



John Bassinder

### From The Chair

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

Debbie Grunhut-Hinds

### Race Reports

A summary of race reports from November 2022.

Various

### Contributors

Maria Harron - Ladies Captain update.

Steve Hallam - Championship update.

Jonathan Pybus - Piethorne Away Run.

# From the Chair

## John Bassinder



Hard to believe Christmas is already upon us, last year went quicker than Gav Mulholland round a muddy cross country. Our aim last January was to get back to our best following the pandemic lock downs and restrictions. I think that mission's been accomplished and every single Lion who helped make that happen should be mighty proud. It's been a lot of effort, but it's also been a lot of fun. Besides staging our own club races, Handicaps, H & T, Downhill, etc. we also hosted the final Cross Country race of last winter [The highlight of the WYWL season!] we had the Bluebell Trail successfully back after two years absence, hosted a brilliant Vets' race and a welcomed the successful return of the Stainland Trail. Looking back we definitely remember all the work involved, we may remember the satisfaction in seeing everyone having a good time, but we don't always remember that through all that work and enjoyment, both as a club and via individual challenges [Like Zoe's virtual marathon] we not only thrived but raised thousands for Overgate, Forget-me-Not and other good causes. It's great to be doing the thing we love, running, but putting in that extra effort to help others while doing it - that's what helps to make our club so special!

Boxing Day is our next big event and Cat has been working hard on it. The venue has moved this year – by all of about 200 yards. For the metricated generation that's almost a furlong, hope that helps - anyway, it's not far away. The new HQ is Stainland Cricket Club on the rec and the cricketers are really looking forward to hosting the event for us. Cat is chasing more volunteers not only to marshal but also to help their catering crew who will be doing soup and hot dogs, tea and coffees. They're hoping to raise funds from that for new cricket equipment, bats etc. which fits in perfectly with our aims of helping the local community, while all the funds raised from the race and tombola will go to Forget-me-Not .....Win Win for all of us! Also, if enough people hang around afterwards they will open the bar so please stay for the tombola and a drink, we've got a really good feeling that this could turn into a very positive move for us and the race!

As we look to the New Year please make a note of these early dates:

- Sunday 15<sup>th</sup> January Winter Handicap, the first race in the 2023 Championship.
- Monday 16<sup>th</sup> January is our AGM at Heath – The time to find out how we fared in 2022 [achievement wise and financially] what our aims are for the coming year, vote in the new committee and President, ask any questions and possibly eat pizza.
- Friday 24<sup>th</sup> February is our presentation dinner at Berties, we would love more people to commit to this, we know there's a temptation to wait till the last minute but unfortunately that doesn't help Martin Wood with his planning!
- Sunday 26<sup>th</sup> Feb we're once again hosting the final race of the WYWL, they seem to like us staging this one, it's the perfect finale, but only if we get enough volunteers to make it that way!

Before I sign off there are two final things to mention:

- Firstly - Next year is our 35<sup>th</sup> Anniversary [But you all knew that anyway!].
- Secondly - We all know prices are rising fast, from energy to food and everything else. At the last committee meeting we faced a hard decision, our subscriptions to England Athletics are rising next year to £17 per member and our contribution to Heath is rising to £13.50 per member. This means that the club retains a mere £4.50 per member, per year, for day to day costs - Subsidising things like CWR entries, club races, Downhill bus hire, trophies and awards, coaching courses, new equipment and the like. So what did we decide? Well we thought that with things getting tough everyone actually needs a break - so we decided to leave the membership at £35. £35 for

our 35<sup>th</sup> year, how fitting is that! This is only possible because of our well managed finances [Thank you Joanne!] and the money from our races, so the effort put into organising, marshaling and everything else really does pay off, both for the charities we support and for ourselves.

Happy Christmas everyone!

John B.

## Lions Publicity Officer

### Debbie Grunhut-Hinds



### Race Report for November 2022

#### Tatton Park 10k (5th):

A staple in the autumn racing calendar; set in the incredible venue of Tatton Park in rural Cheshire, the scenic route offers a road-closed, fast race - perfect for runners chasing down a new chip timed PB. Margaret Beever was 4th female overall and 2nd in her V40 age category with a time of 38:35; Lorraine Naylor clocked a time of 46:18, coming 3rd in the V50 age category.

