thrippleton)

14.2 Mile Results: Steve Hallam 1:52:33 (2nd M60), Helen Armitage 1:58:01 (2nd F55), John Ingles 1:59:59, Martin O'Brien 2:01:47, Angela Lee 2:02:34 (2nd F60), Aileen Baldwin 2:07:03 (1st F70), Sandy Gee 2:16:56, Paula Pickersgill 2:19:05, Tim Walker 2:20:18, Wendy Paulson 2:34:42, Phil Richards 2:38:15, Mel Shaw 2:45:20, Jenny Walker 2:47:54, Richard Lambert 2:47:56, Jackie Barker 2:51:08.

7.5 Mile Results: Paul Armitage 1:19:52, Carol Lord 1:24:05, Lesley Henderson 1:30:44 (1st F70), Judith Greenwood 1:37:13 (2nd F75), Julia Newsome 1:37:36.

**Haworth Hobble (12th):**

Lucy Collins finished first in the mixed pairs along with her teammate Dan Marsden of CVFR in the Haworth Hobble. The gruelling 32 mile route follows gritstone tracks from Haworth main street over the moors to Calderdale, up Stoodley Pike and back to Haworth via Hardcastle Craggs and Crimsworth Dean. The total climb is a mammoth 6,500 feet!

Results: Lucy Collins (Stainland) & Dan Marsden (CVFR) – 5:12:47 (MIX); Mark Pottinger & Graham Anderson – 5:44:38 (MPAIR); James Penson – 6:19:32 (MV40).

Huddersfield Parkrun (12th):

Bernadette Rowland became Huddersfield Parkruns first ever VW85-89 age category finisher on Saturday, she also set a new Stainland Lions 5k Club Record of 53:14 in the VF85 age category. Bernadette was supported along the way by Club members Abi Howarth, David Rushworth, and Anne Cawdron.

Thirsk 10 Mile (13th):

There were course PB's for both Richard Crombie and Rebecca O'Neill at the Thirsk 10 road race; the course is fast and flat and lends itself to a fast finish time. Richard knocked 3 mins 10 seconds off his 2020 course time, and Rebecca took 4 mins 29 seconds off her 2017 time.

Results: Richard Crombie 1:04:35, Derek Parrington 1:10:45, Suzanne Patterson 1:14:21, Rebecca O'Neill 1:16:28.

Red Hot Toddy (13th):

Michelle Rogerson came 2nd in her age category at the Red Hot Toddy. Starting at Centre Vale Park, Todmorden, the hilly course then climbs to Sourhill before going down Bacup Road then back through Todmorden Town Centre to finish back at the park.

Results: Ben Golding-Smith 50:09, Michelle Rogerson 52:06 (2nd F45), Ian Hoskins 54:06, John Bassinder 57:52.

MBNA Chester 10k (13th):

Three Lions headed to Chester to tackle the city-based 10k – the first event of the Chester Triple Series. The course is a fast one, starting on the road next to Chester Racecourse and heading out of the city along the wide roads.

Results: Abi Howarth 1:02:16, Anna Stones 1:06:34, Karen Appleyard 1:09:20.

Firefighters '2UP' Duathlon (13th):

Finally, Lions on bikes! In the Firefighters '2UP' Duathlon brothers Will and Cam Rushworth clocked up a total time of 2:23:02 for their 4 mile trail run, 25 mile bike ride, and second 4 mile trail run to finish.

Results: Will Rushworth & Cam Rushworth – 2:23:02; Steven Crowther & Richard Dunn – 2:36:34; John Rushworth & Sally McGregor – 3:07:59.

West Yorkshire Winter League – Series Trophies:

A presentation night was held in Leeds for the 2021-2022 WYWL Series Winners. Stainland Lions earned trophies for the following:

2nd Female – Mags Beever, 1st F35 – Danielle Hirst, 2nd F40 – Stefanie Hopkins, 1st F45 – Maria Harron, 3rd F50 – Lorraine Naylor, 2nd F55 – Helen Armitage, 2nd Male – Gavin Mulholland, 3rd M65 – Dave Hudson.

It's Grim Up North Fewston Half Marathon (19th):

The "Grimnificent" Seven gives participants the option of running a half marathon (or marathon). The 7-day event started at Swinsty on 14th March and then moved to a different reservoir each day. Fraser Ambrose chose to run the half marathon at Fewston, coming in 3rd place overall.

