



John Bassinder

From The Chair

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

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from May 2023.

Various

Contributors

Ladies Captain's Update & CWR Review; Coaching with Colin; & Into The Lions Den with Gav.

From the Chair

John Bassinder



Where to start this month! Bluebell first, and a massive “Thank You” to all who helped to make it such a fantastic day. We all know the income from this allows us to keep our fees low and the success of it helps raise the profile of our club, but reading the comments of the runners afterwards, having them come out of their way to say how much they’ve loved it – that’s just priceless. Comments like “Fantastic organisation” “Best marshals ever” – that’s what makes it all worth the effort!

So thanks again to Clayton, Gail and marshals, the car park team, the multi-taskers like Martin W and Steve C who set up the start first thing before helping with car parking then rushing off to a busy marshaling spot on the course, and to everyone else who helped on the day. And let’s not forget the ‘unseen heroes’ in the background – until you’ve been involved with organizing a race you really don’t see the full picture.

Andrew Fleming works from the day our race goes online taking care of the entries, transfers, last minute requests to defer/swap numbers and a lot more, and he’s always there first thing on the day to make sure it all goes smoothly. The river crossing team who set up the day before, stand in a cold river smiling for a couple of hours and are always the last people to finish clearing away, finally getting for their much-deserved pint long after everyone else has left. Did you like your T-shirt? You may not realise it was our own Christine Gale who put her time and effort into designing it for us. And while appreciating her design on the front, don’t overlook the names on the back. The reassurance that we have guaranteed money from these generous sponsors helps us plan our race spending. Not only that but if you look at the names again you will see that all these sponsors are our own members, people who’ve paid their fees like the rest of us then contributed generously over and above.

One of the benefits of that hard work of course is funding things like our team entries in the Calderdale Way Relay, and a couple of weeks later sixty members in five teams had the fun of that (though “fun” wasn’t the first comment I got from runners in that heat!). No doubt a more detailed report of this elsewhere from our Captains, but for any new members, this is a fantastic team event unlike any other and one that everyone, new runners or old hands, should definitely have a go at. If you do it for the first time and enjoy it who knows, you may go on to join the likes of Dan Marsden and Chris Hall who had fantastic runs a few weeks ago in the Calderdale Way Ultra, completing the whole thing in 10 hrs 21 mins and 10 hrs 50 mins respectively. The same weekend also saw an amazing run from Ed Hyland in the Three Peaks Fell Race, finishing in 3:26:32 (3 mountains, 24 miles, 5,200 ft climb, under three and a half hours!).

That one’s billed as a Marathon with Mountains, for a marathon with atmosphere though it seemed that the Rob Burrows run in Leeds was the place to be. Congratulations to all Lions who took part, from first timers to people who had sworn years ago they’d never do another marathon; all had committed to their training over the last months and to raise money for a fantastic cause. Our pack of thirty-four Lions(!) was led over the line yet again by Chris Hall (seemingly recovered from his CWU) in 3:12:19. I can’t mention every single one of you (sorry, you certainly all deserve a mention!) but one finisher who just quietly carries on like the machine that she’s become was Alex Whyte. Alex, who if you remember set

herself the target long ago of running every day for a year, has now passed her 900th(!) continuous day of running every single day. Sometimes there are just no words!

Upcoming events:

- Our Hare & Tortoise race is set for Thursday 29th June to coincide with the last night of the beginners, so it would be lovely to see a good turnout for the race to make everyone feel welcome to the club . . . and a good turnout in the bar afterwards to let them know what a club they've joined.
- The away runs continue to be a big hit and hopefully everyone has the next one in their diaries for Thursday 8th June from the Brandy Wine at Luddenden Foot.
- Downhill 10k has been sorted for Thursday 27th July – with a bonus; we've been trying to fix a date with our friends at Northowram Pumas for a joint social run for months now, but with both clubs being so busy it's been difficult – so our plan is to invite them over to bag themselves a 10k PB on our Downhill course and rehydrate with us afterwards in Heath. Again it would be great to see as many as possible taking part and staying for a pint afterwards.

35th Anniversary Celebration

This will be the last newsletter before our 35th Anniversary celebration so make sure this is in your diary! Saturday 24th June at Heath, starting at 2pm and going on into the night. It's going to be a fantastic family day, throughout the afternoon and into the evening we'll have a BBQ, Bucking Bronco, face painting, kids games, DJ, Live Band . . . and all free for members and families. All we need to make it complete is as many people as possible turning up!

Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for End of April / May 2023

The Cake Race (29th April)

Three Lions headed to Diggle for the Cake Race, a counter in this year's Club Fell Championship. The 10 mile course has 1700ft of ascent and takes in open moorland scenery, industrial heritage, and Pennine farmland all in an hour or so. The route is mainly on flagged paths, tracks and trails, with the challenge of going over the Pennines and back – with as much cake as you can eat at the end – who could ask for more? James Penson was the first Lion back in 30th place in a time of 1:29:24, followed by Leon Severn 1:34:02 and Damien Pearson 1:37:18.

Willow Valley Flyer (30th April)

Brighouse Bumble Bees hosted the Willow Valley Flyer for the third year; a 7.5 mile route on roads, bridleways and footpaths, taking runners around and through Willow Valley Golf Course to Hartshead and Clifton, a deceptively undulating out, loop and back race. Two Lions tackled the race on the day – John Bassinder in 1:11:32 (1st M65) and Jan King in 1:15:05.

Coiners Fell Race (1st May)

Five Lions took on the Coiners Fell Race on Bank Holiday Monday – the second counter race of the weekend in the Club's Fell Championship. This 6.7 mile route with over 900 feet of ascent take runners on a fast tour of the Coiner's country paths, tracks and boggy moorland, taking in Erringden Moor and Stoodley Pike, and offers spectacular views of Cragg Vale and passes the old coiner cottages of Bell House and Keelam. Stephen Hall (CVFR) took 2nd place in a time of 48:09, followed by Andrew Earnshaw 1:04:46, Helen Hudson 1:17:52, Ray Mooney 1:18:38 & Aileen Baldwin in 1:22:25.

Bluebell Trail (7th May)

This weekend saw the Lions host their flagship event, the mighty ten mile Bluebell Trail, brilliantly organised by Race Director Clayton Cutter and Chief Marshall Gail Fawcett and their great team.

The Bluebell Trail is one of the best known races on the local calendar. Eagerly anticipated for its mix of beautiful scenery, challenging hills and famously "refreshing" river crossing to finish. With 300 runners, the conditions on the day were perfect, with the sun coming out and plenty of bluebells in flower along the route. Dozens of enthusiastic marshals were on hand to ensure that everything went smoothly. The runners were particularly glad of the marshal's encouragement on the day's most challenging climb, the legendary Trooper Lane! After this lung-busting effort up one of the steepest roads in Halifax, exhausted runners were rewarded with supplies of water, plus panoramic views from the top of Beacon Hill and a welcome downhill run to the finish. There was a great atmosphere at the finish line and well-earned cakes. The race was won by Richard Anderson of Holmfirth Harriers in 1:09:47, with Lucy Collins of Queensbury RC the 1st Lady in 1:22:56. Richard Crombie led the Lions home, and there were age category places for Clare Smith (1st FV45), Aileen Baldwin (1st FV70), Helen Hudson (2nd FV55) and Dick Spendlove (2nd MV70).

Results: Richard Crombie 1:26:47, Simon Rawnsley 1:33:35, Sean Thompson 1:34:11, Clare Smith 1:34:36, Aileen Baldwin 1:47:25, Helen Hudson 1:53:17, Dick Spendlove 1:54:40, John Carless 1:56:41, Laraine Penson 2:02:47 & Heather Anderson 2:17:14.

Jack Bloor Fell Race (9th)

The 36th running of the Jack Bloor Fell Race and latest in the Club's Fell Championship took place on Tuesday evening on Ilkley Moor with two Lions in attendance. The race is advertised as 5.2 miles with 1,148ft of climb, and not surprisingly sets off uphill, climbing for almost 600ft in the first mile, it's then downhill for half a mile before the next climb – a more sedate 300ft over the next 2.5 miles. The route takes runners on single tracks through heather, peat bogged moorland, and a steep, technical run to the finish, where there was a dash to the cake stand! Paul Patrick was the first Lion home in 63:11, followed by Aileen Baldwin in 73:35 (1st V70).

Rob Burrow Leeds Marathon (14th)

34 Lions were amongst the 12,000 plus runners to participate in the first Rob Burrow Leeds Marathon; starting and finishing at Headingley Stadium, the route took runners through some of Leeds' most scenic countryside and outer suburbs. The event was held in support of the Rob Burrow Centre for Motor Neurone Disease Appeal and the MND Association. The former Leeds Rhinos player was diagnosed with MND in December 2019 and since then Rob and his family have campaigned tirelessly to raise awareness and funds to support other families living with MND. Chris Hall led the Lions home in 147th place with a time of 3:12:19. He was joined by Derek Parrington 3:26:37, James O'Driscoll 3:35:48,