#### Guy Fawkes 10 (6th):



Fraser Ambrose, 1<sup>st</sup> Lion home  
(Pic: Steve Davey)

The race was a counter event in the Club's Championship. The challenging and hilly 10-mile road race in Nidderdale covers a mixture of bridleways and roads, starting and finishing in the stunning grounds of Ripley Castle; a hugely popular race with nearly 800 runners taking part; 42 of which were Lions. Fraser Ambrose was the first Lion home in 80th place; with Sally Caton the first Lioness. Lesley Henderson was 2nd in her age category. With just one championship race left there is still everything to play for.

**Results:** Fraser Ambrose 1:12:02, Paul Corns 1:16:53, Sally Caton 1:19:07, Helen Armitage 1:21:00, Michelle Rogerson 1:23:44, Roy Lunt 1:24:58, Mark Preston 1:25:31, Anne-Marie Ulllyott 1:27:45, Maria Harron 1:27:21, Gerry Banham 1:27:51, Joanne Kitcher 1:28:20, Tim Walker 1:28:22, Ian Johnson 1:29:47, Amjid Khan 1:30:06, John Ingles 1:30:44, Diane Waite 1:30:05, Hayley Kelly 1:32:29, Sandy Gee 1:32:46, Zoe Russell 1:34:49, Christine Cliffe 1:34:52, Laraine Penson 1:33:50, Alison Audsley 1:34:35, Rebecca Gvozdenko 1:36:08, Cat Daniels 1:35:12, Paul Butterfield 1:37:33, Paula Pickersgill 1:39:56, Alex Whyte 1:42:09, Manjit Ahjar 1:44:12, Wendy Goodwin 1:45:37, Paul Armitage 1:52:07, Alison Bamford 1:53:17, Peter Cawdron 1:55:32, Lesley Henderson 1:56:00 (2<sup>nd</sup> F70), Jackie Barker 1:56:26, Sue Shepherd 1:56:25, Carol

Heptonstall 1:59:00, Trish Hallowell 2:01:57, Judith Greenwood 2:03:22, Anne Cawdron 2:04:27, Jenny Walker 2:08:23, Richard Lambert 2:15:06, Gail Fawcett 2:17:33.

**Cop Hill Fell Race (6th):**

The race has runnable climbs, fields and trails and is the only race that allows access to Meltham's iconic Cop Hill, with a descent that runners will remember - twice! Gavin Mulholland took 2nd place with a time of 38:38, knocking 4 seconds off his previous course time, and took 1st place in the YVAA Fell Championship for Stainland Lions as well as being 1st in his M50 age category. Richard Spendlove, also running as part of the Fell Championship, clocked a time of 58:05 and 1st place in his M75 age category.

**Soyland Moor Fell Race (6th):**

This 13.5 mile fell race has 1300 feet of ascent and is described as "visiting the worst and best that Calderdale has to offer!". The race starts with a steep tarmac uphill from the Hinchcliffe Arms towards the delightful bogs of Sunderland Pasture and onwards to Stoodley Pike; runners then head over the moor, along the Pennine Way and over Cragg Vale Road before following the route back to the pub. Each checkpoint must be visited in the correct order.

**Results:** Jim Harris 2:13:11, Paul Patrick 2:16:21, Martin O'Brien 2:18:16.

**West Yorkshire Winter League - Race 1 - Baildon (13th):**

Sunday saw the first race in the hugely popular West Yorkshire Winter League Cross Country Series. 51 Lions took part in the 5 mile race which is run entirely on tracks over a 'foggy' Baildon Moor. Mags Beaver was the 4th lady overall, an impressive result considering she had run a 10k race the day before in under 40 mins. Second lady home for the Lionesses was Danielle Hirst, followed by Cross Country Captain Lorraine Naylor, and Helen Armitage.

There were some great performances from the men's team also, with Ed Hyland 3rd overall, followed by Dan Marsden with a solid run for 2nd place for the Lions, with Mark Pottinger and Chris Hall 3rd & 4th for the Lions, respectively.

Baildon certainly put on a great show with lovely supporting marshals.

**Clowne Half Marathon (20th):**

Sandy Gee led the Lions home at the Clowne Half Marathon on Sunday; an undulating course starting from Clowne centre and heading through the surrounding villages before returning to Clowne. All finishers received a lovely hoodie; and £1 from every race entry will be donated to Alzheimer's Research UK.

