



John Bassinder

From The Chair

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

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from October 2022

Various

Contributors

Championship Update; Ladies & Men's Captains' Reports

From the Chair

John Bassinder



Cross country season underway, Christmas tree run booked for the 1885 (December 15th), Boxing Day run sorted (December 26th – just in case anyone’s wondering!), Presentation Night sorted the year rolls on far too fast! It’s been another lively month for us with much more to come in the next few weeks. I’ll leave it to Maria and Debbie, who are far better informed than me, to report on all the races and I’ll talk about other things. This may not be as exciting but please don’t just scroll past – it’s all part of the Lion’s business.

Our AGM will be held mid-January 2023 at Heath. As always this is the time to vote in a new committee for the coming year . . . or better still, be a part of it. This year is also the end of our President’s current four year term, meaning there will be a vote for the President as well as the committee, hence the reason I’m posting now to give people ample time to consider.

Taking the committee election first – and as ever we need new people to come forward. The various positions can be found on our website > members > committee. We appreciate that some people feel an aversion to joining committees with notions of officialdom, unnecessary red tape, administration and the like. I certainly did 15 years ago when I joined the club – I just wanted to run. Likewise the rest of the committee when they first joined, we all just wanted to enjoy the running. Let’s face it, no-one joins a running club with the intention of sitting in meetings! So why did I finish up with 13 out of those 15 years on the committee? Well it was obvious from the off that this club was special, and a lot of effort had gone in to make it like that, it was also obvious that a club can’t exist without a team to do the administration and organisation, sorting out races, finances, membership, coaching, run leaders, keeping us up to date with England Athletics membership, insurance, safety advice, welfare issues, and Lord knows what else. So if it helps don’t think of ours as a committee, think of it as a group of Lions like yourself who just want to run but who also appreciate that without a team to do all this we simply won’t have a club. And one last think on a personal note I can honestly say that my years on the committee have taught me many new skills and have been incredibly interesting and rewarding.

Any efficient team has a mix of old and new. People with past experience to make sure we don’t repeat mistakes and who remember why certain things have to be done in a certain way, and new faces to bring new ideas. Throughout 2022 we’ve managed to get the club successfully moving forward again as we came out of the pandemic restrictions, but what many may not appreciate is that we’ve done that with a much reduced committee as several positions remain unfilled. This meant existing members taking on extra roles in addition to their own. Some of these members who have already served for many years are happy to continue in their roles and will be putting their names forward again. Some however may feel that they’ve “done their bit” and I would certainly agree with them, they absolutely want to remain part of the club and continue helping when needed but would welcome the chance to “just run” for a while (I think they’ve earned it!).

Regarding the President’s role, as per our constitution the President’s four year term is coming to an end. Colin is willing to serve again and has therefore put his name forward. For anyone else wishing to stand, nominations will be taken from members who meet the criteria, and the President will be elected as per the following clause in our constitution:

“President

The President shall serve a four year term to allow for continuity in the club. The Management Committee will accept nominations for the role in the two months prior to the position becoming vacant with the successful nominee, as voted for by the committee, being announced at the AGM.

The criteria to be nominated as President are that you will have been a Chair of Stainland Lions Running Club or have been a member of SLRC for a minimum of 10 years.

There is no limit to the number of terms that a President can be in position. The President will serve as a non-executive member of the Management Committee”

As can be seen, any member who meets the above criteria is eligible to put their name forward, with the successful candidate being chosen by the committee.

Talking of volunteers Cat would definitely welcome any offers of help with the Boxing Day run, as would Cross Country Captain Lorraine, who is organising the final race of the WYWL season which we are hosting on Sunday 26th February 2023. Lorraine has been busy applying for EA permits, sorting out council and police permissions and the many other things that go on behind the scenes. We'll be appealing for marshals in due course (we need a lot!) BUT the one key person we do need asap is a Chief Marshal, Karen and others have done this for many years now, they will happily give advice on what needs doing but again it's an opportunity for any member to take on a new challenge and help your club. Please let me or Lorraine know if you're interested in taking on this role.

Thank you.

Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for October 2022

Stairway to Heaven Trail Race (1st):

Saturday's 8.5 mile Stairway to Heaven trail race is a challenging, hilly course towards the Ramsden reservoir and the forested paths around Hade Edge. There are actually no stairs on the course, but after the challenging climbs it definitely feels like it! Fraser Ambrose finished in 3rd place and knocked 32 seconds off his previous course time; Roy Lunt took 3rd place in his M50 age category.

Results: Fraser Ambrose 1:06:49, Roy Lunt 1:22:58

London Marathon (2nd):

Ten Lions joined over 50,000 runners as they pounded the streets of the Capital on Sunday, making their way from Greenwich past landmarks such as the Cutty Sark, the Shard, and the London Eye, before reaching the finish line by Buckingham Palace. Jamie Westwood was the first Lion over the finish line in 1,112 place followed closely by Gavin Foster and Chris Hall.

Results: Jamie Westwood 2:53:43, Gavin Foster 2:56:43, Chris Hall 3:09:24, Joanne Kitcher 4:20:51, Anne-Marie Ulliyott 4:29:19, Renee Comerford 5:23:44, Trish Hallowell 5:34:05, Valerie Nicholson 5:38:47, Carol Heptonstall 6:02:16, Gail Fawcett 6:39:15.

Whilst Lions were tackling the London streets, three Lions opted to run the race virtually along the beautiful canal towpaths of Calderdale. Zoe Russell, accompanied by Christine Cliffe and a pride of Lions who supported en-route, raised over £1,200 for Overgate Hospice in remembrance of fellow Lion Rob Ashcroft who sadly passed away last year.

Virtual Results: Zoe Russell 5:01:46, Christine Cliffe 5:01:46, Abi Howarth 5:22:23.

MBNA Chester Marathon (2nd):

Three Lions joined the 5,000 runners at the Chester Marathon on Sunday; one of the UK's most popular marathons, with a fast course through the historic city centre and out into the countryside through the beautiful Cheshire and North Wales villages. The route takes the runners past the Roman walls and amphitheatre, the Mediaeval Rows and the city's cathedral before a section alongside the River Dee and an unforgettable finish on the racecourse. Mags Beever ran her England debut and finished 3rd.

Results: Margaret Beever 2:55:57, Michelle Rogerson 3:55:53, Alex Whyte 4:56:14.

The Club is enormously proud of each and every one of its marathon runners and very grateful to all our Club coaches for all their help in preparing the runners for their big day.

Hopton 10k Trail (2nd):

The Hopton 10k takes place on quiet roads and woodland bridleways in and around the small village of Hopton in Mirfield. Proceeds from the race go to support the local primary school. Martin O'Brien the solo Lion at the race, coming in 50th place with a time of 58:07 and 2nd in his MV60 age category.

Manchester Half Marathon (9th):

The Lions were led home by Gavin Dodd, as thousands of runners completed the Manchester Half Marathon on Sunday. The North West's biggest half marathon saw runners of all ages and abilities take on the 13.1 mile closed road route, starting and finishing near Old Trafford. The route saw a change to previous years as it ran through the city centre for the very first time, giving runners the opportunity to have the city streets all to themselves.



Results: Gavin Dodd 1:39:44, Manjit Ahir 2:13:27, Lin Devine 2:14:13, Allison Bamford 2:28:07, Wendy Paulson 2:33:14.

Richmond Castle 10k (9th):

Rebecca O'Neill ventured to Richmond to take on the Richmond Castle 10k. Apart from a very short grassy section, the race is all on roads. Runners passed the spectacular River Swale Waterfalls before crossing the river and climbing Sleegill which offers wonderful views of the castle. The route then follows a short circuit round Catterick Garrison before a return to Richmond where they circle the castle then enjoy a fast downhill finish. Rebecca clocked a time of 49:21.

St. Aidan's Trail Half Marathon (16th):

17 Lions headed to Leeds on Sunday to compete in the St. Aidan's Trail Half Marathon, Race 18 in this year's Club Championship. The course starts close to the RSPB visitors centre at St. Aidan's Nature Reserve and follows the River Aire for a spin around Fairburn Ings before returning back to St. Aidan's. Clayton Cutter led the Lions home in 34th place; there were age category places for Helen Armitage - 1st FV55, Paula Pickersgill - 2nd FV55 and Jackie Barker - 2nd FV65.