Daniel Sykes 3:46:15, Nav Uppal 3:48:13, James Penson 3:59:42, Gerry Banham 4:01:00, Katie Sykes 4:07:57, Maria Chandler 4:11:45, Clare Thomas 4:22:18, Gary Barnes 4:22:39, Joanne Kitcher 4:25:50, Christine Cliffe 5:00:19, Paul Butterfield 5:09:59, Dawn Medlock 5:12:50, Alex Whyte 5:15:03, Angela Goulden 5:15:24, Zoe Russell 5:15:34, Richard Crombie 5:21:18, Carol Lord 5:30:27, Valerie Nicholson 5:35:53, Allison Bamford 5:37:13, Trish Hallowell 5:39:59, Anne-Marie Killeen 5:41:27, Lin Devine 5:52:55, Anna Stones 6:00:42, Wendy Goodwin 6:12:55, Peter Cawdron 6:13:10, Susan Shepherd 6:20:36, Jackie Barker 6:20:45, Lesley Henderson 6:20:46, Colette Robertson 6:33:27, Judith Greenwood 7:00:53 & Julia Newsome 7:00:53.

Rob Burrow Leeds Half Marathon (14th)

Will Rushworth took on the half marathon, coming in 65th place out of a field of over 3,000 runners, with a time of 1:31:03.

Alderman's Ascent (18th):

Three Lions took on the Alderman's Ascent on Thursday; a classic fell race route of 8.5k and over 400m of climbing. The route takes runners via the iconic "Pots and Pans" monument before heading out to the highest point at Shaw Rocks before turning back towards Alderman's Hill – where the real 'fun' begins – a long, technical downhill rewards runners with another long uphill battle to the shoulder of Alderman's Hill, then it's a 'pleasant' run back to the finish at Saddleworth Rangers Rugby Club. James Penson led the Lions home with a time of 54:12, followed by Jim Harris 54:56 and Ray Mooney 1:03:26.

Calderdale Way Relay (21st):

Sunday saw half the runners in Calderdale taking part in the Calderdale Way Relay, a six leg relay event run in pairs, which covers 50 miles of the Calderdale Way. It's the one race where you put personal glory aside and work together for the Club. Six legs, 12 runners per team, 84 teams in total, across 50 miles of Calderdale's finest trails. A fantastic job was done pairing together Lions of similar speed so that each team could run effectively. The Lions had 5 teams with 60 runners in total.

Results: Team A – 8:29:23 (36th place), Team C – 9:04:21 (50th place), Team D – 10:34:40 (73rd place), Team E – 10:58:15 (77th place), Team B – 11:12:32 (79th place).

Yorkshire Veterans Grand Prix Series – Race 2 @ Kirkstall Abbey (23rd):



A pride of Lions and Lionesses took part in Tuesday evenings event, which was the second race in the YVAA Grand Prix Series, hosted by Kirstall Harriers. Starting and finishing in the grounds of Kirkstall Abbey the route is flattish multi terrain for a change with a fair bit of tarmac. Once again, the ladies managed to clean up on the prizes – all choosing a bottle of wine! It was great to see Tanya Blake Miller enjoying her racing again, finishing as 4th Lady overall and first in the F45 category. Lorraine Naylor took 3rd F50, Aileen Baldwin of course getting first F70, Helen Armitage 1st F55, and Helen Hudson 3rd F55. Jim Harris was the first Stainland male home, closely followed by Damien Harris, Andrew Earnshaw & Simon Rawnsley.

There was a race within the race between Paul Patrick, Mark Preston, Ben Golding-Smith and Ian Hoskins, with only 23 seconds between them. Other Lions were Steve Hallam, Sally Caton, Michelle Rogerson, Ian Johnson, Paula Pickersgill, Dave Hudson, Sandy Gee, Manjit Ahair, and Paul Butterfield, who all deserve a mention after racing again only two days after the heat of Sunday's CWR.

Edinburgh Marathon (28th)

Lion John Carless was amongst the thousands of runners who took to the streets of Scotland's capital on Sunday morning as the sun shone for the long-awaited Edinburgh Marathon. Starting on Potterrow with the picturesque backdrop of the University's McEwan Hall, the route takes runners past many iconic sights of the city. John ran in 4:43:58.

Epilepsy Action Bradford 10k (28th)

Anne-Marie Killeen ran in 1:03:22 at Epilepsy Action's very own 10k, city centre road race through the heart of Bradford on Sunday. The route is fast and flat, starting and finishing in the iconic surroundings of City Park.

PB Corner

Parkrun PB's – May 2023

May 6th:

Frickley Country Park: Ben Golding-Smith ran a PB time of 22:55, knocking 1 min 38 seconds off.

Northallerton: John Rushworth knocked 55 seconds off his course time, taking him to 26:30.

May 13th:

Middleton Woods: Ian Hoskins ran a PB time of 23:25, knocking 52 seconds off & coming 1st in his age group.