Results: Fraser Ambrose 1:45:08.

The Windmill 6 (20th):

20 Lions headed to Birdsedge Village for the 4th race in the Club's Championship. The Windmill 6, an undulating road race around the windmills on the top of Spicer Hill, is race one in the South Huddersfield Trail and Road Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. Lucy Collins was the first Lion home in 6th place and 1st female, there were age category places for Martin O'Brien (1st M60), Michelle Rogerson (2nd F45), and Sue Cash (3rd F55).

Results: Lucy Collins 38:50, Daniel Stafford 43:31, Ben Golding-Smith 44:07, David Collins 45:34, Gareth Knight 45:35, Ian Hoskins 47:43, Steven Crowther 47:44, Martin O'Brien 47:56, Michelle Rogerson 48:02, Amjid Khan 49:24, Paula Statham-Drake 49:56, Heather Moffat 49:56, Sue Cash 51:44, Anne-Marie Ulllyott 52:09, Hayley Kelly 52:19, Laraine Penson 53:09, Paul Butterfield 53:54, Paula Pickersgill 55:11 Diane Waite 57:01, Emma Taylor 1:07:01.

Heptonstall Fell race (20th):

Over in the Club's Fell Running Championship, 7 Lions tackled the Category BL race around Heptonstall. The 15.4 mile route has 3,200 ft of ascent and takes in a mixture of steep-sided wooded valleys, upland pastures, and pathless moorland! Runners hurtled down grassy slopes, struggled across stretches of bogs and scrambled up through thick heather and dense woodland.

Results: Leon Severn 2:38:34, Damien Pearson 2:41:36, Andrew Earnshaw 2:48:10, Jim Harris 3:00:18, Helen Hudson 3:06:23, Paul Patrick 3:08:33, Aileen Baldwin 3:16:08.

Wimslow Half Marathon (20th):

The Wimslow Half Marathon takes runners along country lanes and out towards Mobberley before winding back to Wimslow, on a course renowned for producing fast times. Gavin Foster came in 92nd place out of a field of 1957 runners, and Mag Beaver finished 10th female.

Results: Gavin Foster 1:19:15, Mags Beaver 1:24:13, Sally Caton 1:39:30, Lorraine Naylor 1:40:59, Maria Harron 1:43:04, Joanne Kitcher 1:52:45.

Helen Hudson at Heptonstall Fell Race
(Pic: Chin Chean Yong)



Stainland Ladies Maria Harron,
Joanne Kitcher, Lorraine Naylor &
Sally Caton @ Wimslow Half.

Wakefield Hospice 10k (20th):

Jenny Marshall was the solo Lion at the 25th annual Wakefield Hospice 10k. The road race is an out and back route on closed roads, starting and finishing at Thornes Park. The race raises funds for the hospice.

Results: Jenny Marshall 49:21.

Twin Lakes 20 (20th):

Darren Reece finished 2nd place at the Twin Lakes 20. Runners enjoyed a scenic, superfast, and traffic-free course through the stunning Milton Keynes countryside. Lapping two beautiful lakes, following the River Ouzel and the Grand Union Canal – you are never far from the water! The route is multi-terrain with 80% on cycle paths with some gravel paths and the remainder on the canal towpath. After not feeling 100% on the day, Melissa Reece opted to tackle the 10 mile route.

Results: Darren Reece (1st MV40) 2:07:39 - 20 mile route. Melissa Reece 1:55:00 – 10 mile route.

Tempest Trail 10k (26th):

Martin O'Brien was the solo Lion at the new Tempest Trail 10k event; the race is run within the grounds of Broughton Hall in Skipton.

Results: Martin O'Brien 43:41.



Martin O'Brien at the new Tempest Trail

Woodentops.org.uk

Sheffield Half Marathon (27th):

The Sheffield Half Marathon returned on Sunday with over 3,500 runners taking part in the 13-mile route which started in the city centre and headed towards Ringlinglow before heading back to the city. The event is part of the Jane Thomlinson Run For All Series.

Results: Michelle Rogerson 1:50:12, Joanne Kitcher 1:52:17.



Usain's PB Corner

March 5th:

Huddersfield Parkrun: Joanne Kitcher knocked 50 seconds off taking her course time to 24:23.

