



John Bassinder

From The Chair

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

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from March 2023.

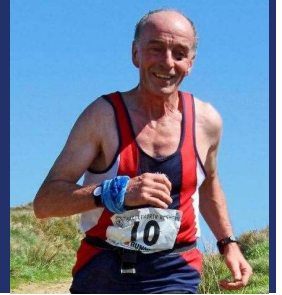
Various

Contributors

Helen Armitage, Anne Cawdron, Jonathan Pybus, Carol Heptonstall, Colin Duffield

From the Chair

John Bassinder



The last few weeks have again been busy times for us, it seems like ages since the Presentation Night but I didn't get the chance to mention it in the last letter and wanted to say a huge "Thank You" to Martin, Sally and the team for organizing it all. Really enjoyed being back at Berties and lovely to see everyone having a good social get together away from running. If you weren't able to be there, please see the post below for the list of trophy winners.

The same weekend saw us host the final race of the WYWL season. Thanks to Captain Lorraine, Chief Marshal Catherine, Car Park Steve, marshals, sweepers, and all who helped make it the flawless finale we hoped for. Some lovely messages on the WYWL site afterwards praising the enthusiasm of our marshals (yet again!). I've always loved the fact that we have a lot of fantastic regular, reliable marshals who often aren't habitual racers themselves but readily give up their time to make sure everyone else has a great experience. This reflects on the club more than you may ever realise. When we get feedback from our races often the thing that's remembered the most by a runner is not how they were struggling to get up that hill and felt like crying, but how our marshals were shouting the much-appreciated encouragement that spurred them on.

Besides being a cracking race to finish on, this final also wrapped up another successful season for our Cross Country Team, picking up the trophies for First Ladies Team and First Super Vets (over 50s) Team. Plus individual awards for Mags – second lady overall, Danielle Hirst – 1st F35, Lorraine Naylor – 1st F50, Suzanne Patterson – 2nd F50, Helen Armitage 2nd F55, and Aileen Baldwin – 1st F70. For the men, Ed Hyland finished the season 2nd overall with Gavin Mulholland 1st M50.

On a personal note, I'm finally back to something vaguely resembling running after six very long months with a few false starts; I'm enjoying regular trots from Sowerby Bridge along our canals (yes we actually have two). Normally quiet but a bit like running on the M62 the last few weeks, and it's lovely to see so many Lions among the marathoners preparing for Manchester, London and the Rob Burrows. If I don't get another chance beforehand – Good luck to everybody and remember to actually enjoy your event. You've done the preparation, don't panic about your finish time, take the time to enjoy the atmosphere and relish the experience because that's what leave the memories.

Club Awards

In addition to the Championship and Club race winners which were of course already known, the following very deserving people were among the prize winners announced at our dinner:

- Most Improved Male Runner: **Richard Crombie**
- Most Improved Female Runner: **Sue Cash**
- Roy Spencer Founder's Trophy for Service to the Club: **Tim Walker**
- Mick Woodhouse Award: **Karen Thorne, Roy Lunt & Sarah Lunt** – for completing the Lakeland 50 (and other mad and muddy ultra exploits!)
- Exceptional Marathon Performances: (first sub-3-hour marathon) **Paul Alexander**
- Special Achievement Awards: for completing his first Ironman: **Richard Crombie**. For representing England: **Mags Beaver**
- Pete Smith Cross Country Trophy (Most Improved Cross-Country Runner this season): **Paul Corns**

Also, in the Fell Running Championship:

- First Man: **James Penson**
- First Lady: **Aileen Baldwin**
- First V50: **Paul Patrick**
- “Spirit of Fell Running”: **Jim Harris**

I have awards for Paul Alexander, Emma Taylor, and Amjid Khan – please let me know how I can get them to you.

Election of President

I’m pleased to say we were finally able to conclude the election of the Club President at the away run last week. We had been waiting for the opportunity to get enough members together, everyone had been given advance notice and no other nominations had been put forward. I’m therefore pleased to say that Colin Hughes was re-elected for another four years.