May 20th:

Peel: Heather Anderson knocked 10 seconds off her previous time taking her to 27:46.

May 27th:

Brighouse: Heather Anderson smashed another PB out this week, knocking 7 seconds off her time, taking her to 28:58.

Lowestoft: Moira Alderson knocked a whopping 3 mins 4 seconds off her course time, taking her to 25:09.

Calderdale Way Relay 2023 - Maria Harron



My first experience. I enjoyed it.
Maria Chandler

Well done everyone. I very much enjoyed seeing you all sprinting across the line at Spring Hall.
Colin Duffield

Really enjoyed it today.
Rebecca Gvozdenko



Well done today!!! And well done all Leg 3ers, that was tough but a great leg!
Daniel Sykes

Mega brutal that!!! Had a fab day as always!
Claire Haigh

It was great, had the best time with Catherine!
Paula Pickersgill

Fab day out. Hot but ace. Thanks for being my partner Paula.
Catherine O'Shaungnessey

Wonderful day with all Lions and my mate @Steve Hallam who I would never swap as a partner, dragged me round with patience, top chap.
Ian Johnson



Loved it!
Clare Smith

Absolutely loved today's race. Not going to lie, was dreading it after the recce but was a grand day out!
Sally McGregor

Loved it!
Cat Daniel



I enjoyed it. Very hot but great route. Well done everyone.
Ally Audsley

I was plodding along with Ben today thinking, its flippin' beautiful where we live!
Clayton Cutter

I enjoyed it ... well apart from the hill start, oh, and the other long hill!
Hayley Kelly



Bit too hot for my liking, but enjoyable nonetheless. That last hill though...

Roy Lunt

Great day out!

Raymond Mooney

As usual, great atmosphere & good team spirit

Christine Cliffe

Great atmosphere & amazing running in such heat . Well done all!

Tanya Blake Miller

Great atmosphere as usual!

Lorraine Naylor

It felt great to be back running in a Stainland vest despite being unprepared and unfit! A massive thank you to Joanne Kitcher to getting me over the finish line today...I was certainly struggling with that heat. Great team spirit as always!

Julie Field



36. Stainland Lions Running Club A		Team no. 73		08:29:23		
73	Andrew Earnshaw , James Penson	1	01:41:55	45.	01:41:55	46.
173	Ben Golding Smith , Clayton Cutter	2	01:32:12	60.	03:14:07	49.
273	Daniel Sykes , Richard Crombie	3	00:45:56	15.	04:00:03	44.
373	Jim Harris , Damien Pearson	4	01:32:09	20.	05:32:12	39.
473	Martin Wood , Paul Patrick	5	01:20:25	43.	06:52:37	40.
573	Kevin Robinson , Simon Rawsley	6	01:36:46	34.	08:29:23	36.

50. Stainland Lions Running Club C		Team no. 75		09:04:21		
75	Margaret Beever , Tanya Blake Miller	1	01:34:00	33.	01:34:00	33.
175	Maria Harron , Liz Norman	2	01:34:08	62.	03:08:08	46.
275	Lorraine Naylor , Claire Smith	3	00:54:24	38.	04:02:32	45.
375	Julie Field , Joanne Kitcher	4	01:57:29	66.	06:00:01	52.
475	Helen Armitage , Gaby Ferris	5	01:21:33	46.	07:21:34	50.
575	Sally Caton , Suzanne Patterson	6	01:42:47	47.	09:04:21	50.

73. Stainland Lions Running Club D		Team no. 76		10:34:40		
76	Ranjit Upal , Cat Daniel	1	02:10:30	76.	02:10:30	77.
176	Roy Lunt , Ally Audsley	2	01:45:01	72.	03:55:31	78.
276	Zoe Dee , Christine Cliffe	3	01:11:23	74.	05:06:54	76.
376	Amjid Khan , Andrew Falkinbridge	4	02:13:34	78.	07:20:28	79.
476	Steve Hallam , Ian Johnson	5	01:21:55	49.	08:42:23	74.
576	Ray Mooney , Mark Preston	6	01:52:17	58.	10:34:40	73.

77. Stainland Lions Running Club E		Team no. 77		10:58:15		
77	John Rushworth , Matthew Cockerham	1	02:36:19	81.	02:36:19	82.
177	Hayley Kelly , Rebecca Gvozdenko	2	01:40:44	67.	04:17:03	82.
277	Jonathan Taylor , Christine Gale	3	01:07:34	73.	05:24:37	81.
377	Tim Walker , Steve Crowther	4	01:54:30	62.	07:19:07	78.
477	Claire Haigh , Paul Butterfield	5	01:39:45	74.	08:58:52	78.
577	Ian Hoskins , Michelle Rogerson	6	01:59:23	68.	10:58:15	77.