Results: Clayton Cutter 1:45:15, Steve Hallam 1:50:21, Liz Norman 1:50:11, Helen Armitage 1:55:21 (1st FV55), Gerry Banham 1:58:56, Tim Walker 1:59:15, Anne-Marie Ulllyott 2:00:01, Clare Thomas 2:03:24, Rebecca Gvozdenko 2:06:22, Hayley Kelly 2:06:23, Sandy Gee 2:08:50, Laraine Penson 2:12:16, Paul Butterfield 2:13:06, Paula Pickersgill 2:13:39 (2nd FV55), Alex Whyte 2:25:53, Carol Heptonstall 2:55:50, Jackie Barker 2:55:50 (2nd FV65).



Lions at St. Aiden's Half Marathon

Run for All Yorkshire 10 Mile (16th):

Michelle Rogerson led the Lions home at the York 10 mile on Sunday. The race began in the heart of York and passed many of its historic landmarks, including the world-famous York Minster and medieval city walls.

Results: Michelle Rogerson 1:22:01, Ian Hoskins 1:27:43, Cat Daniels 1:30:16, Valerie Nicholson 1:58:06, Anna Stones 1:58:06.

Withens Skyline Fell Race (16th):

Two Lions tackled the Withens Skyline; the 6.2 mile BM category fell race with 820 feet of climbing, started from Penistone Hill Country Park and circuiting The Stoop and Top Withens and returning by Bronte Bridge.

Results: Martin O'Brien 1:06:17, Aileen Baldwin 1:06:30 (1st LV70).

Great South Run (16th):

Dick Spendlove was the solo Lion at this year's Great South Run, the south coast's biggest and best running event which took place in Portsmouth over a fast and flat 10 miles. Dick clocked a time of 1:23:53.

Holmfirth 10k (16th):

Two Lions ran the Holmfirth 10k on Sunday. 2022 saw the introduction of a new course which shows off the beauty of the Holme Valley and surrounding areas. If you like flat, fast road races in urban areas then this might not be the race for you. If, however you like running in stunning countryside surrounded by rolling hills and moorland whilst pushing yourself on what is a challenging yet enjoyable course then this race has it covered!

Results: Jonathan Pybus 56:10, Debbie Grunhut-Hinds 1:05:08.

Race You to the Summit (29th):

Leon Severn led the Lions home, and there were age category wins for Aileen Baldwin & Jackie Barker at Saturday's Race You To The Summit fell Race, a counter in this year's Club Championship. Starting at the Summit Inn, runners have to cover 4.3 miles with over 800 feet of ascent by running up to the White House Pub, near Blackstone Edge, touching the

pub wall then turning around and running back to the Summit for a well-earned pint! It was the second race of the day for Ben Golding-Smith, who had already run at Pendle Parkrun before dashing back to Todmorden in time for the race.

Results: Leon Severn 40:58, Ben Golding-Smith 43:27, Liz Norman 44:09, Paul Patrick 44:59, Aileen Baldwin 47:28, Maria Harron 52:27, Sue Cash 57:17, Alex Whyte 1:00:10, Jackie Barker 1:06:15.



Bradford City Half Marathon (30th):

Alex Whyte tackled her second race of the weekend, the Bradford City Half Marathon! The festival of running has a unique format - one 5k loop creates three race distances. The 5k loop of Bradford city centre takes in City Park, Bradford University, the Broadway and Little Germany. One lap gets you 5k, two gets you 10k, and 4 (and a bit) get you a half marathon. Alex clocked a time of 2:17:16 and second place in her F50 age category.

Bronte Way Fell Race (30th):

Martin O'Brien, Ray Mooney and Aileen Baldwin completed the Bronte Way 7.5 mile point to point fell race on Sunday. The race started in Wycoller Country Park and meandered across the fells to Haworth, finishing with a short climb up Haworth's cobbled High Street. It was the second fell race of the weekend for Aileen Baldwin, who had completed the Race You to the Summit the day before.

Parkrun PB Corner

8th October:

There were a couple of parkrun milestone today – Fraser Ambrose ran his 100th at Halifax, and Mark Pottinger his 50th at Huddersfield.

15th October:

Just one milestone this weekend – Dick Spendlove ran his 200th parkrun at Portsmouth. Dick also smashed another VM75-79 course record with a time of 25:07 in 31st place.

At Fountains Abbey Rebecca O’Neill knocked 15 seconds off her course time taking her to 22:33, coming in 44th place and 4th female overall.

22nd October:

Alex Whyte ran her 50th parkrun at Halifax in 30:42.

Liz Norman ran her first Huddersfield parkrun since 2016, knocking an impressive 8 minutes 5 seconds off her course time taking her to 22:10, coming in at 34th place (3rd female overall).

29th October:

Despite being a wet and miserable morning, it didn’t stop 30 Lions heading to Halifax parkrun to help celebrate the life of Event Director, Steph, who sadly passed away earlier this year.



Club Championship Update

Steve Hallam



Blast from the Past!

As some of you may know, I don't have much enthusiasm for running a marathon these days. My favourite racing distances are 10 miles and Half Marathons – that's about as far as I want to race. However, my first EVER race was indeed a full marathon – the first ever BRADFORD Marathon, 40 years ago back in 1982.

On thing that's always bothered me though is having an actual record or documented evidence to prove that I'm not just simply making this up! Back in '82 there was no internet, no Facebook, no online race entries and no technical T-shirts for taking part! So how exactly do you demonstrate that you took part in an event from well back in the previous century!

Name	Time
Crewe, 3-4-31; 99,	
Bleazard, 3-6-13; 102,	
Clark, 3-6-37; 105,	
G. Forney, 3-7-11;	
109, K. Young, 3-09; 112, V. 113, A. F. Brown, ck, 3-9-25; 8; 117, D. G. Peart, y, 3-11-00; 21; 121, G. Devereux, r, 3-12-01; 125, B. G. Lam- ompson, 3-32; 129, S. Dickinson,	
Thornton, 3-31-07; 302, S. Ratcliffe, 3-31-11; 303, D. Hill, 3-31-12; 304, H. Mellor, 3-31-17; 305, A. Monk, 3-31-22; 306, M. Hopkins, 3-31-33; 307, P. Pickup, 3-31-37; 308, D. Laban, 3-31-39; 309, A. Russell, 3-31-45; 310, G. Franks, 3-31-52; 311, M. Whittaker, 3-31-57; 312, A. Martin, 3-32-05; 313, T. McEvoy, 3-32-13; 314, S. Hudson, 3-32-26; 315, S. Blaylock, 3-32-29; 316, C. Smith, 3-32-30; 317, J. Nicholson, 3-32-32; 318, D. Parkin, 3-32-34; 319, P. Kellett, 3-32-36; 320, D. Schofield, 3-32-47; 321, D. Shaw, 3-32-50; 322, D. Hart, 3-32-58; 323, R. Johnson, 3-32-59; 324, J. McElroy, 3-33-02; 325, M. Curran, 3-33-04; 326, P. Baxter, 3-33-06; 327, J. Bancroft, 3-33-07; 328, S. Hallam, 3-33-09; 329, G. Spencer, 3-33-10; 330, B. Thompson, 3-33-14; 331, B. Banks, 3-33-16; 332, D. Bates, 3-33-16; 333, G. Barnes, 3-33-22; 334, P. Greaves, 3-33-27;	

I don't have a finishers medal or certificate of any kind, however, following a recent Google search, courtesy of Saltaire Striders, I actually found a copy of the Bradford Marathon results for 1982, showing the first 400 finishers, as seen in the local newspaper (Telegraph & Argus), and here it is in black & white:

S. Hallam Position 329 – Finish time: 3:33:09

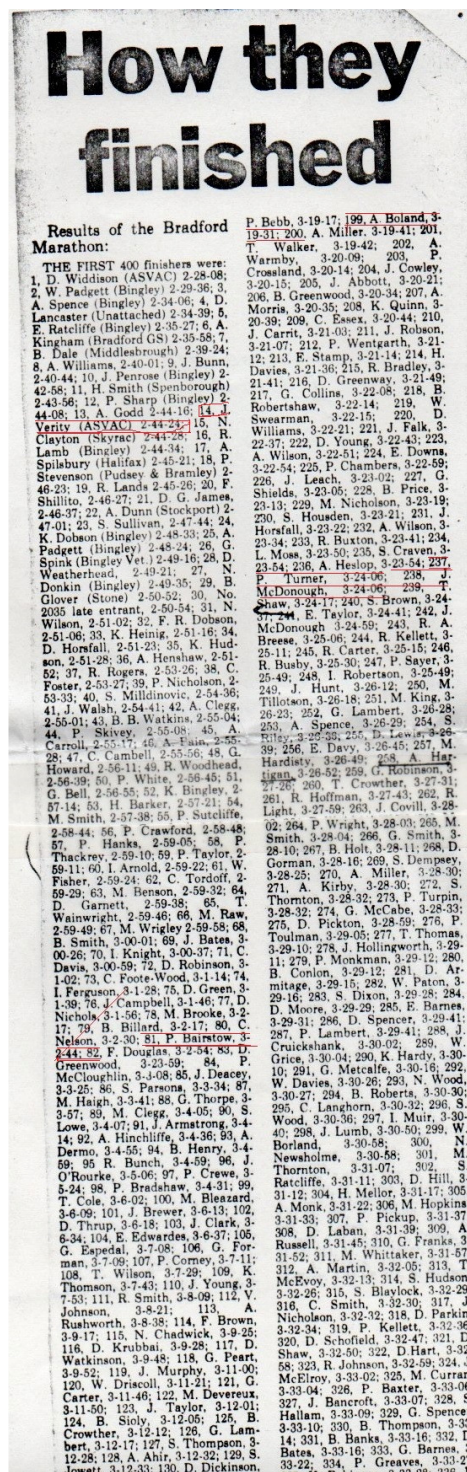
So there we have it, but what about the race itself? Working purely from memory now, I do remember assembling in a large field at Apperley Bridge between the river and the canal. The route started through private roads owned by Yorkshire Water (better known as Esholt Sewage Works!) The first few miles were fairly flat and continued through Shipley, onto Canal Road, through Bradford City Centre, then up Leeds Road to Thornbury and along to Dawson's Corner, where it turned left onto the Leeds Ring Road, through Rodley, then another left onto the A65 at Horsforth. The remainder of the route went through Rawdon, Guiseley and Yeadon, with a final return back to Apperley Bridge down Apperley Lane.

In those days technical fabrics for running gear were few and far between, so imagine turning up to run over 26 miles dressed in a cotton T-shirt, uncomfortable shorts and beat up old trainers designed for looking cool on the streets! – That was me!

I wasn't even a regular runner at the time but had at least tried to train appropriately for the preceding 5-6 months, steady building up my mileage from around 7 miles up to 22. In fact my first proper training run in November '81 started in Wibsey, went all the way up to Queensbury, down to Shelf roundabout and back along Wade House/Halifax Road. I didn't even know that I could run for 7 miles as I'd never done this before.

Race day eventually arrived in the Spring of '82 and I suddenly found myself on the start line, wondering if this was all a big mistake. Bearing in mind that I was only 23 years old, suffered massive bouts of shyness (despite having a job in face-to-face selling) and was no where near as self-confident as I appeared to the outside world. However, despite this, something inside drove me on, if only to prove to myself that I could go the distance and complete this tough event.

The first 12 miles or so passed without incident and I felt relatively comfortable just keeping going. However, as around 17 miles in, my sub-standard running apparel started to make its presence felt – the insides of my thighs became red raw due to severe chafing, resulting in me grinding to a halt and seriously considering pulling out of the race completely. I limped along for several minutes at walking pace when someone I knew came past and persuaded me to keep going as there was only 9 miles left to go! I let him crack on whilst I struggled to event walk for a while. A few minutes later I came across a St John's Ambulance station who were there to offer first aid, etc. it was at this low point where the inspiration from my friend kicked in – I just thought "What the hell Steve, come on!". I then grabbed a great handful of Vaseline from the first aid station, slapped it on my very sore legs and eventually got back to a reasonable running pace. After 20 miles or so I really struggled to keep going but somehow managed to run, walk, jog until each additional mile passed by. The last mile was all downhill and I remember people around me also finding it difficult. Despite the massive pain and discomfort, I could sense that the end was almost in sight and suddenly I found myself stepping up the pace and even managed a spectacular sprint finish (just to get it over with!). The elation of getting over that finish line was an experience I'll never forget and the one key thing I learnt from it was that we are all capable of achieving much more than we think – with the right approach, careful planning, the discipline to stick to a plan, almost anything is possible if you put your mind to it!



So, will I ever enter another marathon? Probably not, but I don't rule it out completely as time and life's experiences can change how we feel about things.

Was this the start of becoming a regular runner? Er, no – although I still ran occasionally, it was to be another 23 years before my next race – the Harewood 10 Mile Trail Race in 2005. As it turned out I ran this race alongside a handful of fellow Lions (looking back at published race results) but I never knew it at the time as I didn't join the club until 2008!

Most people start their racing with a shorter distance such as a 5k or parkrun, eventually working their way up to a full marathon. I seem to have done it all the wrong way round!

Steve

Ladies Captain's Update

Maria Harron



Ladies' and Men's Marathon Reports

October was a very exciting month as it was the big marathon day for so many Stainland Lions. Months of hard work, early runs, late runs, hills, track, thinking about nutrition, etc. and finally it had come to an end, they just had to run 26.2 miles. I was firmly glued to the TV watching London Marathon from the very start of the programme with my phone in hand so I could track Lions, friends and family as they all set off on their adventure. I was feeling nervous for them all but so excited too. My intention was to watch a bit then get out for a run but that didn't happen, I was too busy cheering everyone on and did not quite get the run done, never mind.

I have been really excited the last few weeks contacting all the club marathon runners (I hope I have not missed anyone) to ask if they will write something for the Newsletter and everyone said yet! It has been amazing to read the stories and see the photos, I have been quite emotional putting this together but thank you to everyone who has taken the time to contribute. I hope you enjoy reading them as much as I have done. There is a lot to read so get yourself a brew or something stronger and here we go (in no particular order!)

Anne-Marie Ulliyott

Marathon Musings!

When Maria asked me to write a piece about my marathon experience for the newsletter I wondered where to start, and then I realised that my Marathon journey actually started 4 years ago, back in 2018, when I joined the Lion's Beginners Course.

Like many people I was motivated to start running for health reasons; I wasn't getting any younger and needed to look after myself! I remember my first run a couple of weeks in, we were taken up Salterhebble and 2 miles in I was absolutely cream-cracked, and I still had to get back to Heath!

Anyway, I stuck at it, joined the club at the end of the course and kept going. Fast forward to 2019, in a mad moment I'd entered the London Marathon draw, duly received my rejection letter and given a private sigh of relief! Then in a second moment of madness I'd been persuaded by my fellow 1885 runners to toss my name into the club draw for a second chance at a marathon place. I was somewhat shocked when my name was actually drawn out! I kept wondering, "How can I run a marathon, it's such a long way?" and London for your first marathon, that's one of the big ones! I know I was so lucky to be given a place, but I was full of trepidation. Well, getting on with it as you do, training started in early 2020, the 18 mile long run point was reached and then Covid struck, lockdown commenced, and London was cancelled!

After deferring in 2021, it was game on again in 2022, but as it had been moved to an autumn marathon by then training was going to be taking place over the summer months, and boy was it a hot one!

Scheduling long runs to fit around summer holidays was a task in itself and then at last, three years after gaining the place, I was finally off to London to run the Marathon.

The first 15 miles went well, I felt good, I was enjoying the atmosphere. I managed to keep up with the 4:15 pacers which had been my plan. Left to my own devices I'd found it hard to maintain a consistent pace in training, so using the pacers took the pressure off and meant I wasn't constantly checking my watch. The next 5 miles were okay-ish, but the sun was out by now, I was hot and started to struggle to stay with the pacers. I mis-judged a water station which were on the event numbered miles and ended up running the best part of 2 miles feeling desperate for a drink. From 20 miles on I knew I was slowing down and was bothered by cramping calves on and off. The pacers were now out of sight ahead of me and I just had to keep going. I admit the last few miles were tough and I was very glad to finally see the finish line.



I am proud and pleased to have finished in relatively good health and without injury. My official time was 4:29:19, although Strava tells me I ran 26.8 miles in that time due to all the weaving about on the course, and that I actually completed 26.2 miles in 4:23:09. I'll take either, they both sound better than I ever thought possible. Oh, and I also raised £1,120 in sponsorship for The Brain Tumour Charity, a cause close to my family's heart.

Only five years ago I was a non-runner, and now I've run a marathon! I still can't quite believe it. I know it's only been possible thanks to this great running club. The beginner's course gave me the confidence to start running, my Tuesday runs with the 1885 crew have kept me going, running together through the pandemic when it was allowed, championship races have given me a reason to race when I probably wouldn't have bothered, and the club draw gave me the marathon place. I have much to be grateful for 😊

Will I do another marathon? During the latter stages of the race I thought, "No, definitely not, this is much too hard", but within an hour of finishing I found myself thinking, "Hmm, what would I do differently next time?". So I think there may very well be another marathon attempt at some point in the future, never say never!