Women’s Captain

Three months into the year and we’ve had no new volunteers for women’s captain, but I’m now delighted (and relieved) to say that Maria has agreed to take the reins again for one last year. I’m very grateful to her for doing this, especially as I know she has many other commitments including travelling to London on a regular basis, which is why she originally would have loved a break.

On that note – I know I’ve said all this before but will start early this time – we really do need new blood on the committee next year. A few people have been on for a long time now, they’ve put a lot into the club because they love it but would welcome a rest. They promised at the AGM to stay for another year but if new members don’t come forward, I’m not sure where that leaves us. I’m 70 next and my words at the AGM were “You don’t want a club run by old people” then (surprise, surprise) I hear mutterings that “we’re run by the same old people”. Please start thinking whether you are able to help next time. If you don’t think you’ve got the spare time, don’t worry, in my 15 years of involvement I’ve never yet met *any* committee member who had the spare time!

Bluebell Trail Race, Sunday 7th May

Another reminder that the Bluebell is coming up fast. Gail has taken on the Chief Marshal role and it’s good to see so many people have already responded to her Facebook post and volunteered to help on the day. Please remember though that this is our biggest event of the year, one that we’re renowned for and one that earns money for us and for Overgate. We need around 100 people on the day to make it successful, so don’t be hesitant, if you can help, please have a word with Gail. We will also need a team beforehand as usual, for help with putting up the marquee and gazebos, etc., we’ll be posting details of that shortly.

Bluebell Recce:

I’m intending to do a recce of the Bluebell on Sunday April 16th. Runners wanting to know the route, marshals wanting to know their positions, masochists wanting to sprint up Trooper Lane – all are welcome. Won’t be too fast and will most likely have regular stops for historical points of interest (and a quick breather) along the way. Meeting at Heath at 10am. Be lovely to see a few folk but don’t worry if you cannot make it, hopefully there will be more chances to run it in the lighter Thursday evenings, and we are also looking at a possible date for a Marshal’s Walk Around.

Beginners Course

Our eight-week **Beginners Course** is starting **Thursday May 4th**. Look out for details from Captain Richard later, but it is going to be an “Open Format” i.e. open to everybody, so please start spreading the word. If you know someone who’s never run at all before but wants to start, somebody who jogs half a mile and has ambitions to do a Parkrun, somebody who already does Parkruns and wants to do 10ks. They may have been a runner in the past who needs a nudge to get going again or someone who runs regularly and is now looking to join a club. Absolutely anybody who wants to start or improve their running, invite (or coerce) them to come along. We will welcome them, get them to chat to our brilliant coaches, identify their starting point, come up with a plan and gradually merge them into appropriate groups with our friendly, supportive members.

Lions Publicity Officer Debbie Grunhut-Hinds



Race Report for March 2023

Saddleworth Ten Reservoirs (4th)

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 reservoirs along the way. Each participant must self-navigate around the route, visiting each checkpoint in the correct order.

Results: Danny Stafford 6:27:05, Sandy Gee 9:07:15, Helen Hudson 10:22:08.

North Lincolnshire 10k & Half Marathon (5th)

Both races are flat, fast, and friendly with a finishing lap inside the local running track. Organisers have designed the event so that both races start and finish in the same place. Two Lions took part in the 10k, Karen Thorne 1:08:59, Sarah Lunt 1:08:59; and one Lion tackled the half marathon - Jamie Westwood 1:19:34.

Trafford 10k (5th)

Gavin Dodd was the solo Lion at this year’s Trafford 10k; one of the UK’s most popular and quickest 10k’s for club runners. The one lap course is perfect for fast times ran on scenic country roads, starting and finishing in Partington near Manchester. Gavin came in 892nd place with a time of 49:42.

Ian Roberts Memorial Fell Race (5th)

The Ian Roberts Memorial is a 6.5 mile fell race run on boggy, rough moorland on the edge of the Pennines; starting and finishing at Marsden Cricket club.

Results: Andrew Earnshaw 1:02:47, Paul Brough 1:09:33, Martin O’Brien 1:13:39, Aileen Baldwin 1:22:37.