79. Stainland Lions Running Club B		Team no. 74		11:12:32		
74	Rikki Hammond , Maria Chandler	1	02:33:42	80.	02:33:42	81.
174	Aileen Baldwin , Helen Hudson	2	01:40:11	66.	04:13:53	81.
274	Sally Mc Gregor , Sue Cash	3	01:05:28	68.	05:19:21	78.
374	Maira Alderson , Angela Lee	4	01:56:35	64.	07:15:56	76.
474	Paula Pickersgill , Catherine O'Shaugnessey	5	01:39:04	73.	08:55:00	77.
574	Alex Whyte , Jenny Walker	6	02:17:32	82.	11:12:32	79.

Ladies Captain's Update

Maria Harron



Ladies' Report

I am a little late again in getting this to Debbie due to not having much time, so I am trying to keep this brief, but having just read it through again there seems to be a lot to say. Helen and I have asked some ladies to write about their first time running as a Lion on the Calderdale Way Relay and also some ladies who have done the Rob Burrows marathon. I apologise that I have not got more reports to put in here this time. If you would like to write something, then please feel free to send it to me and we will put it in next time. I personally love to hear about the marathon experiences, and with there being so many ladies to have achieved them this time I have been very inspired and have put myself down for one! Long training runs coming up for me!

This weekend I was very lucky to support a lady at the Hardmoors 110 mile race! Ellie May used to be a Lion, many of you may remember her. She always says she still is a Lion at heart and will return to us one day. Anyway, I have run many long runs with her over the years and recently her training has been very strict in order to get herself round the 110 miles. She has had an ultra-coach who has made her think hard about how much she runs/walks in training, what pace to be training at, what and when to eat/drink, how to pace around 55-mile races whilst training for 110 miles, how to recover, when to rest, doing S&C, the list goes on! Ellie has worked so hard for months and this last weekend she did it!

She set off at 8am on Saturday morning and she had asked me to run the final 11 miles with her on the Sunday morning. Watching the tracker to see how she was doing on Saturday was exciting then during the night I kept waking and wondering how she was coping in the dark. Sunday morning I was awake early and set off for North Yorkshire feeling quite nervous, not sure why but possibly with excitement for her but also the uncertainty of not knowing when I may actually see her to start the final leg. It was about 1pm when we finally met. I was quite emotional to see her, Ellie just wanted to go for a wee in a proper toilet (which was available!).

After a Pot Noodle (other brands are available) and refilling of water and extra snacks we were off. Understandably we were walking, at this stage Ellie had already run/walked 101 miles, the race is actually 112 miles! Ellie had given me a list of jobs to do which were: do not let her DNF, remind her to eat and drink, keep her awake, help with navigation using my Garmin (tricky one for me as some of you know!). Usually Ellie and I chat non-stop on our 4-hour runs but this time was different, she was tired having not slept all night and she had done 100 miles already. The first couple of hours she was happy to engage in some conversation then she just wanted to get to the finish. We walked most of the 11 miles, she was aching and hurting, every so often she would do a little jog. She wanted me to walk "with purpose" in front of her so she was always trying to catch up with me. The whole time she was so determined, she knew she would finish but she did not know how she would feel to get through to the finish line. And she did finish of course, more than 33 hours but she did it

and she will do it again! She has learnt a lot from doing her first 100+ miles and wants to now put that all back in to action again another time.

For me I have found the experience so amazing, having been on training runs with Ellie, listening to her talk about all her preparations, seeing the photos from all the other support runners who ran with her from Sunday afternoon onwards where Ellie is smiling in every single one. Whilst I was walking ahead of her (with purpose) and would turn round regularly to check on her and every time I did she managed a smile, it was through gritted teeth but it was there, she was smiling. At the finish line she was in a trance, with a medal round her neck, surrounded by friends and family she was given some pizza and a cup of tea and was too tired to take in what she had actually achieved. The next day she messaged me to say that she was very emotional as it had begun to sink in that she had done it, The Hardmoors 110 miles!

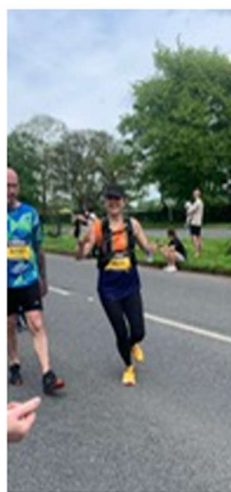
Ellie is an inspirational lady, she set herself a goal and worked hard to get it. Ultra distances are certainly not for everyone, but whatever your goal is you just need to put in the effort and you can achieve.