**Results:** Sandy Gee 2:06:35, Paula Pickersgill 2:11:21, Trish Hallowell 2:37:49.

#### **Tadcaster 10 (20th):**

Four Lions took part in the Tadcaster 10, a ten mile loop on fully closed roads around Tadcaster, taking in the villages of Catterton, Healaugh and Wighill. All finishers received a custom Tad 10 medal and some tasty treats. Derek Parrington was the first Lion home in 117th place.

**Results:** Derek Parrington 1:07:10, Paul Corns 1:11:39, Rebecca O'Neill 1:16:25, Gail Schofield 1:27:50.

#### **Lee Mill Fell Relay (27th):**



12 Lions headed to Rossendale on Sunday to take part in the Lee Mill Fell Relay. The Relay event is set in the Lee Mill Quarry site and is made up of teams of four runners, and all runners ran individual legs over a 10.7k flagged course, with the first leg starting at Stubblee Hall. The Lions entered three teams on the day: the Stainland Stags, Stainland Lions Gerry-Atricks, and Stainland Lions Bog Warriors.

**Results (total for all 4 legs):** Stainland Stags - 4:27:52 (Leon Severn, Mark Warmouth, James Penson & Andrew Earnshaw). Stainland Lions Gerry-Atricks - 4:58:30 (Paul Patrick, Cam Rushworth, Ray Mooney, Gerry Banham). Stainland Lions Bog Warriors - 5:15:36 (Liz Norman, Lorraine Naylor, Rikki Hammond & Maria Harron).

#### **Doncaster 10k (27th):**

Derek Parrington was the solo Lion at Sunday's Doncaster 10k. Doncaster Racecourse is the main event area with lots of music, food & drink, plus great spectator seating to view a fantastic finishing straight right in front of the grandstand. Derek finished in 230th place out of a field of near 2500 runners, with a time of 40:09.

## Parkrun PB Corner

### November 12<sup>th</sup>

**Huddersfield:** Paul Corns ran a course PB of 20:53, knocking 1 second off his 2019 time. Heather Anderson took 14 seconds off her 2019 time, taking her to 28:47.

**Halifax:** Amjid Khan ran his 100<sup>th</sup> Parkrun with a time of 26:03.

### November 26<sup>th</sup>

**York:** Mag Beever ran a PB time of 19:03 knocking 4 seconds off her previous time, and coming in 14<sup>th</sup> place (1<sup>st</sup> female overall).

**Queen Elizabeth:** Dick Spendlove smashed another VM75-79 record with a time of 25:58.

# Club Championship Update

## Steve Hallam



### Championship Update – Year End 2022

#### A Quick Look Back:

We started the 2022 Championship with the ubiquitous Stainland Winter Handicap race, in line with most other years (and the same again for 2023!). Gav Mulholland was the first Lion back. Helen Armitage being the first lady. It was a healthy turnout with 51 signed-up Lions competing and only a few going the wrong way! (Maria Harron, James Black, Lindsay Upton & Anne-Marie Ulliyott). If anyone else went wrong, I never noticed!

Next up was the Meltham (Tough) 10k with 28 Lions involved. All 6 Divisions were well represented. Here's the full list (excluding Travellers 6, which hasn't yet happened at the time of writing).

Event	Div 1	Div 2	Div 3	Div 4	Div 5	Div 6	Total
Stainland HC	4	11	11	8	10	7	<b>51</b>
Meltham 10K	2	5	5	6	7	3	<b>28</b>
Dentdale	0	2	2	2	5	2	<b>13</b>
Windmill 6	0	5	3	6	3	1	<b>18</b>
Brun Valley 10K	0	5	2	8	5	0	<b>20</b>
Flat Caps	0	3	7	5	5	5	<b>25</b>
Bunny Runs	2	7	4	5	5	3	<b>26</b>
Coiners	3	2	2	3	2	1	<b>13</b>
Otley 10	0	3	5	2	2	0	<b>12</b>
Burton Leonard	0	2	6	4	2	2	<b>16</b>
School Run	2	2	5	4	3	3	<b>19</b>
The Burner	1	2	4	1	4	1	<b>13</b>
Stocks Lane Stinger	3	2	2	5	2	2	<b>16</b>
Hopwood Trot	1	4	3	4	6	1	<b>19</b>

Event	Div 1	Div 2	Div 3	Div 4	Div 5	Div 6	Total
Colne Valley 10K	0	3	5	5	5	2	<b>20</b>
Blackshaw Head	1	1	1	1	1	0	<b>5</b>
Shepley 10K	0	4	5	1	1	1	<b>12</b>
St Aidan's HM	0	4	2	4	5	1	<b>16</b>
Race to the Summit	1	4	0	2	1	1	<b>9</b>
Guy Fawkes	1	3	5	8	9	5	<b>31</b>
Track 3K	6	8	7	9	5	4	<b>39</b>
Hudd/Brig parkun	6	12	11	13	10	5	<b>57</b>
Halifax parkrun	4	6	8	10	15	7	<b>50</b>
<b>Totals:</b>	<b>37</b>	<b>100</b>	<b>105</b>	<b>116</b>	<b>113</b>	<b>57</b>	

So what does this chart tell us?