Velo29 Sportive – Cycling (5th)

Three Lions took to bikes for the Velo29 York-Leeds-York, one of the biggest spring season sportives in the UK, attracting 1000's of riders to tackle one of the three route options. Departing from Murton to the east of York, riders headed towards the historic city, crossing the River Ouse at the Millennium Bridge, cycling past The Knavesmire before heading onto some stunning little country Roads in the direction of Leeds. Our three Lions opted for the medium route of 72 miles!

Timings: Terry Marlor-Gage 5:35:02, Sally Whitwam 5:35:10, Sharon Marlor-Gage 5:35:12.

Dentdale Run (11th)

Two Lions headed to the Yorkshire Dales to compete in the Dentdale run, where runners chose either the 14.2 mile or 7.9 miles course around the lanes of Dentdale. The route is an undulating one, billed as “the most scenic race you will do!”. Carol Lord took on the 14.2 mile route, finishing in 2:39:49, whilst Alan Gibson opted for the 7.9 mile route, coming in at 1:31:03.

Haworth Hobble (11th)

Aileen Baldwin was the only Lion taking on this year's Haworth Hobble. The grueling 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! Aileen Baldwin completed the race in 6:01:46 (1st F70).

Thirsk 10 Mile Road Race (12th)



Lions were out in force at the Thirsk 10; the race is the 3rd in the Club's Championship. The course is fast and flat and lends itself to a fast finish time. Gavin Foster led the Lions home, knocking 29 seconds off his course time and 21 seconds off his best 10-mile time. Richard Crombie & John Rushworth also produced course PB's and ran their fastest 10 mile times, with Richard knocking 1 min 34 seconds off, and John 2 mins 56 seconds.

Results: Gavin Foster 59:09, Richard Crombie 1:03:01, Derek Parrington 1:09:19, Paul Corns 1:11:39, Lorraine Naylor 1:14:22, Maria Chandler 1:23:47, Mark Preston 1:24:34, Lindsay Upton 1:29:14, John Rushworth 1:30:17, Claire Ratcliffe 1:30:18, Hayley Kelly 1:31:55, Claire Haigh 1:34:05, Laraine Penson 1:34:15, Heather Anderson 1:37:49

Wilmslow Half Marathon (26th):

Eighteen Lions took part in the Wilmslow Half Marathon; the race is a counter in this year's Club Championship. The iconic half marathon offers the opportunity to run through beautiful countryside on a course that is renowned for producing fast times. Gavin Foster led the Lions home in 129th out of a field of over 2,500 runners and beating last years' time by 50 seconds. Three Lions ran their personal bests: Gary Barnes 1:47:47, knocking 5 mins 52 seconds off, Beverley 2:16:57, taking 6 mins 20 seconds off, and Claire Haigh took a whopping 22 mins 19 seconds off her previous time, taking her to 2:05:34.

Results: Gavin Foster 1:18:25, Jamie Westwood 1:19:54, Mark Pigford 1:30:13, Steve Hallam 1:39:53, Helen Armitage 1:42:13, Clayton Cutter 1:42:51, Lorraine Naylor 1:45:09, Gary Barnes 1:47:47, Joanne Kitcher 1:50:52, Maria Chandler 1:57:00, Gavin Dodd 1:58:34, Christine Cliffe 1:57:14, Hayley Kelly 2:00:42, Susan Wade 2:04:54, John Rushworth 2:05:27, Claire Haigh 2:05:34, Beverley Day 2:16:57, Phil Richards 2:18:43.

Windmill 6 (26th):

Sue Cash was the solo Lion at this year's Windmill 6, an undulating road race around the windmills on the top of Spicer Hill. The race is part of the South Huddersfield Trail & Road Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. Sue ran a time of 54:59 and was 2nd in her F55 age category.

Don Morrison Memorial Edale Skyline Fell Race (26th):

Jim Harris tackled the 21-mile Edale Skyline race on, with 4,505 ft of ascent; the fell race has been going since 1974 - it's a long, tough, early season race, often with challenging conditions - runners have previously retired with heat-stroke and hypothermia!! Jim completed the race in 4:24:22

PB Corner

Parkrun PB's**March 4th:**

Halifax: Peter Cawdron took 17 seconds off his course time giving him a PB of 31:27.