Marathon training is not to be taken lightly, and here are some reports from just a few of the many ladies who did the Rob Burrows marathon.

Katie Sykes

I completed my first marathon, the Leeds Rob Burrows Marathon, on the 14th May in a time of 4:07, which I was really pleased with after signing up in November last year, wanting a challenge. I had previously run some half marathons but had got a little out of practice. After signing up for the marathon I joined Stainland Lions as I was guilty of just plodding along, listening to music with no real focus or goal in mind! The Thursday night runs provided me with new routes whilst the track sessions on a Wednesday night put me out of my comfort zone and really helped with technique and running at a faster pace which was just what I needed. Everyone was so welcoming and encouraging.

The day itself was incredible with an amazing atmosphere from start to finish. It wasn't easy but it was one of the best things I have ever done. It was also lovely to complete it with my husband – and fellow Lion – Dan, who has supported me throughout. I am not sure I want to run another full marathon any time soon, but plan to get more involved in more of the Stainland Lions events and keep up the running.



Joanne Kitcher

This was my 6th marathon and after the London marathon I said that would be my last one after struggling, but then Kevin Sinfield came through Sowerby Bridge last November and made me change my mind. He is the most inspiring man I have had the pleasure of meeting.

This one for me wasn't for time it was for raising awareness for MND charities and for Rob Burrows; I really wanted to do something for this amazing man and for MND.

The course was a tough one, I didn't know what to expect! By far the best marathon I have done to date, the scenery was fabulous, had I not been racing I would love the course more! Having the privilege of running alongside Kevin, Rob & his crew made this marathon for me even more amazing and humbled.

It was hot – yes, it was hard – yes definitely, but will it be the most memorable – hell yes! To have been able to contribute to this charity for me has been great, I feel so proud to have been part of this great day. This was my slowest marathon to date but my favourite one for all the reasons I have put down, also being part of this with so many Stainland Lions made it more special. Getting in that coach in the morning and coming home sharing our stories made this more special . . . I'm still buzzing about the marathon now, my body isn't quite agreeing with me but happy to have been part of this very special day.



Maria Chandler

I signed up for this as soon as it was announced, my longest distance to that point being a half marathon, and I needed another challenge. It was only much later I realised how many hills this one had. I joined Stainland Lions in September and it certainly has been a big part of me achieving my goal of finishing a marathon. Hill reps and track sessions really have improved my running. Training took time, but I did enjoy it. Work meant that I was never sure when I could fit in my long run, so many were done alone, but having Heather Anderson supporting me by joining for part of a lot of them really helped.

To the day itself, I loved it from start to finish. Tough and hot, but who would want to pick an easy marathon for their first? Lucky to be entertained at the start by Joanne Kitcher and Dianne, which helped keep the nerves at bay as we waited for the delayed start. Our wave were the lucky ones who got to set off just after Rob and Kev, which meant we overtook one another about four times (only because Kev was stopping to check on Rob).

The crowds were awesome, although I also enjoyed the quieter parts of the race out in the countryside where I could admire the views and chat to other runners. Otley was out of this world with the crowds and noise, amazing. I think I ran an extra half a mile at least zigzagging to high five all the kids. Then the hill, 3 mile slog up near the Chevin, I ran this much easier than I expected, mainly due to chatting to one of the youngest in the race, an 18-year old lad, it definitely made it easier for us both. I walked a bit after the water station near the top of the hill, but only because with the heat I wanted to sort my water and tailwind out properly.

The last 6 miles were not 'all downhill' as promised, but again there were plenty crowds to keep me going. So glad I wore my Stainland vest as I was constantly hearing "Go Stainland" and spotting club support. I was really pleased with my time, and I know this will definitely not be my last marathon.

Here are the ladies' results and a selection of fab photos:

Katie Sykes – 4:07:57
Maria Chandler - 4:10
Clare Thomas – 4:22:18
Joanne Kitcher – 4:25:50
Christine Cliffe – 5:00:19
Dawn Medlock – 5:12:50
Alex Whyte – 5:15:03
Angela Goulden – 5:15:24
Zoe Russell – 5:15:34
Carol Lord – 5:30:27
Valerie Nicholson – 5:35:53
Alison Bamford – 5:37:13
Patricia Hallowell – 5:39:59
Anne-Marie-Killeen – 5:41:27
Linda Devine – 5:52:55
Anna Stones – 6:00:42
Wendy Goodwin – 6:12:25
Susan Shepherd – 6:20:36
Jackie Barker – 6:20:45
Leslie Henderson – 6:20:46
Colette Robinson – 6:40:27
Judith Greenwood – 7:00:53
Julia Newsome – 7:00:53