Centre Vale Parkrun: Martin Carr came in at 34:03 taking 8 seconds off his course time.

March 12th:

Huddersfield Parkrun: Sue Cash knocked another 3 seconds off her course time taking her to 25:09. Bernadette Rowland became Huddersfield Parkruns first ever VW85-89 age category finisher, she also set a new Stainland Lions 5k Club Record of 53:14 in the VF85 age category.

Wepre, Deeside: Michelle Rogerson came in at 27:19, taking 13 seconds off her time.

Dentdale: Steve Hallam produced a course PB of 1:52:33 and was 2nd in his M60 age category.

**March 13th:**

Thirsk 10 Mile: Richard Crombie knocked 3 mins 10 seconds off his 2020 course time, and Rebecca O'Neill took 4 mins 29 seconds off her 2017 time.

March 19th:

Halifax Parkrun: Judith Greenwood set a new Halifax course record of 34:28 in the VW75-79 age category.

Whiteley Parkrun, Fareham: Richard Spendlove also set a new course record of 22:48 in the VM75-79 age category.

March 26th:

Huddersfield Parkrun: Richard Crombie knocked 23 seconds off his course time taking him to 18:37. Sue Cash clocked up her third PB of the year, knocking a further 27 seconds off her time, taking her to 24:47.

Club Championship Update

Steve Hallam



Championship Update - March 22

We are now around a quarter of the way into the Championship and following the setting of the new divisions a few weeks ago, things are beginning to take shape.

It's your best 8 scores to count from 24 events, therefore there's immense opportunity to make a difference even if you haven't yet completed a single event!

The early leaders have got off to a solid start but what really counts is how you fare over the whole year and I'm sure that this year will be no exception, with some of you coming through and challenging for the top places just when others thought they have nailed it! I would hope to see some of those previously focused on marathon training to now start entering a few events and joining in the fun - Those long runs will provide the stamina and energy required to do really well!



Dentdale Run:

A superbly scenic run and a nice awayday happened on 12th March. The 7-mile route also ran concurrently (which some Lions chose to do) but only the longer 14.2 miles route counted towards the competition. 13 of us attempted this vying for championship points, although Angela Lee and Mel Shaw also opted for the full version. The average of the top 3 finishers was fairly modest at 1:25:10 which meant a decent haul of points for many of us.



Windmill 6:

Completely new to the Championship, the Windmill 6 was hosted by South Huddersfield Trail & Road Series on 20th March with 20 Lions taking part. As the name suggests, it's a 6-mile tour around the Birds Edge area featuring a fair few Wind Turbines! Personally, I missed this one but as far as I could see, there was some exceptional performances, particularly from Danny Stafford who scored a massive 82.9 points to be the first Division 2 finisher. Once again, the top 3 average was quite modest which helped to boost most of the Championship scores. So far, the highest yielding scores have come from the smaller, sometimes hillier races, therefore don't think that you won't do well on what looks to be a tougher course! However, it does depend on who actually turns up! For me, this all makes the competition more exciting as it can be tricky to know how well you will score even if you finish in a modest time!

First 3K Track Race:

This was held on Wednesday 23rd March with 18 participants, and yet another high scoring event. The weather was settled which helped a bit. There will be several more of these throughout the year, therefore still plenty of opportunity to be involved or improve your previous score.

Scores for all of these are set against a nominal 10 minutes to ensure consistency across all attempts. Chris Hall was first back in an amazing 10:32. Divisions 1 to 5 were all represented (come on Division 6 runners, give it a go!), although the majority were from the higher divisions, which makes me think that these are viewed as being only suited to faster runners - No they're not, the 3K distance is definitely suitable for all levels of ability! Please don't be intimidated by the speed merchants - Most of us get lapped, including me! Being Stainland, you can also be confident of much encouragement regardless of your finishing time.

Brun Valley 10K Trail Race:

Another completely new Championship event proposed by Jon Pybus and Debbie Hinds, who did it last year. 22 Lions gave it a go and it didn't disappoint! Starting and finishing from Thompson Park in Burnley, the route includes around 75% trail through the nearby woods with a mildly undulating element of elevation. The first mile was mainly on a tarmac path, which you see once again in reverse on the final stretch. It was nice to run somewhere in a different location that most of

us had never previously heard of, with all the anticipation and joy that that brings. It was great to see David Farrar back to racing after a 2-year absence due to various injuries and setbacks - He even managed to be the first Lion back! What a return - the perfect inspiration to us all.