- Divisions 4 & 5 appear to be the most competitive.
- It's not all bad news going into Division 1 because as you can see, there's plenty of opportunities to do well, even if you're not the fastest (which doesn't necessarily apply to Fraser, who has had a brilliant year!).
- It is helpful to see which events are more popular to assist me in deciding whether or not to include them again.

#### And now, looking forward to 2023:

Whilst January may look very familiar, with the same two events as 2022, from there it's all change. Fast forward to March and we have two fast and flat races at Thirsk and Wilmslow, respectively. Being 10 miles and half marathon events, I'm sure they will appeal to anyone training for a spring marathon, plus those wanting to test themselves or go for a PB at these distances.

April will see the return of the Brun Valley 10k in Burnley which received great feedback from those who attended last year; followed by the first Fell event at Wardle Skyline – remember those extra 10 points for the included fell races this time!

June sees the return of the fantastic Northowrun 5 miler, the ever popular Marsden 10, and the inter-club Joe Percy 10k, back after several years' absence.

Mid-summer includes several fell/trail races new to the championship, with the Holme Valley 5 Miler on a Friday evening (at least it might be cooler), the Hepworth Trail and the Piethorne, just over the border into Lancashire/Greater Manchester.

In early September, we have another fast, flat 10k PB course up near York at Tholthorpe. Who knows exactly where that is? Me neither! I'm sure it will be great! The end of September sees the return of the superb Stairway to Heaven trail race, followed by the (apparently) scenic Holmfirth 10k.

The final quarter brings us the linear Bronte Fell Race (hopefully with the free pint of beer for all finishers!), followed by the (inevitable) Guy Fawkes 10, the surprisingly good Clowne Half Marathon, and the very late Ambles Revenge (which I've still yet to experience).

So, all in all, a great mix of flat, hilly, road, trail, fell races – something for everyone – who's up for it? If you haven't already responded, please let me know if you want to be included for the 2023 Club Championship. There's been a great response so far, but the more we have involved, the more fun and worthwhile it will be!

Oh, and don't forget the "Any UK Parkrun" event – these can be included from 1<sup>st</sup> January until the very end of the year, and it will be nice to have your feedback with this idea being included for the first time. As ever, I'm always looking for ways to improve and evolve this competition and the best way is with your involvement and co-operation.

Looking forward to seeing familiar faces both old and new at these events – I hope that most of you will share my enthusiasm.

See you on the start line.

Steve.





# Ladies Captain's Update

## Maria Harron



### Ladies' Report (and Others)

As usual another month has flown past and the weather is really beginning to change, but we are still getting out there to run. The year is nearly at its end, and 2022 challenges are being completed and I will report on more of them next time, but Debbie Grunhut-Hinds completed hers in October and has been waiting to report all about it in the Newsletter since then! So to get the ball rolling here is Debbie with her unusual completed 2022 challenge.

### **Debbie Grunhut-Hinds**

#### 100,000 feet Ascent Challenge 2022

After doing lots of different runs throughout 2021, I decided in the December that I needed a challenge to keep me focused through 2022. Those who know me know that I don't mind running up a hill, but I hate running back down! So, the decision was made to complete 100,000 feet of ascent within my runs throughout the year.

Full of enthusiasm I started the challenge on New Year's Day with a hill session at Windle Royd Lane (by the Peacock Inn, Burnley Road), I ran 2.75 miles and managed 672 feet. This was a warm-up for what I was going to tackle the following day! On 2<sup>nd</sup> January I set off from Mytholmroyd and ran 6 miles up Cragg Road finishing at Blackstone Edge Reservoir; Cragg Road is the longest continuous gradient in England with 971 feet of ascent!

I knew I had to complete at least 8,400 ft per month, so I tried to do between 700 and 1,000 ft each run, and included the likes of Southowram Bank, Stocks Lane, and Lee Lane in my runs. My most favourite routes were around Ripponden / Rishworth, Luddenden Valley & Shibden Valley.