Heslington: Paul Corns knocked 3 mins 6 seconds off his 2019 time taking him to 20:31.

Middleton Woods: Ben Golding-Smith took 1 min 24 seconds off his 2018 time giving a PB of 22:54.

March 11th:

South Shields: Phil Richards ran a course PB time of 27:27, knocking 2 mins 26 seconds off his previous time.

March 25th:

Brighouse: Heather Anderson ran a course PB of 28:56, taking 47 seconds off her previous time.

Other Race PB's**Thirsk 10 Mile Road Race:**

Gavin Foster – 59:09: taking 29 seconds off course time & 21 seconds off his best 10 mile time.

Richard Crombie – 1:03:01: fastest 10 mile time by 1 min 34 seconds.

John Rushworth – 1:30:17: fastest 10 mile time by 2 mins 56 seconds.

Wilmslow Half Marathon:

Gary Barnes – 1:47:47: by 5 mins 52 seconds.

Beverley Day – 2:16:57: by 6 mins 20 seconds.

Claire Haigh – 2:05:34: by a whopping 22 mins 19 seconds.

MAMIL Away Run - Jonathan Pybus

It was a great turn out for the March away run. Great to see old and new faces. It actually felt like the old days again, with 50 people just for food.

We hope to go back to MAMIL near the end of the year as they were very welcoming, even to the point of letting us cancel without losing money.

April's away run is another great one, as we are running from the old Ripponden Conservative Club – now called just The Club. It has been totally renovated and we will have a room just to ourselves. There are some great runs from Ripponden too, with a bit for everyone!

Thanks again for supporting your Club.



(Pictures by Paul Armitage)

Ladies Vice-Captain's Update - Helen Armitage

Ladies' Report

Not having prepared an article for the Newsletter before it was quite difficult knowing where to start, but I thought a good starting point would be to celebrate the success of our Ladies at this year's WYWL Cross Country races.

The final race was none other than our own Stainland Cross Country. We ladies were well aware that the battle for the top spot was between Stainland, Baildon and Pudsey ladies and the pressure was on to get 5 ladies over the line before the other Clubs. Our ladies did not disappoint and although on the day Pudsey ladies scored 4 more points than the Stainland ladies it was not enough to knock us off 1st place with Baildon in 2nd place by only 54 points! A great overall result for the Club and also some great individual age category performances. Mags Beever was the 2nd lady overall, Danielle Hirst taking 1st F35 category, Lorraine Naylor 1st F50, Suzanne Paterson 2nd F50, Helen Armitage 2nd F55 and Aileen Baldwin 1st F70. Stainland Lions were also the winners of the Super Vets trophy. A huge well done to everyone that took part.

Now calling on the Stainland Ladies who are 35 and over (I think that might be most of us!)

The YVAA - Yorkshire Veterans Athletic Association run a series of races over the Spring/Summer months and like the cross-country events they are hosted by local clubs with runners scoring points not only for themselves within their age category but also for their own Club. The races are usually trail, between 5-6 miles. You do need to register via www.yvaa.org and then enter each race before the event. The races are great fun and another chance for some trophies.

Race dates are as follows:

Honley: Sunday 23rd April

Pudsey: Tuesday 23rd May

South Leeds Lakers: Wednesday 21st June

Northowram Pumas: Thursday 13th July

Queensbury: Tuesday 1st August

Ackworth: Sunday 1st October

If you want more info about the races or how the Vets Grand Prix works, please have a chat with me, Maria Harron or Gav Mulholland who is the Clubs' Vets Captain.

Stainland Sole Mates - Anne Cawdron

Stainland Sole Mates take on the Rob Burrow's Marathon

Monday morning 11th April 2022 an email drops in my inbox. Turns to husband, "there's going to be a marathon in Leeds, it's new, the Rob Burrow Marathon, inspired by Kevin Sinfield". Husband cannot see why this information should be of any interest.