More rambling on and on and on from me next month!

Steve

Fell Running Championship

Jim Harris



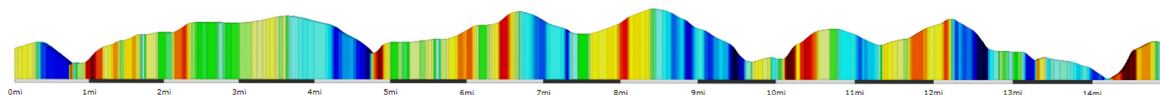
#fellrunningchamps - March 2022

Only one fixture in March, but it was a cracker - the Heptonstall Fell Race. 3300 feet of climb in and out (and out and in, and out and in again) of the valleys behind Heptonstall squeezed into a 15-mile run.

In previous years this has been run in snow and clag, but the weather blessed us this year with fastest Lion Cam Rushworth trying to blag water off the marshalls long before the Lady Royd supply feed station (several packets of jelly babies and a bucket of water - perfect) and most runners near me were diving into streams near Walshaw to top up their water bottles. It wasn't our only blessing - as we gathered on the Heptonstall cobbles start line local vicar Karen delivered a mini-sermon from above before almost managing to sound the air-horn to set us off.



The race dived into Colden Clough with its derelict mills stretching up out of the seemingly ancient woods then up and out onto the “nav section” to Standing Stone hill - navigating here being a posh fell-running word for “follow the person in front”, easy on a glorious day like this. Hurlled down from there to Blake Dean and up the hard way to Walshaw Dean reservoirs. Up and over White Hill before dropping down into Hardcastle Crag then the steep climb to Turn Hill, the easier plod to Shackleton Knoll and a fast section down from Crimsworth Dean past the Dye Works dams to Midgehole.



The race ends with an extraordinarily tough last mile of steep stepped climb out of Midgehole, that would have even the most saintly swearing (vicar or no vicar) but shortly after that was great to recover in the sun and cheer all the Lions over the line, before retiring to the pub for free pie and (sadly not free) pint. Cam Rushworth led the Lions home (though sadly dressed in some terrible red and white pyjama influenced ensemble 😊) and firmly installed himself as favourite to lift the trophy this year. Fantastic running all round though:

	Time	Points
Cam Rushworth	2:24:17	77
Leon Severn	2:38:34	70
Damien Pearson	2:41:36	69
Andrew Earnshaw	2:48:10	66
Jim Harris	3:00:18	62
Helen Hudson	3:06:23	60
Paul Patrick	3:08:33	59
Aileen Baldwin	3:16:08	57

Spring / early summer with its lighter evenings is a fantastic time to be fell-running and plenty of great events coming up. No better way to try fell-running than the Bunny Runs above Haworth (no kit or nav to worry about) and plenty of Lions here to help/support if you fancy dipping a toe into proper off-road running: just ask. 😊

All the info and links you need here: <https://fellrunninglions.home.blog/>



Ladies Captain's Report

Maria Harron



The month of March has gone quickly and challenges have already been completed, tapers have been happening for many ladies who have been training hard for Spring half-marathons/marathons and PB's are still happening! It is great to have the longer evenings gradually appearing now and the good-weather runners can start to return to club! Despite the recent snow we can hope that the weather and more light will give us a good spring in our step to get out and run more.

I would like to highlight some ladies this month, who have achieved so much through their own hard work and determination and I am sure will inspire other ladies in the club. Everyone has their own goals and challenges and it is lovely to be able to celebrate success whatever it is.

Anne Cawdron

Anne Cawdron set herself the challenge of Walk all Over Cancer, 10,000 steps a day throughout March and to raise money for Cancer Research. When she started the challenge it was less than six weeks since her hip replacement but she was determined to do it, knowing it would help her recovery and get her back to running when she could. Anne was aiming for 310,000 steps over the month with a few days off if she needed it. However, Anne did not need the recovery days and managed to walk at least 10,000 steps every day!