7 things I learned:

1. There are always other club runners who are happy to share their knowledge and experience of marathon running with you.
2. Sessions at track (or hills, if that's your thing) really do help with training, I felt I ran much better for going to track (even though it's something I've dropped for a bit now the marathon's over – and yet I know I should really keep going!).
3. It's very easy to get carried away by the buzz and excitement of the Running Show at the ExCel and end up buying numerous marathon 'souvenirs'. I spent a small fortune on a running top that I would never have bought online – as nice as it is!
4. The crowds along the course in London are absolutely awesome! I've never heard so much noise or felt so much support.
5. Your family supporters will have an equally tough day getting from A to B. I managed to run from Cutty Sark to Tower Bridge before my family could get there on the Tube as everywhere was so packed!
6. If you have to visit the loos on the course, chances are they will all be full and you'll waste precious minutes waiting for one to become free, then when it does it'll be the fastest wee you've ever done!

7. The whole event runs as an incredibly well organised machine, from bag drop at the start to collection at the end. There really is nothing to worry about other than the actual running!

And 3 things I wish I'd done better:

1. Been a bit stricter about practicing pacing on my long runs.
2. Experimented with gels/fuel/electrolytes a bit more. Using gels in training runs felt very different to using them in the marathon itself, I felt thoroughly sick at the thought of forcing another gel down by mile 20, even though I had found one that I didn't mind and used it on long runs.
3. Been better able to calm my nerves in the week before the marathon, I'm sure I wasted so much energy fretting about whether I was ready/had done enough, etc.

Gav Foster

London Marathon 2022:

After a few weeks of uncertainty due to injury and the threat of train strikes it was finally time to toe the start line of the 2022 London Marathon, following a few trips to the toilet in the start area too.

I had promised myself I would enjoy the experience this year, as I barely remember much of the race from the previous year. The pressure was off as I was nowhere near PB form, missing almost 4 weeks of training, but knew I had probably done just enough to get around in a decent enough time for me.



This time I decided to hold back for the first 3 – 5 miles, rather than set off like a bullet as I have previously done. This was helped by how much busier it seemed to be this year. There seemed to be a lot more people which helped to slow me down and soak up the atmosphere. The loud music, steel drums and noise from the crowds from Blackheath through to Woolwich and Charlton were excellent. I even saw a Stadium Runner have to sprint to one of the porta-loos and fellow Lion Chris Hall shouted some expected abuse as I went past him.

Miles 6 to 13 of the marathon are my favourite at London as you head past more drums under a bridge, through to Greenwich and past the Cutty Sark. I believe Phil Moyles was in the crowd with his family at this point, but the crowd of runners had started to thin out at this point which allowed me to start putting my foot down a little bit. Once through here it was time to head towards the city and the famous Tower Bridge. The highlight of any marathon course.



Great support from The Lions and the WAGs as per usual on Tower Bridge.

I remember passing the halfway point bang on 1:26 and thinking to myself, "I still feel really good here. Setting off slower has really helped". I decided to try and push on a little bit, which definitely came back to bite me later on. I was already hurting by this point the previous year.

Miles 14-18 are the section I have no memory of the previous year as I was pushing through the pain barrier. The run through The Isle of Dogs down Narrow St, through Mudchute and up to Canary Wharf has fewer spectators than other areas of the course. This was a chance to get talking to some other runners around me. I realised I'd run most of the way so far with the least Mexican looking Mexican you will ever see. We ran the rest of the way together to the finish. Oooh Mexican Friend!

Another section of the run I have no memory of from the previous year is the Financial District. The buildings truly are immense, and every single window seemed to be mirrored. The perfect opportunity to see how much my running form had deteriorated by this point. The fight was coming. I knew it. This wasn't helped by my watch telling me I was running 3-minute miles. We all had a laugh about that.

There are a few certainties in life. Death, taxes and your GPS messing up for a couple of miles around Canary Wharf. For me I can add to this list cramp setting in at around 21/22 miles of a marathon. Maybe I was running 3-minute miles?

Rather than let this blow up completely as it has done before, I decided to slow down a bit. I knew if I could get to 22 miles still in relatively good condition it would be ok. Unfortunately, this was where a fellow runner fell into difficulties with the medics on their way to assist him. At this point my headspace changed and the aim was just to finish and get to my friends and family at the finish line in one piece.

Miles 22-25 started to go by, surprisingly I was managing to keep these under 7 minutes per mile despite the lingering cramp which seemed ready to pounce with every stride. The only thought in my head was to get to Big Ben and there would be less than a mile to go. Thankfully Richard Crombie was also on hand at Embankment to keep me going. More abuse incoming from my friends. I think.

The last couple of miles I slowed down a little bit more, but nothing too spectacular. I turned the corner at Big Ben, and down towards Buckingham Palace. Is there a better finish than The Mall in a Marathon?

Once again the family were on hand to cheer me down the final straight.



2:56:43. Not a bad Personal Worst to have for a marathon. This is by far the marathon experience I have enjoyed the most. Can you even enjoy a marathon? Maybe I had a little bit too much fun this time round.

I even managed to raise £1,252 for Heart Research UK using my own place. Raising money for charity by doing something you love. Crazy!

My advice to anybody thinking of doing London is to just do it. Even if it is for charity. People will sponsor you, so there is no need to worry about not hitting your fundraising target.

Jamie Westwood

25 years after running London for the first time in 1997 this year's Marathon took on a whole new dimension for me as my youngest daughter Megan (who was born in 1997) also took the start line for the first time.

Training in the months leading up to London went really well with some new aspects helping to freshen things up.

A new coaching regime (thanks to Gav Dodd), almost a full series of Vets Races, new nutrition approach & introduction of a pre-run dynamic warm up routine, put me in good shape & quietly confident as I made the now annual pilgrimage to the capital.

After travelling to Blackheath with fellow Lions Gav Foster and Chris Hall we wished each other well as we split off into our respective start areas. This point marked the start of the final build up to race time.

After the now obligatory dynamic warm up (amazing how many you notice don't when you do), we filtered into our pens and within a matter of minutes I was underway from Yellow start.

An earlier call with Megan pre-start had calmed my anxious Dad nerves down, and now I could concentrate hopefully on dropping onto Marathon pace and hopefully getting a good rhythm started and first few miles under my belt.

Within what felt like 'quick time' the first 5k & 10k were chalked off and splits on plan, as we turned into the first of many of walls of sound – Cutty Sark.

Onto Tower Bridge where the now legendary Stainland 'left side' cheer point helped managed to raise the noise levels another notch (thank you for your support). Interspersed on route my better half Janet and family also gave me their usual unstinting support.

A few minutes later and the halfway point on the Highway was reached again on plan (1:25). Conditions were good, crowds exceptional as ever, things were going well.

Running once again in the green vest of Macmillan Cancer Support provided much welcome further support at 5 cheer points around the course. The largest (Mile 23 – Lower Thames Street) both sides of the road flanked in a sea of green, just amazing. Raising £1,270 for them a worthwhile gesture in return.

On to the Embankment, fatigued but still focused, despite pace dropping slight off, I managed to push on to 40k when, without any real warning, I felt like I had been lanced in the toe with a large pin. I really had not seen that coming but stopping was out of the question as I convinced myself it was <2k to go. Thankfully the pain quickly subsided, and I could push on and turn from Big Ben into Westminster for the final push.



Words can't fully describe the many feelings & emotions in the last 1000/1200 metres, accomplishment, elation, relief, the prospect of beer/burger time, mind games to keep the legs turning albeit a little bit slower! Crossing the line in 2:53 marked a best time in 7 years and a V50 PB – job done.



After a quick turnaround I then turned into Spectator and returned to the course to enjoy the most humbling & enjoyable couple of hours cheering on other runners at Westminster, and the highlight seeing Megan and being able to give her a big hug before she finished her first Marathon. Being able to share the London Marathon experience with her was truly memorable and something I will treasure.

Congratulations to all Marathoners, it takes a lot to get to the start & finish lines. My first medal inscription – success is a journey not a destination. Standing watching at Westminster made me reflect that everyone's journey and reason (or measure of success) is different, but the determination, will finish and sense of fulfilment are truly unparalleled and worth every ounce of effort. We do all run together, whatever pace, distance, etc. Keep on the journey!