By the 23<sup>rd</sup> of January I had completed my first 10,000 ft, which motivated me to push on harder. On 24<sup>th</sup> April I joined a couple of Lions on a recce of Leg 3 of the CWR, this gained me a further 1,240 ft and took me over 40,000 ft. I even ran up Saddleworth Road to my Downhill 10k marshalling spot just to get an extra 600 ft in that day! By 21<sup>st</sup> May I had completed 50,000 ft – over a month ahead of schedule!

I completed my challenge on 18<sup>th</sup> October with a lovely run round Shibden/Northowram and was met at the Stump Cross Inn car park by some great friends cheering me on; and enjoyed a well-deserved drink afterwards.

It's been a great challenge, and I am so chuffed with myself for finishing two & a half months ahead of schedule. I've done some great runs, found amazing new routes and places – including a secret waterfall; and tackled a herd of Highland Cattle – twice!! Roll on next year's challenge 😊



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Well done Debbie, a great challenge to have completed and done so quickly! We will be wondering what you will set yourself for 2023!

If you read my coffee and chat with Aileen a few months back then you may remember that I promised her I would get out and do some more fell running. Well I kept to my promise and have done three fell races and loved them! One of which was the Lee Mills Relay, you may have remembered me mentioning it every time I saw anyone so we could pull some teams together, apologies to everyone! Thank you to those who did step forward for the reces and the race, it was a fantastic event in the end and worth the work to pull it all together.

Liz Norman has written a report about the day

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### Lee Mills Relay, Sunday 27<sup>th</sup> November, 10am

11 Lions plus one unaffiliated guest runner\* took part in this brutal and not-for-the-faint-hearted fell relay event set in the Lee Mill Quarry site, Rossendale, on a chilly grey November day. The event saw 85 teams of four runners running the

10.7km course that seemed to alternate between scree, almost vertical scrambles and never-ending in-up-to-your-thighs bogs!

We entered 3 teams:

**Stainland Stags:** Leon Severn (Leg 1) Mark Warmouth\* (Leg 2) James Penson (Leg 3), Andrew Earnshaw (Leg 4). The Stags did pretty brilliantly completing the challenge in 43<sup>rd</sup> place overall.

Then came **Stainland Lions Gerry-Atrics:** Paul Patrick (Leg 1), Cam Rushworth (Leg 2), Ray Mooney (Leg 3) and Gerry Banham (Leg 4) finishing in 65<sup>th</sup> place.

And last but not least our ladies' team; **Stainland Lions Bog Warriors:** Liz Norman (Leg 1), Lorraine Naylor (Leg 2), Rikki Hammond (Leg 3) and Maria Harron (Leg 4), who finished the gruelling course in 71<sup>st</sup> place.

No runner managed to successfully avoid the bogs that day and much fun was had by all!

*"It was a brilliant day out. Loved the boggy bits – which was almost all of it 😊. We were very aptly named as the Bog Warriors."* (Liz)



*"Fantastic, well done everyone. I will never forget this as long as I live, feel proper tough now after that!"* (Lorraine)



*"You pay £80 or something ridiculous to do Tough Mudder events which are a walk in the park compared to this bog fest!"* (Leon)

*"What a great event." (Ray)*



*"I really enjoyed racing today and seeing everyone's smiles and muddy wobbles has made my weekend!" (James)*




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It really was a great day, and we are planning on entering teams next year, so be warned! We were shocked that the F50 team prize was not awarded as there was not a team that fitted the category, so we have our eye on that prize in 2023!

A lady who has been coming back to track regularly is Judith Greenwood, great to see her there every week. A while back she told me about her trophy win in Spain.

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## Judith Greenwood

Fantastic win in the local Antas 7k race, part of the Circuiyo Carreras Populares races in Spain

A few of the Los Bandidos runners who I run with on a Saturday morning in Mojacar were running the 5k parkrun and chatting about the next race in Antas which isn't too far from our house here in Spain.

Oh, why not? I'll give it a go, like you do!

Me and Eric set off in good time from home just in case there was no parking, but not to worry plenty of space not far from the square in the centre of town and near the start.

The juniors set off running about 2k around the town centre. Great support from all around.

I collected my race number and was given a commemorative mug for taking part.