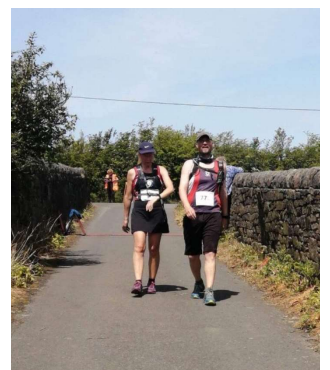


May is Calderdale Way Relay time and every year we have some first timers

Christine Gale

Joining the Lions on Sunday 19th May for my very first Calderdale Way Relay was an absolute pleasure. You guys are encouraging and inspirational. As it was my first attempt, we chose the shortest route – Leg 3, run/walking 4.75 miles – it was a toughie climbing 1,245ft in the hot sunshine, but worth it. I really felt for the following legs who had to run in even warmer temperatures, well done guys!

Jonathan Taylor was my co-runner, and he made the event easier for me as he had done Leg 3 previously so it was great to be running with someone who knew what we were doing, thank you JT. The views on the tops in Blackshaw are spectacular, and for anybody considering doing it, it is worth the hard slog up the hill. Thank you Lions, I'm looking forward to joining you again next year on another leg.



Maria Chandler

My first experience of this race and I hope it will not be my last. I enjoyed it all, certainly something different. Rikki and I had reced the route together as well as Rikki recceing the whole route before we went together, and I had gone over the first half a couple of times in the lead up to the race, so we felt prepared.

Running Leg 1 meant a nice early start, although I am sure with the weather turning out so hot, lots of other pairs would have preferred to be on the first leg. We checked in with our team sheet, passed our bag checks and went off to the small field where runners were gathering for the off. After a Stainland Leg One team photo, we were ready for the off . . . a bit of a count down and off we headed up a short grassy bank, round the field then we waited to get through the gap in the wall, and we were off. Off up the hill, where halfway up, disaster struck as my calf decided it didn't want to play ball and went into a spasm. Once we hit the flat on Norland Moor we were able to move a bit faster and caught up with John and Matthew. Downhill was fine, so we ran on down to Ripponden, all uphill's meant mainly walking as my calf kept tightening up.

The great thing about running this on such a beautiful day was the views which were amazing, and the great countryside. Even the cows blocking the stile on both sides were happy enough on this sunny day to just 'Mooooove' out of the way. We continued on the uphill out of Ripponden, and we got to the top, with only downhill to the finish. (Or so the runners who were running/walking back to the start told us). I think our relief, competitiveness (to try to keep ahead of John and Matthew) and the sheep we saw that were trying to squeeze out from under a tractor, all caused the distraction that must have led us to missing a turn and so ending up in some woods that we didn't recognize. So close to home, I guessed the wrong way, Rikki guessed a shorter route, but unfortunately we went with mine (I guess maybe getting the maps out that we were carrying might have helped at this point). We ended up coming out onto the Cragg Vale road quite a bit below the road to the hotel. That left us with an additional up hill road run at the end, and then our run to the finish where we were able to cheer in the last 3 teams. An enjoyable run and great to be involved in a fab team event.



Thanks to all those who have contributed and well done ladies, great running, keep going.
Please send me your marathon experiences if you would like to be included next time, we would love to hear from you!

Coaching with Colin Duffield

Five Things That Aren't True #2

So now we're at Number 2 in my list of things runners believe, that really 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

'Always running fast is the best way to learn to run faster'

Once upon a time we believed this, even though the famous coach Lydiard had largely disproved it in the 40 years ago (Google him). Then Stephen Seiler, a sports scientist in the early 2000s rode into town with a bit of science and research into coaching and concluded that different runs gave different benefits and there was a key mix if runners wanted to improve. He called this the 80/20 rule.

And people still don't believe it! But some people also believe the earth's flat, a monster lives in Loch Ness, and Halifax Town will one day get back into the football league.

So (I hear you cry) what's this 80/20 thing?

80% of your running time will be easy Runs, that is runs at about 70-75% of your maximum effort, so you should be able to chat whilst you run. These are the bedrock of any runners development. They build base, and (if you want to know detail) increase capillary return, make mitochondria denser, and build musculo-skeletal adaptation.

What this means is that this slower running helps you use oxygen more efficiently, builds better energy systems and a better running body. It also allows you to actively enjoy yourself, running socially and connecting with your mates, nature, your dog, whatever.

20% of your running time will be 'Quality' runs, that's stuff like interval training, tempo runs, even racing. Anything that puts your effort, or HR at over 80% of maximum, probably nearer 85% for most of you. These develop specific energy systems (VVO2, Lactate processing, and some strength benefit) speed, technique, and done over time will mean you get faster without increasing effort.