Alex Whyte

Chester Marathon

I was disappointed to get another London Marathon rejection for the October race as I enjoyed summer training last year and fancied another autumn one. I asked a few fellow Lions and decided on Chester as it was highly recommended by Anna, Wendy and Michelle, and this year also fell on the same day as London which meant I could train with some other steadies who did have a London place.

On the day I did have an early start but got to Chester racecourse in plenty of time to get into the main car park which is right next to the start.

The race itself was great the route takes you through the historic city centre past the cathedral, through the Roman walls and over ancient bridges before crossing the border into Wales, through scenic rural villages before coming back into England for the final section. It was great to see Michelle on one of the loop sections somewhere around halfway, she had a huge grin on her face and looked like she was having a great run. For a small race of less than 2400 marathoners there was still a buzz amongst the runners, a good atmosphere and the support along the route was super; somewhere towards the end there was a short but sharp hill with a team of 'Angels' ready to run (or walk) alongside and support anyone who needed a bit of help up – very much appreciated.

After collecting my medal, T-shirt and goody bag it was just a short walk (thankfully) back around the castle wall to the racecourse and the car park, and after a sandwich and a drink I was back on my way home in time to watch the highlights from London



There is a lot to be said for being able to travel there and back easily in the day and I'm so glad I did this. Chester was a great recommendation – I really enjoyed it and think I may even have another go next year.

Trish Hallowell

Once a year on a Sunday morning in the 80s me and my Mum would sit in front of the TV for a few hours and watch the London Marathon. One year I informed her that I was going to run it someday, to which she replied, 'Yes love'. So, nearly 40 years later, after years of trying unsuccessfully (but acquiring several training tops) I finally secured a place in the ballot.

Despite catching Covid in May and struggling to get over it for a few months my training went ok, no doubt helped by climbing nearly 1000 steps in one day in Florence while sightseeing (who needs hills?). The hotel and trains were booked, and everything had finally fallen into place when a train strike was announced and the journey to London was cancelled! I am lucky to have a VERY understanding and supportive hubby who didn't flinch when I told him that there were flights available and told me to book it.

Arriving in London early Saturday meant that there was plenty of time to take in a few sights before meeting Gail at the ExCel to collect our race numbers before the obligatory pasta meal for tea. On Sunday morning, after a remarkably good night's sleep we set off for the start, I must say that the whole of the transport system in London is fantastic, so well organised.

I can't describe all the different emotions I felt as I crossed the start line, it was finally happening! Everyone who has done London always says that the crowds are amazing and get you round the course, but nothing can prepare you for the wall of noise at Cutty Sark, or the sight of Tower Bridge as you round the corner, followed by the deafening roar from everyone just willing you on. The sight of a pride of Lions was brilliant, I couldn't stop smiling for a couple of miles.

Crossing the finish line in 5:34:05 this was the slowest of the 5 marathons I've now done but it's definitely the best.



Chris Hall

Note: MARATHON TRAINING IS THE MOST SELFISH AND LONELY THING YOU CAN EVER DO.

London is a place that has never appealed to me. Only to watch sports have I ever visited London. I've not seen the sights or been on the Tube, so going down to do the marathon was a whole new experience for me. With the help of Gavin Foster and his good lady Eve, they made it easy to maneuverer around London. If not, I'd probably still be in London.

Having deferred m place from 2021 due to injury, it was a potential last chance saloon for doing London so even if I'd have chopped my leg off I was going to do it.

Training went as well as I could have imagined. Although challenging in some aspects such as fatigue, juggling work, marriage and childcare, I found a way to scrape through the challenging times. I even managed a cheeky 1:25 half marathon in York. Being told by my self-appointed coach, Stephen, what to do and when was a major help, and his guidance and support was second to none in helping me work towards my targets. Being told to only run 60 miles a week helped so I didn't get carried away with myself and more importantly that I didn't get injured.



I find it hard to speak about the race as, being completely honest, I've forgotten about most of it; it now all seems to be a bit of a blur. First half went very well – I managed to see some Lions supporters as well (Paula, John, Liz and Phil, those that I can remember) which was a major help and a buzz to see them making the effort to cheer me on. I even managed to see my wife on London Bridge – we joked that she should shout “I want a divorce” instead of “come on Chris” so I could hear her, but luckily I spotted her yellow jacket.

The second half was to be honest ‘a sh*t show’ and didn’t go to plan, but I suppose that was always going to be the case in the hope that I would hang on for as long as possible and keep plodding away to the end. Unfortunately, both thighs decided at about mile 16 that the fun and games should start, and I just had to plod away to the end and grin and bear it.

An experience that I hope I will never encounter again was at about mile 23 I think, running under the final bridge to see that poor soul receiving CPR at the roadside – it just made you panic inside in the hope that they would pull through. Unfortunately a day later we found that he didn’t make it which was really upsetting. RIP fella x.

I finished around 3 hours and 9 minutes – around the same time I got when I did Manchester around 5 years ago. If I’m being honest at the time of finishing I was disappointed, I did think I’d let myself down and also Stephen who had put a lot of effort in helping me as I trained to run a lot faster. When I got my phone Stephen had sent a text saying, ‘Excellent time, well done, so proud’. After having a chance to reflect I thought to be fair it is a good time – from the amount of injuries and setbacks I’ve had in the last 3-4 years, two hernia operations, a stress fracture in my foot, and a long-standing tendon damage which I am still battling with; it is a good time and something I can work on and be proud of.

Just a note/advice that I could give from my experience of marathon training, for London I worked quite a lot on strength and conditioning, something I have neglected over the years, most likely resulting in my multiple injuries. By concentrating more on this aspect I managed to complete the marathon injury free and can still continue running afterwards, something I haven’t been able to achieve after previous marathons. SO PEOPLE DO MORE S&C.



Thank you to Stainland for the opportunity and I hope I made the shirt proud. To my wife for putting up with my training and not listening about running, to Stephen for his guidance; and Mr Gavin Foster for listening to me and moaning in return about marathon training.

I did say at the end of London that I think marathons are a step too far for me and don’t think I will do another again, but here we are looking forward to the Leeds Marathon in 2023. Enjoy and achieve those goals whatever they are.

Joanne Kitcher

So what can I say about my marathon experience

Well this was my 5th marathon and for once I felt ready for it, I had changed my nutrition and recovery and felt really good in my training, I was actually excited to be going to London and felt ready for it! Then the train strikes were a bit of an inconvenience, but it was so exciting going down on the Friday with my family, going to the ExCel to pick up my number, *giddy* was really the only word I could use to describe how I was feeling.

The morning of the marathon was very strange as I was at the mercy of the trains, I would have liked to have set off earlier as I hate being late, but unfortunately the train was cancelled without warning, so I had no choice but to be late. I wasn't on my own so I just had to go with the flow, at least I would still be able to start, albeit later. So off I went on my little journey to the start line.

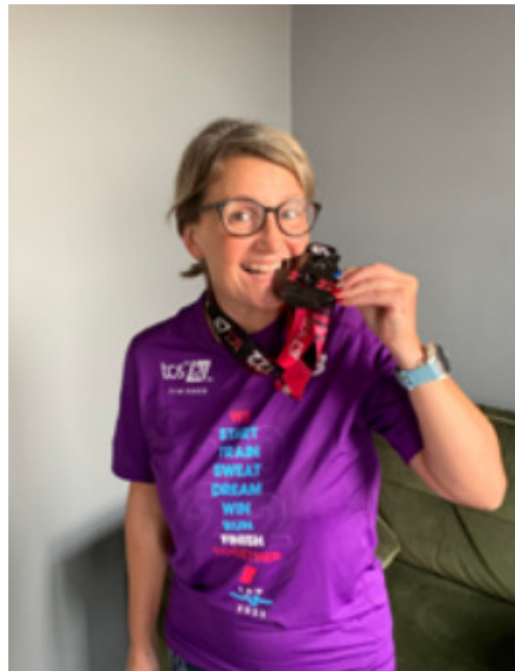
The start was a bit anti-climatic really, but off I went trying to reign myself in, so I didn't set off too fast. Off I went and I felt great, felt my splits were good and felt for the first time I had finally cracked it. I got to 13 miles, and I saw John Hirst and Paula Statham, it really gave me a boost. At that point the atmosphere was amazing, never have I done a race and seen so many people. So on my way I was still on track for my time!