"Could you be tempted?" "Absolutely not" responds husband (see later).

We have a WhatsApp group of "steady" lady runners; later that morning our phones were pinging like crazy with WhatsApp messages; who's doing this? I will if you will? I'm in! I'm pretty sure that Judith was first to fall, as one by one during the day, we registered for that next marathon that none of us were ever going to do.

By the end of the day, we were a group of 16:

Judith Greenwood, Lesley Henderson, Anne Cawdron, Jackie Barker, Alex Whyte, Wendy Goodwin, Sue Shepherd, Angie Goulden, Julia Newsome, Carol Lord, Dawn Medlock, Anne-Marie Killeen, Allison Bamford, Carol Heptonstall, and two marathon virgins: Lin Devine and Peter Cawdron (see above).



We then had a few months to try and forget our rash decision!

By November we were starting to think about maybe starting to have a training plan. We got a boost to our motivation from the wonderful human-being that is Kevin Sinfield. To raise awareness of Motor Neurone Disease, and funds for the Motor Neurone Disease Association and Leeds Hospitals Charity, he took on another of his amazing challenges, to run 7 ultra-marathons in 7 days from Murrayfield in Edinburgh to Old Trafford in Manchester. On his final day he ran through Halifax on his way to Old Trafford to arrive for half time in the Rugby League World Cup men's final. We gathered in

Ripponden to cheer him on; what an emotional experience! We had a coffee and cake morning after (never too early to start carb loading) and raised £105 for Kevin's appeal – which went on to raise almost £2.5million.



Sadly, at the beginning of November, Carol Heptonstall had a nasty tumble which ended her marathon plans, but happy to report she's making amazing progress with her rehab and keeps popping up to cheer us on our long runs.

Also, I've been given an April date for hip replacement number two which will rule me out of running, but I'm planning to go along and support.

We started our training proper on January 22nd and it's going well, gradually increasing the miles on our Sunday long runs and "encouraged" by Judith to add hill reps into our Tuesday steady runs.



Our group has grown to include Christine Cliffe, Colette Robertson & Paul Butterfield. We've also been joined on some long runs by Renee Comerford & Donna Pogson (training for Paris) Jenny Walker (training for London) and bumped into Joanne & Emma Hirst (also training for London). Paula Pickersgill has also joined our long runs, not training for anything, just for the fun of it.

Because we know she loves a challenge, Alex Whyte is incorporating Manchester Marathon, on 16th April into her long runs, as well as continuing her RED streak.

It's not a flat route so we don't anticipate fast times, none of us are in the first flush of youth so there may not be any PB's or club records (however, I notice that there are no club records for F70 or F75 at marathon distance – Lesley? Judith?). But it's not about our times, it's about running together and supporting each other, through our training and on the day.

One of the hardest things we've had to do is come up with a group name for fundraising page – there were some interesting suggestions, but Carol Lord came up with the winning name "Stainland Sole Mates". We're raising funds for the Motor Neurone Disease Association; any support will be very gratefully received and help keep us motivated through the final tough weeks of training.



<https://www.justgiving.com/fundraising/stainlandsolemates>



The Road to Recovery - Carol Heptonstall

Thanks for your interest in my recovery and asking me to provide an update on my progress.

As many of you will know just after completing London marathon, on November 10th, 2023, whilst out on a normal club run I slipped on some sort of a round hard seed under some leaves. This resulted in my left knee having a full quadriceps tendon rupture It hurt a bit!! It could have happened to anyone at any time, it just happened to me.

So, it's now 18 weeks since my repair surgery, and I'm working through my year long journey of recovery to get back to running. As you probably know tendons heal slowly, hence my year long recovery to steady running level, but up to 2 years for reaching the quads tendon achievable recovery.

I am so grateful for the care and support I have and continue to receive from so many people. The NHS staff, my physio and osteopath, family and not least by any means friends and everyone in the Lions club. Your support is helping me so much in my recovery and belief that I will run again in 2023.