But, if you do a lot more than 20% at this hard effort, you won't increase benefit, but you will get injured pretty quickly. The older you are, the more this is true. I'm going to come to that in the next newsletter.

Any questions, get in touch.

In The Lion's Den with Gav Dodd



Paul Alexander

1. When did you first get into running?

I've always been a keen sports chap and I've enjoyed competing in all sorts but predominantly football, basketball, athletics and badminton. In 2007 I got diagnosed with Ulcerative Colitis which completely floored my health and fitness. It took a couple of years to get the right meds and get back to normality. At the first opportunity I signed up for the local gym to build my fitness back up. My first time on the treadmill I managed 1 mile and was blowing out of my backside! . . . but took it as a challenge to get fit and build up to 10k over the coming few months. At this point I needed to get out on the roads for my own sanity and shortly after I decided to join Todmorden Harriers. I learnt a heck of a lot from other Todgies, one of which was no less than the infamous Mr. Duffield who also ran for Tod at the time. I enjoyed a Todmorden Boundary Way jaunt with him back then where Colin shared his sacred running craft with me! Gold dust! 😊

2. How/why did you join Stainland Lions?

I moved house from Todmorden to Stainland so it was the obvious choice! I've always found club members to be very welcoming and plenty going on in terms of training options and other like-minded people who seem to like testing their sanity running up and down the canal on a Sunday in preparation for "yet another" marathon attempt! I don't get to many club runs due to work/children but I always enjoy it when I do make them.

3. Do you have a favourite race or race distance?

I absolutely love the marathon distance. Ever since I started running I've had a fascination with it. An endurance event that tests you physically but I also love the race craft of trying to get everything right – pace, nutrition, hydration and, of course, getting the training and taper right beforehand. I had the dream of trying to crack 3 hours from 2012 and could just never let it go until it happened in 2022! Really love the Yorkshire 3 Peaks race, the Picnic Marathon and Sea2Summit in North Wales also.

4. What's been your greatest achievement in running so far?

I'd say my 2:58 in Manchester Marathon last year would have to be it. Never have I ever cried like a baby when crossing a finish line before! I honestly just couldn't believe that I'd done it. The 10-year, 22 marathon battle for a 2 something time had finally come to an end!

I recently volunteered to be a pacer at the Rob Burrow Leeds Marathon to lead the 4hr group. This was a very close 2nd as far as running achievements go. It was so nice trying to help other people reach their goal whilst also being part of such an incredible and emotional day. Probably the most fulfilling run of my life.

5. Any running bucket list items for the future?

I've got all sorts of daft running bucket list items actually. There's a number of international marathons I'd like to do such as Boston and Tokyo, but I also want to do the Isle of Man coastal path (likely in 2 days though). As something a bit more "out there" I like the idea of the Ice Ultra one day but it's a bit on the pricey side!!

6. Any advice for anyone just starting out on their running journey?

First and foremost, enjoy it! It's easy to get too obsessed with pace which usually turns into being governed by your watch. I'd recommend avoiding this by sometimes just going out and running with no expectations – if you want to speed up, speed up, if you want to slow down allow yourself to!

Learn to run slowly on "easy" days – this contributes massively to running more quickly in races. Mix up your runs to help with adaptation – distances, paces, terrains, flat v hilly, tempos, speed work, etc.

7. Favourite running related gadgets?

I look a good running watch. I always like learning about all of the features!

8. Go to running shoes?

Quite like having a (large) variety of running shoes. You can never have enough in my opinion, and they all have a slightly different purpose. That's what I tell myself anyway!! For road Saucony Endorphin Speed in training and probably Adidas Adios Adizero Pro 3 for racing. For trail, I like Altra Mont Blanc / Timp but also enjoying running in Topo Mountain Racer 2 and Hoka Mafate Speed at the moment.

9. Favourite meal / restaurant?

Love an Italian restaurant. Lasagne would feature high up on the list! 😊

10. What music are you into? Have you been to any gigs recently?

I love music. I like all sorts, but my favourite bands include U2, Stone Roses, Foo Fighters and Stereophonics. Not been to many gigs recently but last year went to watch Stereophonics, Liam Gallagher and Richard Ashcroft which were great.

11. Favourite tippie?

I only really drink beer. Brewdog always goes down well!



**June 2023:**

Thursday 8th – Away Run @ Brandy Wine, Luddenden Foot

Saturday 24th – 35th Anniversary Celebrations.

Thursday 29th – Hare & Tortoise

July 2023:

Thursday 27th July – Downhill 10k

September 2023:

Sunday 17th – Stainland Trail.

2023 Championship Races:

- 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:

- 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