Then I hit 17 miles and it all changed, I started to feel clammy, sick and dizzy! This was a first, never have I felt this in any marathon, as I'm running my head is spinning, is this what it's like to hit the wall? I had to go to the side and stop. This was the start of the end of my marathon, it was such a struggle from here on. If I had seen Chris (my partner) at this point I think I would have pulled out, my head had gone. The battle was on to get to the end so from here I had to walk and run, every time I felt dizzy I had to stop. So the journey of finishing had started now but I needed to get to the end. The fact is I did finish I didn't let it get the better of me and I did finish!

The moral of the story is to never give up no matter how hard! The atmosphere was absolutely electric and definitely helped me get to the end. Never have I had so many emotions running around in my head. I wasn't going to let it beat me and as I saw Big Ben I knew I was nearing the end, so I knuckled down and got the job done, no matter how hard it felt I ran over that finish line. I felt so much at this point, when I finally found Chris and Sebastian that's when the emotion came out, relieved to have found them.

At one point I felt my marathon days were over, but when Chris said to me if I did the London marathon again I was coming on my own my first response was if I do it I'm staying in London. So all those negative feeling soon went. So the moral of the story I guess is never give up as you will get through it.

Yes, it was hard, but would I do it again? Probably! 🤔



Carol Heptonstall

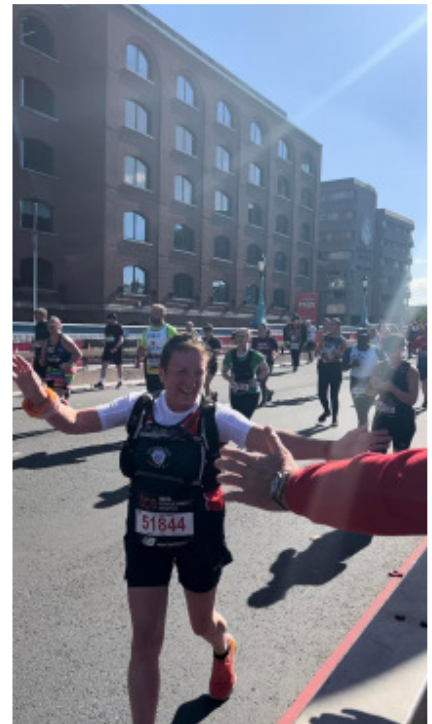
Well I never thought it would happen for me, but it did!

I opened that email with a ballot place for the London Marathon 2022.

For me, completing the London Marathon has always been about wanting the experience, not pushing for a time, so I am happy with my Garmin reading of 5:59:49 for 26.53 miles!

This photo is me having just crossed Tower Bridge, feeling that runners high with the cheering crowds, and being met by Lions and Lionesses calling my name. it was fantastic to see you all and gave me such a boost at that point, thank you so much.

My London marathon experience was made all the more special by all those supported training runs and even those hill and track sessions, without which crossing that finish line would not have happened. A massive thank you to everyone for your support and encouragement that gave me London Marathon 2022, a day I will never forget.

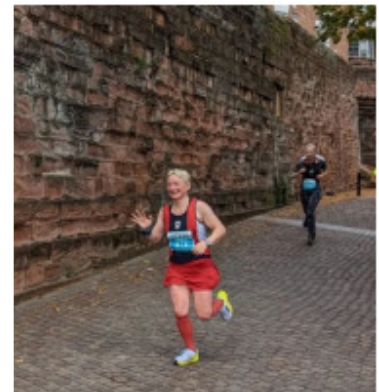


Michelle Rogerson

**“People who do marathons,
do you know you don’t have to?”**

It could just be me but I’m pretty sure everyone who runs marathons must have some form of selective amnesia. When Maria invited me to write about my experience running Chester Marathon this year I thought ‘yes, of course, it was ace’. But if someone had asked me to write about it somewhere around mile 12 it would have been a very different story. At 12 miles my muscles were starting to feel tired already, I was panicking that if I felt tired this soon how was I going to be feeling at 16 or 20? Running 14.2 more miles seemed like an impossible feat. I think I might have had a little cry. I definitely told myself that I **100%** wasn’t doing another marathon again. I ran past a woman chatting away to someone on her phone and immediately regretted that I wasn’t running with mine – if I had I could have called Ian and got him to come and rescue me.

At that moment it felt like the greatest race disaster ever but the further I got from that spot the less significant it became, at the moment I crossed the finish line it was almost forgotten, by the time I was loading to Strava it was a ‘wobble’ and now I’m Googling which marathon to do next!?! Yes, the rest of the race was still bloody tough, and yes it still hurt but thankfully I got distracted from my negative thoughts. It was definitely a turning point to see the friendly face of Alex Whyte, looking really positive and strong. It helped some more to get to the point where I was running back towards Chester instead of further away from it. Weirdly the undulations and hills on the last bit of the course gave me something



to think about, helping to break the distance down into little bits instead of worrying about the big 'how far?'. Of course, knowing that Ian and my Dad were waiting at the finish and rooting for me all the way was the strongest inspiration



Chester was on the same day as London Marathon this year. So when I got home I put my feet up and switched on iPlayer to see how many Lions I could spot on the telly while scoffing all the goody bag spoils. This, by the way, is probably a far better way to experience a marathon than running one. Paula Radcliffe opened the BBC coverage with three extremely apt and wise bits of running advice:



“Remember why you are running.”

“When your legs hurt, run with your heart.”

“Think about how far you have come, not how far you’ve got to go.”

I so wish I had heard this advice before I set off at Chester. I will try and remember these words as a mantra in my next marathon (yes, I know, the one I wasn’t going to do) but knowing me I will probably forget.

Renee Comerford

When I received my place for the London Marathon over 2 years ago I didn't know whether to laugh or cry. I was just recovering from Covid where I had been really unwell requiring a hospital stay and treatment. Being a nurse and the unknown with post-Covid symptoms was a worry as I struggled to walk far without being out of breath, my hair fell out and I was unsure of what to expect next! It took until January 2022 before I started running again and I'm not going to lie it was hard. I was definitely a beginner again. I had also put on more weight with not exercising.

My running buddies were amazing and kept me focused. I had an aim to run London Landmarks as a gauge to see if I could run a marathon. I joined track which really helped with development including pace. The training commenced and I did it. However, I felt like I couldn't have run another metre, so I knew I had a lot of work to do to run a marathon. Again my running buddies were amazing and made sure they got up early in the heat to run with me each time. This is the beautiful thing about being part of a club as you are never short of people offering to run with you.



As the marathon drew closer I got an injury which stopped me running for a number of weeks and at one point I didn't think it would be possible. However, training resumed, and my aim was to enjoy the marathon and not aim for a time. My aim was to finish and not feel broken or flare up my injury again. I would recommend this to anyone running their first marathon as it took all the pressure away from times etc., as it shouldn't always be about this but about enjoying the race and soaking up the atmosphere.

On the day I was ready and a little nervous but knew I had trained so knew I could do it, so in my head I kept saying 'it's just another long run but this time around London'. My friends and family were amazed when they saw me at miles 6, 12, 22, and 24, as I was loving every minute and felt amazing. I never hit a wall and didn't feel like I needed to stop. I did stop to hug my friends and family and then I was off again. It's such an emotional experience and I think I could have cried the whole way round, happy proud tears. I felt so honored to have got this opportunity and it's an experience I will cherish. If I can run a marathon then anyone can. I'm still amazed and incredibly proud I have run a marathon.

Zoe Russell

This time last year, I saw Rob for the last time, and I experienced what an amazing place Overgate Hospice way. I was blown away, I left feeling so sad but knowing that I wanted to do something to raise awareness and show many people's appreciation. What I initially wanted to do was actually very different to what happened in the end, but after a long, personal journey I set off running each day for 7 days. I constantly heard Rob's voice saying, 'stop whinging and crack on, get it done!'. So, bit by bit through the week, I chipped away doing as much as I could and feeling pretty good. (Amazingly!).