Learning to walk with a leg brace as a permanent companion after a month of immobility on bed rest was a humorous sight, according to Chris my husband!

I can laugh at myself, but not to be beaten, I was set free from the leg brace and crutches after 3 months and now I'm walking freely but using walking poles for stability on rehab walks. You may have seen me walking/hobbling round track in the opposite direction last week but being made so welcome by everyone really boosted my confidence to get back involved with club activities as I progress in my recovery, thank you so much.

My day starts and ends with an hour of exercises, interspersed with other exercises during the day, and now I'm pleased to say I am back at Valley gym with Dan as my PT making sure I follow my program and make steady progress. I'm heading for my first treadmill running steps in August, and outdoors in October/November and I can't wait!

Coming from a nursing background I understand what has happened physically, and the repair my body needs to make. Experiencing the mental health impact was something else! As a clinical hypnotherapist, mindfulness teacher and well-being life coach I have become my own client and am using so many self-help techniques that keep me moving forward and motivate me in my recovery.

Don't get me wrong, I have had my dark days and nights in the first 3 weeks especially, but I chose not to stay in those moments and find ways to move on, not always easy but I was, and am, determined in my recovery. Even in the early days finding and doing something I couldn't do the previous day helped me feel in control of my own recovery, and I continue to do that. You should have heard me when I found I could walk slowly down the stairs normally last week!!

I consider myself to be a very fortunate person in all of this, surrounded and supported by so many people who care about my recovery, it could all have been so much worse, but it wasn't ... and I feel positive, happy, and grateful for my recovery so far.

So, get out there and run, enjoy it, have fun and maybe avoid those leaves and what lies beneath!

Coaching with Colin Duffield

Five Things people Believe That Aren't True

A big hello from your coaching team. We're all looking forwards to the lighter nights and spring lambs and increasing options for venues for the coached sessions, particularly for Monday Hills.

For 'Coaches Corner' of 2023 I thought we might suggest a little series of articles looking at stuff that you (or someone you know) probably believes about improving their running that almost certainly aren't true.

I know that people's beliefs are very deeply held and it's difficult to change minds or behaviour (people believe in all sorts, Loch Ness monster anyone?) but if nothing else, it's always useful to have a debate and look at the science.

I've picked my top five and each month we'll look at one of them, try and think about it, and in the light of the discussion, suggest a couple of things we might do differently.

Here's my list:

Running Myths:

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. Always running a long way is the best way to improve long running
4. Age is just a number- Ignore it
5. You can't change the way you run

Each month, starting from April, I'll write something about one of these. I'd love your comments and/or abuse back!

Coached Off Road Sessions (April 17th and 24th)

I asked the question about if people wanted to do any off-road training and there seemed to be a demand.

The reason I thought this might interest some of you was that we've just finished WYWL, Vets will start soon, the Calderdale Way Relay is looming, and our fell championship is clearly where all the coolest kids hang out. Loads of opportunity to get involved in the world away from tarmac. What's stopping you?

I say it so often that I might get a tattoo, but off-road running needs a slightly different approach to road or track running, with some subtly different skills and strengths. These don't 'just happen', you've got to learn them.

These skills are important because when you're trying to run fast over trails or fells, you're often faced with uneven or rocky terrain, very steep gradients, softer ground, etc and it's often difficult to get into an optimum rhythm, also there's more sideways movement, it's more difficult to get pacing right, you've got to constantly adjust cadence and there's often a fear factor.

So, if you want to optimise your off-road performance the key bits are your running stability and the development of an energy system that's adapted to steep climbs. On top of this you need to learn a way of moving that compliments these two key learning points. Simple, eh?

So, in these sessions we'll think about this stuff. Hopefully there are a number of relatively simple things you can do that will open up your horizons and allow you to enjoy some 'wilder running'.

What we'll do:

- Give you a small number of dead simple conditioning exercises that will strengthen the right bits, so you stay more stable over uneven ground.
- Think about the five 'key markers' that will bolster your off-road technique.
- Run up and down some hills to feel the difference in pacing and effort required.