Lowest daily total	10,088
Highest daily total	22,463
Total number of steps	365,550

There was no stopping Anne in her challenge and she even walked round and round the kitchen table before going to bed to ensure her minimum of 10,000 steps a day. On the final weekend Anne was joined by fellow Lionesses who helped her to roar loudly as she proudly reached her highest daily count of 22,463 steps.

Anne is hoping to ease back into running now, the challenge has motivated her to push herself and improve her fitness and recovery.

She was raising money as an extra motivator to keep going, here is a link to her fundraising page if you are able to support:

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

Well done Anne!



The 6-week track plan that started in January gained lots of attention and many members came back to track or tried it for the first time. Two ladies, **Donna Pogson** and **Renee Comerford** have become regulars now at the track on a Wednesday night and have begun to see the benefits of their commitment and hard work. I asked them a few questions about being a Lion and their experiences of track so far:

Donna Pogson

When did you join Stainland Lions?

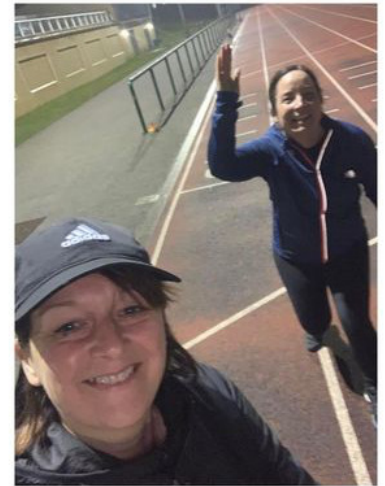
I joined Stainland Lions on the beginner's course in 2018.

How long were you running before you joined?

I trained for the GNR and loved it and raised money for Kirkwood Hospice in honour of my friend that passed away to cancer, then Renee convinced me to join the club while I was a little tipsy on a girls' holiday. I've loved it ever since, although I've never joined the championship I just like the club nights.

You have recently committed to coming to track, what made you decide to try it?

I just wanted to challenge myself to something different and liked the post you put on Facebook, so I came along. A little scared that I wouldn't be good enough to run alongside you amazing speedy people but every session I felt more at home and loved it. I feel my pace and stamina have improved loads and I feel more comfortable when I run. At all the sessions I felt that all the coaches looked after me and encouraged me loads.



What are your long term goals with running?

My long-term goal is just to keep running and enjoy it, you never know I may challenge myself to a marathon or even join the championship next year.

What else can we do to help new members in the club?

Maybe run a 6-week course at track after the beginners course and set different challenges for them. I felt even though I was running alongside you all I had my own laps, and a friendly well done from you all speeding past was lovely.

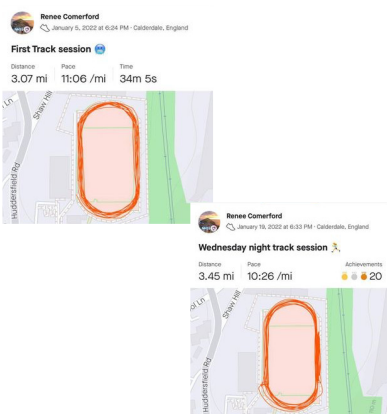
Renee Comerford

When did you join Stainland Lions?

I joined in 2014 on the beginner's course.

How long were you running before you joined?

I had seen the beginner's course advertised. I had never run before but had applied for the Great North Run. Although I have continued with the club, during Covid I stopped running as much. I have been lucky to get a ballot place for the London Marathon and need to get fit.



You have recently committed to track, what made you decide to try it?

Track is something that I always perceived to be for fast runners. However my perception was totally wrong as track has made such a difference to my performance. The coaches and all the runners are so welcoming and your goal is set on your ability which is great. Each week I can see an improvement and feel great. I have been given advice on improvement, exercise and strengthening which has also improved my performance. As you can see from my Strava my performance has improved. I would highly recommend everyone to try track but stick at it. Like anything it won't feel easy at the start. I don't find it easy yet but find the help and support wonderful and can see my improvements.