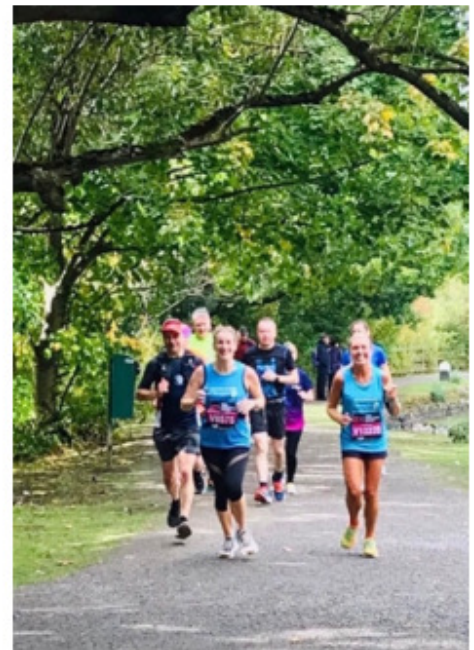
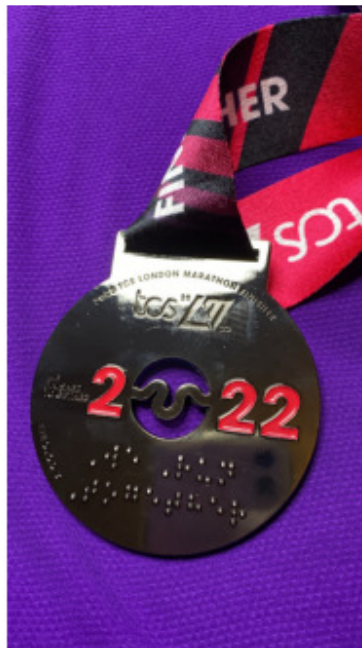
Three weeks before the big day, Christine Cliffe (aka 'the running wife'), and after a few pints (ahem!), she came out with 'I'll sign up tomorrow!' and she blooming well did! The week of the event a dreaded message came 'I've got Covid' – 2nd October was her first day out of isolation, but we set off, a few Lions in tow, with the intention of Christine running the first mile and then cycling the rest, which was fabulous. However, every corner we turned, more Lions joined us, with each one, a few overwhelming tears, and Christine kept saying 'just running to the next bit' before she got on her bike. 9 miles in, we'd laughed, sang, scaled fences, smiled for photos, hugged supporters and not even noticed the distance we'd done. Heading towards Tod, we met Liz and Steve (yet more tears), and they kept us going for quite some time, reminiscing and more laughter. Steve gave a lovely rendition of 'Right Said Fred' which gave us a much needed boost till we reached Hebden again. Like a vision, a new pride joined us giving us energy and more smiles and happy tears – they stayed, until the bitter end. Some running the furthest in a long time, some just out for a Sunday jaunt, some just wanting to do their bit but ALL with the 'never leave a Lion behind' mentality.

Crossing the finish line at Overgate, with 'the wife' was something I'll never, ever forget. (Christine however actually forgot to restart her app so had to keep running – ULTRA marathon girl – falling over, bruised, scabby but still smiling – inside). It wasn't easy, but it wasn't a fight that we didn't lose, we had quiet moments alone, moments of battling with your mind vs body and moments of elation, but what an experience.

I can honestly say that this was one of the most humbling experiences I have ever had. We had so much support both physically and financially. Thank you to each and every person who ran, sponsored, supported and sent good wishes – from the absolute bottom of my heart, thank you.

My total for the event was £1,280, just incredible. Stainland Lions, Christine Cliffe, especially. What can I say? And those who came to help us 'rehydrate'. Thank you, thank you, thank you.

What a place, what an event, what a man. #RobAshcroft#Overgate.



Christine Cliffe

It was Zoe's ingenious idea to run the London Marathon virtually to raise funds for Overgate Hospice (the place where our dear running friend Rob had been cared for before he sadly passed away), and whilst I fully supported the idea I didn't think I personally could do the distance. After a few beers and loose lips one evening I declared "I'm going to run it with you Zoe! The whole 26.2 miles!"

Fast forward the remaining weeks to the official London Marathon date and with still my longest run of the year only being 11 miles I got Covid! Well, that's me out then I thought. The daily messages from Zoe came asking how I was, and right at the last minute after much deliberation I decided that I would still show my support but maybe just from the starting point at Overgate to Sowerby Bridge, if I could get that far, but definitely wasn't up for the whole distance.

We set off along our way with Lin Devine & Tim Walker and we were soon greeted by many, many Lions in West Vale, Copley & Sowerby Bridge. The camaraderie and support from fellow Lions was exemplary, the sun was shining, and I was loving it so I continued. 'I'll just get to Hebden' I said and once again the fantastic support crew that were dipping in and out on route kept our spirits high and kept me going.

Needless to say that I did complete the full 26.2 miles as originally promised, but without the support of the many Lions along the way I really don't think I would have.

Zoe raised £1,286 for Overgate Hospice which is just absolutely amazing, and I am so glad I got to support her and pay respect to Rob who would have been chuckling to himself watching us do this for him.

Gail Fawcett

London Marathon. My training hadn't gone well, the most I'd run was 16 miles, my longest run was horrendous. We (my running buddy and I) travelled to Rochdale to run on the canal to Sowerby Bridge. I got as far as Todmorden, so I'd done nearly 12 miles. Feeling rubbish I gave in and had to stop. But I kept running during the weeks running up to London, doing as much mileage as I could. The week before London I was on a residential in the Lakes with our Year 6s. It was a great week; I did a lot of walking keeping my legs ticking over. Friday we set off home. Packed another bag and within an hour we were on our way to London. Quiet night Friday ready for the weekend. Saturday, I met Trisha at the Excel to collect our race numbers. There was a fantastic atmosphere and everyone was buzzing. Had a stroll round London and went to the Theatre Café for cake and more cake. Saturday evening we met some of the Lions and had our meal with them.

Sunday I was up with the lark. My husband took me to the train station and off I went. I met some lovely girls on the train and we stayed together all the way to the start. I was there quite early so it was nice to just take everything in and see the other waves start. Our wave was called, this was it, off we went. I made sure I went very steady (I do have a tendency to start quite quickly). I was feeling good, I heard Anne Cawdron shouting my name at about 5 miles, had a hug with her and Peter and went on my way. Round the Cutty Sark, 6 miles and the lovely Phil & Liz Moyes were there. From there I headed on to Tower Bridge. It was electric running across the bridge. The crowds were amazing. At the end there were the lovely Lions cheering everyone on. Anne and Peter Cawdron, Paula Statham, John Hirst and his girls. That was a great sight to see. Leaving them we headed into Canary Wharf. Phil & Liz were there again with words of encouragement.



I have to say was feeling good up to this point then I hit the dreaded wall. I'm not ashamed to admit I had to walk miles 21, 22 & 23 (having a cry then having to have a word with myself). Running on the embankment I say my lovely family waiting and cheering me in. Stopping for a hug, they gave me a pep talk after I had a cry with them, and off I went for the final 3 miles.



Westminster was amazing, the crowd was cheering everyone home even at this late stage in the day. Running down towards the Palace, Anne and Peter and Val Nicholson, our lovely Lions were there again with massive hugs, with words of encouragement, off I went for the final mile. Running down The Mall to the finish was amazing. I managed my usual sprint finish.

Crossing the line I really didn't know how I felt, I think my words were *never again!!!* I collected my medal and T-shirt and headed to our meeting point. There waiting was my family. I was asked if I'd enjoyed it, my immediate reaction was NO but on reflection I did. It was a fantastic day, the crowds, the Lions, I just wished my training had gone better. But I did The London Marathon, I did finish, and I did receive my medal.

The support from the Lions was amazing. Thank you to you all xxx

Valerie Nicholson

This was my second London Marathon. I was lucky to get a ballot place in 2017 and this time 2022 I was awarded a charity place to run for Cancer Research.

The atmosphere is fantastic from start to finish. There is support for the full distance of the course. This year was especially good for me as there were ladies running it who I had trained with. This made the whole marathon experience very enjoyable. That, along with the support of some lovely Lions who had gone down to London to cheer on the club members.

Raising money for Cancer Research definitely helped to get me around the course.



Mags Beever

Chester Marathon:

Following 15 weeks of designated training (peaking at 78 miles), race day arrived and thankfully the conditions were great.

There was quite a queue to get into the racecourse where we planned to park which meant we nearly missed the cut for getting in due to them closing the entrance in preparation for the race start.

As part of the England Masters, there was a designated room where the England team staff were based and where belongings could be kept. This was also the place where a post-race buffet was put on after the race for us.