You'll need fell, or aggressive trail shoes, and possibly a wide vocabulary of swear words.

Any questions etc, get in touch via FB or 07799581267

Easter Quiz

With Easter just around the corner, this month I've added a little quiz associated with Easter traditions (it's just for fun, no prize – sorry – unless anyone wants to donate a load of Crème Eggs!).

1. Which country started the tradition of the Easter Bunny?
2. How many marzipan balls are traditionally on a Simnel cake?
3. The first Easter eggs were dyed what colour?
4. What is the tradition behind the Hot Cross Bun?
5. In Switzerland, what animal delivers Easter eggs to children?
6. What is the Sunday before Easter Sunday called?
7. Besides bunnies, what animal is considered an Easter Symbol?
8. What popular game is traditionally played at Easter?
9. Where is Easter Island located?
10. What meat is traditionally eaten on Easter Sunday?
11. What dance traditionally takes place at Easter?
12. What is Easter named after?
13. Where was the UK's first Easter egg produced?
14. Why does the date of Easter change every year?



(Answers will be in April's newsletter)

**May 2023:**

Thursday 4th – Beginners Course.

Sunday 7th – Bluebell Trail.

June 2023:

Saturday 24th – 35th Anniversary Celebrations.

July 2023:

Thursday 27th – Summer Handicap.

September 2023:

Sunday 17th – Stainland Trail.

2023 Championship Races:

- Sunday 2nd April – Brun Valley 10k, Thompson Park, Burnley.
- Saturday 8th April – Wardle Skyline Fell Race, Wardle Square, Off A58 Rochdale/Littleborough Road.
- Sunday 4th June – Northowrun 5, Northowram Sports & Activity Club.
- Sunday 11th June – Marsden 10, Victoria Street, Marsden.
- Wednesday 14th June – Joe Percy Invitation 10k, Storthes Hall, Huddersfield.
- Friday 7th July – Holme Valley 5 Miler, Holmbridge Church Hall, Holmfirth.
- Wednesday 19th July – Hepworth Trail Race, Hepworth Football Club.
- Wednesday 2nd August – Hopwood Trot, Hopwood College Sports Pavilion.
- Sunday 20th August – Piethorne Trail, Bulls Head, Rochdale.
- Sunday 3rd September – Tholthorpe 10k, The Village Green, Tholthorpe, York.
- Sunday 30th September – Stairway to Heaven, Holmbridge Church Hall, Holmfirth.
- Sunday (Mid-October T.B.C) Holmfirth 10k, Hade Edge Bank Hall.
- Sunday 29th October – Bronte Way Fell Race, Aisled Barn, Trawden, Colne.
- Sunday 5th 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:

- Saturday 8th April – Wardle Skyline (7 miles) ***also in Club Championship***
- Tuesday 4th April – Bunny Run (3 miles) tbc
- Tuesday 11th April – Bunny Run (3 miles) tbc
- Tuesday 18th April – Bunny Run (3 miles) tbc
- Tuesday 25th April – Orchan Rocks (3.4 miles)

- Saturday 29th April – The Cake Race (9.9 miles)
- Monday 1st May – Coiners (6.7 miles)
- Tuesday 9th May – Jack Bloor (5.2 miles)
- Saturday 27th May – Hutton Roof (6.8 miles)
- Monday 29th May – Austwick Amble (8.1 miles)
- Wednesday 28th June – Cragg Vale (4 miles)
- Saturday 1st July - Heptonstall Festival (5.9 miles)
- Tuesday 1st August - Crow Hill Reverse (5 miles)
- Wednesday 9th August - Pilgrims Cross (6.6 miles)
- Sunday 20th August – Piethorne (6.2 miles) ***also in Club Championship***
- September – Thievely Pike (4.3 miles) tbc
- Sunday 10th September – Yorkshireman Full (26.1 miles)
- Sunday 10th September – Yorkshireman Half (14.9 miles)
- Sunday 29th October – Bronte Way (7.5 miles) ***also in Club Championship***
- Saturday 9th December – Moors the Merrier (21.1 miles)

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