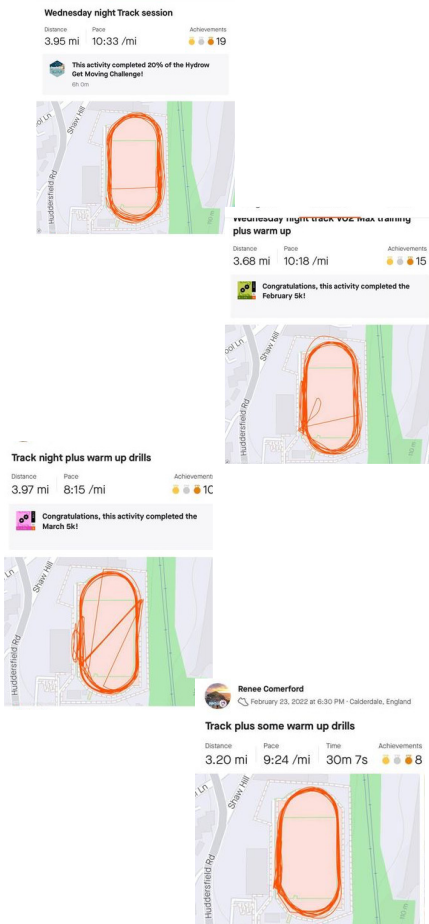
Have you been part of the Club Championship?

I haven't done the championship races as a whole but plan to join and complete them all soon.

What else can we do to help new members in the club?

I think there needs to be a bit more focus on the steady runners when they first start as it can be hard to have confidence to run in faster groups once the beginners course finishes. Maybe have two steady groups?

Well done Renee and Donna, they have been doing the London Landmarks today as I write this so we look forward to hearing how they get on!



Sue Cash has had a great start to the year and is proving to us that PB's can still happen as we get older; for Sue this has been happening on many occasions. I asked her whether she would like to share her PB successes with us and she was delighted as running is her favourite topic to write about!

Sue Cash

"No PB's since 2018, and I just thought I was on a general trend of having plateaued and getting slower with age. Then I started regular track sessions in November 2021 as soon as I'd recovered enough from my frozen shoulder. I also adjusted my diet slightly at around the same time to include more protein.

In February my parkrun time came down initially to 25:12 (from 25:44 four years ago), then in March it came down again to 25:09 and then last week to a hard-to-believe 24:47. Which for me is ridiculous (honestly, how did that even happen?). My first parkrun took me almost 34 minutes and I'm coming up to 200 parkruns now so I've had plenty of tries! I used to marvel at people who could do under 30 minutes, thinking how happy and carefree their lives must be.

I also did a massive PB in the recent track race, 14:06. I tucked in behind Aileen the whole way round. That felt amazing because Aileen is obviously someone I admire very much, and I wouldn't normally be anywhere near her in a race. I can't make the championship Flat Cap 10k unfortunately, but I've entered Manchester 10k in May instead to see if I can go after my 10k PB next. I haven't done a 10k PB since 2017". Sue Cash.

Amazing Sue, keep going! There is no stopping her at the moment!

Here are a few reminders just to finish off:

Don't forget to sign up for the Annual Dinner in May, this is a great opportunity to celebrate achievements from 2021 as a club. Always nice to see people not wearing running gear and a chance to socialise and get to know other club members.

Vets season is starting up soon. Really good to get involved in this and represent Stainland Lions as a team. It starts in May and will run through until the start of Autumn. Lots of great races in West Yorkshire.

Series registration is free and open to anyone who's 33 or over. You need to register for the series on the website (www.yvaa.org). Once you've registered for the series you will still need to enter each race that you'd like to run. Entry is £5 per race online in advance, or £7 on the day if places are still available. The first race of the series is in Honley on 22nd May.

It is also that time of year now where everyone needs to wrap up in cotton wool and not get injured in the run up to the Calderdale Way Relay! Thanks to everyone who has signed up, remember to get a recce done, check you have all your kit and stay injury free. If you are not signed up then please let me or Leon know if you would like to be a reserve.

Men's Captain's Report

Leon Severn



Hi all,

Back to monthly updates, which means that I need to improve my time management . . . so far, this report is late. Good start.

March feels like a change in events, much like spring itself. We come out of the winter months, the cross-country has finished, and the spring season of marathons finally comes around, after many of you have spent the last four months training. From a coaching perspective, many of you have trained so hard, so March is the month to start your tapering and take it easy, start thinking about the actual race day and how everything will work?

For anyone that is taking on their first marathon, speak to others within the club, as many will be able to help with their own hints and tips, the do's and don'ts, such as a coffee 10 minutes before the start, you'll need the toilet 5 minutes into your race! Little tips like that really help!