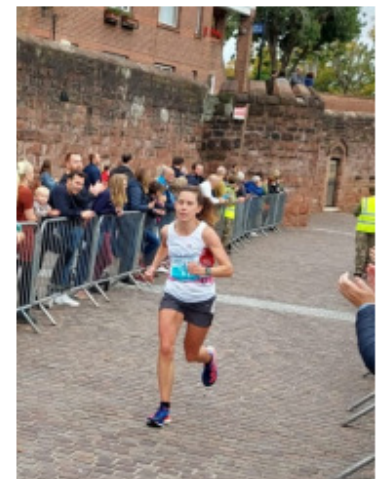
The race set off and quickly made its way through the city centre before venturing out on to traffic free country roads, which tended to be lots of long straight roads that all looked the same!

Support on the course was great in the patches where there were people, but especially near the finish.

The route ventured into Wales for 7 miles of the course. We knew when this had happened as there was a lady sat in a chair shouting 'Welcome to Wales, you're abroad in 100m' 😊 <https://youtu.be/50DV3VDOSmE>

My aim was to be reserved in the first half, which meant lots of watch checking and telling myself to slow down 😊 and to go for it in the second half. Which worked, as this was the first time I ran a negative split in a marathon.

I made sure I had a gel every four miles, which I think helped me keep the pace in the second half.



At around 25 miles there was a steep incline for about 200m, followed by a downhill section to get to the riverside for the last mile to the finish.

I had done really well not to suffer from cramp in the later stages of the race (which normally happens to me), apart from at mile 25 and 400m from the finish where I needed to pause, relax and get going again. I had been drinking tonic water the week before, so maybe that helped. Or my body is getting used to doing marathons!

My target was to complete the race in under 3 hours, which I had only managed to do once before, five years ago. I came close at London 2021, being frustratingly 14 seconds over. So achieving a PB time of 2:55:57 in this race, I was very happy indeed.

At the finish runners were treated to a medal, a long sleeve top and a material bag full of goodies. From here, it was a short walk back to the racecourse.



I would definitely recommend this race to anyone looking to line up their next marathon. I thought it was well organised and had a great base at the racecourse, with plenty of toilets and space for both runners and supporters. So hopefully see you there next year!

Well done to everyone and all the best to everyone who is on their marathon journey already in preparation for 2023. I know there are many of you who have places for various marathons and we look forward to hearing about your training. There is a lot of advice given in the above stories so it is worth having another read through and seeing how you could use these wise words in your training plan!

It has been great to include the men in this report so we can have a fair representation of men and women in the club, BUT we need a Men's Captain and a Vice Captain! I have been talking to many men about this important role and how we need to fill it, no one has accepted yet! Leon has done a great job but has his hands full with his new daughter but is also still doing many roles within the club. Please consider doing it, it is a great way to become more involved in the club; yes there are commitments including committee meetings and Newsletter reports, but there are so many reasons to do it as well, including getting to know so many people and giving something back to the club. Please have a think about it

and talk to any committee member if you have any questions about the role. I look forward to finding out who the next Men's Captain and Vice Captain are very soon! THANKS!

Thanks again to all who have contributed this month and well done again on your huge achievements!

Coaching with Colin Duffield

Fueling Your Run – An Introduction

When someone begins with the phrase 'I've been on a course' it usually doesn't bode well as it means that they're going to tell you about it. If you want them to or not.

Well, I've just completed two courses, so brace yourself.

Sports Nutrition is clearly a massive subject. So to keep things manageable let's think specifically around fueling for running.

So what is fueling?

The detail varies, but as a simple rule we need a minimum of around 1200 calories daily. This only covers our basic bodily functions that keep us alive (breathing, thinking, cardiac, function, that sort of thing). Then add to that another 800ish calories for stuff like work, looking after kids, shopping, etc. So we're already at 2000 cal before we even start to think about running.

Running is an energy heavy activity, so uses loads of calories, but here's the interesting bit (there has to be one), we have an evolutionary trick that means our body will prioritise running energy use above other basic functions. I guess this was once for escaping sabre toothed tigers and the like, but what this means in the 21st century is that if we don't fuel our running properly we risk taking calories away from vital bodily functions like concentrating, healing, immunity, etc. Definitely worth bearing in mind. Running should never make us ill but if we're not careful it can.

So what should I eat?

I think we all learned basic food groups at school. For the purpose of this we'll think mostly about carbohydrates and protein but also nod at fats, calcium, iron and other micronutrients.

Three meals a day. It's an old fashioned concept for some people, but if these are balanced and we get the portion size right, three meals will provide what we need without supplements or stress. Each meal should contain protein, carbohydrates and supporting nutrients. For protein think meat, fish, lentils, tofu (only examples, loads more), carbs would be something like pasta, bread, potato, etc.; and what I've called supporting nutrients, veggies, fruit, etc. These meals should be spread out at appropriate intervals over the day.

Another interesting bit (yes, another!) is that overnight you're fasting so it's important to eat breakfast within about 30 mins of waking, this will stop muscle starting to breakdown as a result of a long break in fueling whilst you've been sleeping.

Specific to running?

So, to running. Research strongly suggests that we need carbs 1-4 hours before setting off on a run. If this coincides with a meal with enough calories, groovy. If not you'll need to supplement your carbs in this four hour window with a snack, simple starchy stuff like crackers, bread, etc. are good, but find what works for you. Top tip – white bread has less fibre for those with 'sensitive' bowels when they run.

If you're running for more than about 75 mins, the evidence shows that you should supplement carbs to top yourself up. Jelly babies, bananas, gels, all give dead simple carbs that you should be able to eat without massive problems whilst moving. These will help to minimise depletion of energy stock and make recovery quicker, so the adaption and recovery after running is more efficient.

Staying with recovery and adaptation, you'll also be advised to take protein and carbs within 30 mins of stopping running. Milk's fab for this as it has both (careful of plant based alternatives as these might not). Remember that any exercise damages your body, the trick is for it to grow back stronger. This will help.

So lastly, here's the nod to Iron and Calcium. Calcium is vital to muscle contraction, obviously important in running. Make sure you replace it as deficiency isn't a great idea. Iron, similarly. There's (albeit sketchy) evidence that the repetitive impact of running breaks down some iron cells in the blood. Shouldn't be an issue if you're fueling properly, but again shows that if you adopt a restrictive diet with the expectation that it'll improve your running, you'll probably be wrong.

So that's it. An introduction to sports nutrition in 3000 words. Of course, there is lots more but I think if we understand the basics the rest might follow.

As ever, any questions get in touch.

The Social Scene with Martin Wood

24th February 2023 – Lions Annual Presentation Dinner at Berties, Elland

For the annual presentation of all prizes, trophy's etc. we are returning to Berties in Elland for a three-course dinner, presentations and of course dancing until late. So plenty of notice to get the date in your diary, dust down the tux and for the ladies enough time to decide what to wear.

2023 is also the 35th year of the Stainland Lions.

The cost of the dinner is £40.00 per person (please pay to Stainland Lions account with the reference of your name and Annual Dinner.

Please choose one starter, one main and one dessert for all your guests, and mention any seating preferences.

Starter

Winter Vegetable Soup served with Rocket Pesto (VE, GF, V).
 Pressed Ham Hock Terrine, Caramelised Onion & Tomato Chutney (GF).
 Honey & Soy Chicken Wings, served with Bean Sprout salad (GF).
 Oak Roast Salmon Pate, Pickled Cucumber & Crème Fraiche (GF).
 Salt & Pepper Cauliflower Fritters served with Sweet Chilli Sauce (VE, V).

Main Course

Slow Braised Feather Blade of Beef, Bourguignon Sauce, Creamed Potatoes (GF).
 Roast Breast of Chicken, Fondant Potato, served with Wilted Greens (GF).
 Confit of Duck Leg, Spiced Cous Cous served with Red Wine Braised Shallots (GF).
 Smoked Haddock, Welsh Rarebit served with Champ Mash.
 Vegan Sausage & Mash served with Caramelised Onion Gravy (VE, V).

All Main Courses are served with Seasonal Vegetables & Buttered New Potatoes

Desserts

French Lemon Tart with Italian Meringue, Raspberry Compote (V).
 Chocolate Brownie served with Fudge Sauce (V).
 Apple & Blackberry Crumble Tart with Custard (V).
 Winter Berry Cheesecake with Chocolate Sauce (V).
 Chocolate & Orange Cake, Orange Marmalade Sauce (VE, GF).

Coffee & Chocolates

**November 2022:**

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

February 2023:

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

West Yorkshire Winter League 2022/23 Dates:

- 4th December 2022 – Dewsbury
- 18th December 2022 – Queensbury (fancy dress)
- 8th January 2023 – Stadium
- 22nd January 2023 – Bramley Breezers
- 12th February 2023 – Pudsey
- 26th February 2023 – Stainland

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