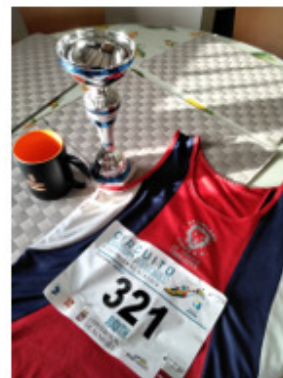
Oh heck, I hope there are marshals on this course as I may get lost, but not to worry the local police were directing runners and there was plenty of encouragement from the locals, especially at the top of a very steep climb. The course was tarmac roads, hilly, but we're familiar with that as a Stainland Lion runner.

I came in to finish in 52 mins 42 sec, really pleased and lots of cheering for my speed finish.

*"Judith, I think you may have won a prize,"* I was informed by a Los Bandidos runner.

Wow, a top podium finish and a fantastic trophy was handed out to me.

Very, very well organised by the Spanish running federation.



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I cannot imagine running a race out in the warmth of Spain right now, we have a few months of chilly weather to come but keep going, be sensible with clothing and footwear in the dark!

Lost of 2022 challenges to be read in the next Newsletter and start thinking about what your challenge could be for 2021. I know there are loads of members running either London or the Rob Burrows marathons, so the first part of the year is sorted for you with training plans but have think about what happens after that too!

# Piethorne Away Run Jonathan Pybus

## Stainland Lions Sunday Away Run Series No. 2 – Piethorne – 23<sup>rd</sup> October 2022

We have decided to try and organise an Away Run at a weekend every couple of months. This is to bring the Club back together and have a chance to run in daylight! All runs will aim to be scenic and not technical!

### Piethorne Reservoir:



This second adventure was great fun with lots of rain, and one larger group and one small one. We set off from Piethorne Reservoir with about a mile of tarmac slightly uphill, which will be great come race day as it gives everybody chance to find their place.





I recommend anyone to walk or run this route as it has some fantastic scenery, sometimes you are so close to the M62, but you don't realise it is there.

The route is off road but no mud (a few large puddles due to the overnight rain).



We all arrived at the finishing line (reservoir wall) in one piece with hardly any rain. Afterwards we had a great feed at the traditional pub "The Bulls Head". So, the weather could have been better, but we are Stainland Lions!

The next event is an away run from York!

This will be a choice where you can stop over for the night or stay for the evening meal and catch the last train home!

There will be at least two groups again, so you will not be left behind. The route will obviously be flat but should cater for everyone. Martin Wood and myself will be providing the details soon.



**December 2022:**

Monday 26<sup>th</sup> – Boxing Day Fun Run @ Stainland Cricket Club.

**January 2023:**

Sunday 15<sup>th</sup> – Winter Handicap

Monday 16<sup>th</sup> – AGM @ Heath (after club runs)

**February 2023:**

Friday 24<sup>th</sup> – Lions Annual Presentation Dinner, Berties, Elland (see Facebook page for details)

**West Yorkshire Winter League 2022/23 Dates:**

- 8<sup>th</sup> January 2023 – Stadium
- 22<sup>nd</sup> January 2023 – Bramley Breezers
- 12<sup>th</sup> February 2023 – Pudsey
- 26<sup>th</sup> February 2023 – Stainland

**2023 Championship Races:**

- Sunday 15<sup>th</sup> January – Stainland Winter Handicap, Heath Rugby Club (approx. 5-6 miles).
- Sunday 29<sup>th</sup> January – Meltham (Tough) 10k, Meltham Cricket Club.
- Sunday 12<sup>th</sup> March – Thirsk 10, Thirsk Racecourse.
- Sunday 26<sup>th</sup> March – Wilmslow Half Marathon, Wilmslow RUFC.
- Sunday 2<sup>nd</sup> April – Brun Valley 10k, Thompson Park, Burnley.
- Saturday 8<sup>th</sup> April – Wardle Skyline Fell Race, Wardle Square, Off A58 Rochdale/Littleborough Road.
- Sunday 4<sup>th</sup> June – Northowrun 5, Northowram Sports & Activity Club.
- Sunday 11<sup>th</sup> June – Marsden 10, Victoria Street, Marsden.
- Wednesday 14<sup>th</sup> June – Joe Percy Invitation 10k, Storthes Hall, Huddersfield.
- Friday 7<sup>th</sup> July – Holme Valley 5 Miler, Holmbridge Church Hall, Holmfirth.
- Wednesday 19<sup>th</sup> July – Hepworth Trail Race, Hepworth Football Club.



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

**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**