In all seriousness though, it is always good to see how people get on and the support around the club, as a marathon for an amateur runner, whatever your ability is a serious undertaking. It takes a lot of time and effort, and support, so I wish everyone well who is doing one.

Again, we start looking forward to other events as well. I am going to take this opportunity to push the **Calderdale Way Relay**. Maria and I have taken on the organisation of this and would like to look at others, as they really are great club events. A massive opportunity for us to show what a great club we are, but also a great chance for you to be involved in something as a club. It's a unique experience. One that hopefully everyone in the past has enjoyed. The date for the event is Sunday 15th May. We've submitted the first draft for the teams. Unfortunately, due to injuries and other reasons, not everyone will be able to do it, so if you're reading this and haven't yet signed up, please do so as a reserve. You'll more than likely be involved and you'll be pleased at the end that you were involved.

So to summarise, good luck to all those who have marathons and half marathons coming up. You've done the hard work, enjoy the fruits of your labour! Please sign up for the Calderdale Way Relay if you already haven't and if you have any questions about how it all works, please ask. Do not be daunted by it, the event is awesome!

Thanks,

Leon.

Coaching with Colin Duffield

I'd Like to Talk About Your LSRs

Now you might have started reading because you're curious about what an LSR is. I hope so because that was the intention.

An LSR is a Long Slow Run, and if you're not doing them, you should be.

So Long Slow Runs – if you want a definition of an LSR, and I'm sure some of you do, there isn't an exact one but let's say it's a run of around 50% longer than your 'standard' run, and at a relatively easy effort level. So you can talk but not sing. If you want to work out heart rate or discuss training zones, ask me and we can talk, but no one ever does.

Stainland runners are no different to any other club runners in respect that they like to run most of their sessions at the same effort, usually described as 'hard', but just a bit easier than maximum.

Whilst this type of running program might still help you improve, but you'll fall a long way short of gaining maximum benefits for your efforts. Missing a massive trick.

Trust me that top international endurance athletes training regimes only have about 20% of sessions at anywhere near maximum.

So LSRs aren't just inferior fast runs. They help with conditioning and probably with injury management, teach fueling strategies, increase physical and psychological tolerance of prolonged time on your feet and give you the chance to practice conscious technique. However, even more than this, they actually bring unique benefits and a slightly different

physiological response than anything else you'll do, causing crucial adaptation at a deep mitochondrial level, increasing aerobic capacity and your ability to use oxygen.

They also allow you to recover quickly and leave you fresh to do the quality, speed stuff at a more intense level than you probably do now.

This allows the discipline and a consistent combination of 'fast runs fast, slow runs slow' that should see anyone's endurance increase without unnecessarily slowing you down.

Oh, and they're bloody good fun.

Dates for your Diary

April 2022:

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

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

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

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

May 2022:

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

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

Sunday 15th – Calderdale Way Relay.

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

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

June 2022:

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

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

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

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

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

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

July 2022:

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

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

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

August 2022:

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

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

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

September 2022:

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

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

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

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

October 2022:

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

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

November 2022:

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

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

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

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.

In the Lion's Den

With Gavin Dodd



Fraser Ambrose

Age:	28
Occupation:	Building Surveyor
When did you start running?	I started going to Huddersfield Parkrun in 2017. After a few years of not doing much exercise it was a bit of a struggle at first, however, I saw gradual improvements and got a real buzz when running with other people.
What made you join Stainland Lions?	I was struggling for motivation during the winter months and I wanted to become more consistent, improve as a runner and meet like-minded people.
Favourite race distance?	10 miles. Not too long, not too short. Perfect.
Best advice / tips for training?	Don't be daunted by track sessions. It might seem like hard work at times but it can lead to big improvements, and the Lions down there are a friendly bunch.
Proudest moment?	Completing the Great North Run for Mind.
What do you enjoy listening to?	I usually put on a podcast when heading out for a run. Listening to Elis & John, Crunch & Crumble or the Square ball seems to make the miles tick by a bit quicker.

Quick fire questions:

Fav film?	Napoleon Dynamite.
Fav running shoes?	Brooks Ghost
Plans/goals for the future?	I'd like to become more consistent and increase my weekly mileage with the goal of completing a marathon.
Favourite food / restaurant?	The Sportsmans Inn – Cajun Chicken sandwich.