



The Lions Tale

Stainland monthly newsletter



John Bassinder

From The Chair

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

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from September 2022

Various

Contributors

Ladies' Captain Update with Maria; Coaching with Colin; Worth Valley Away Run with JP.

From the Chair

John Bassinder



Another busy month since the last newsletter, plenty for everyone to enjoy and loads of achievements to celebrate. It was a perfect morning for the Stainland Trail, and what a brilliant event it turned out to be. Only a couple of weeks earlier we were worried about the low number of entries, the fact that the entries rallied so much in the last week and the race went so well was due to the hard work that Richard put in as Race Director, aided and abetted by Paula P as Chief Marshal, both with brilliant debuts in those roles. A big thank you also to the 1885, who raised the bar for race HQs by offering us exclusive use of their 'venue', very posh, just right for us!

The "Sports Day" at Springhall Track was another fantastic event. Fun and games, lots of laughs but still plenty of competitive spirit on display. Thanks to Maria for the huge amount of work she did leading up to the night, before sadly falling victim to Covid, and thanks to Gaby, Gav, Helen, Mark and Gaby's daughter Esme for all the hard work on the night. I think it's safe to say this is going to be back by popular demand. Keep your eyes open also for Mark Preston's new event next summer, another race with a combination of competition and fun; see the Facebook page if you haven't already. Staying on the race topic – the best thing about winter is of course Cross Country. Registration is now open, our new Captain, Lorraine, has posted the link on Facebook and the forum, so please don't anybody say in November they didn't know!

The away run moved to Meltham, thanks to Paula for the inspired choice, it sounds like all who went were rewarded with a lovely run and good food. It's sometimes easy to forget that we are not a Halifax based club. When I'm asked where Stainland is, I always say "it's a hilltop village between Halifax and Huddersfield". When we checked a few years ago around 30% of members had a Huddersfield postcode, some driving past many Huddersfield clubs closer to them to get to us, so it's good to see the spread of these away runs.

A busy marathon weekend has just passed, much will be written later by those who know better about the performances and statistics, but it was great to see the photos and times for everybody at Chester and London. It's a massive achievement for anybody to complete 26.2 miles when you remember that all of us started at one point thinking we'd never be able to run 5k. Two performances are absolutely worthy of mention here though – Mags at Chester finishing her England Masters debut as 3rd lady in 2:22:57, and Jamie Westwood finishing London in 2:53:43, his 12th sub-3 hour London Marathon. Both setting new Club age records.

In other news, I'm pleased to say that Mark Preston has agreed to join the Committee. Constitutionally we require an EGM to vote Mark on, but unless anybody objects we intend to invite him to attend the remaining meetings for this year then stand at the AGM in January to hopefully get voted in for 2023. We are proposing this approach for two reasons, firstly, I think it's fair to say that EGMs are generally under-attended and, secondly, our committee has been running at 3 to 4 people short all year resulting in extra work for those who are on it, so the more help we have the better. At last month's Committee Meeting, as always in the autumn, existing members were asked their intentions for next year. We're delighted that the Club has recovered well from the pandemic, the initiatives to bring the Club together again, combined with the return of away runs, social nights and races have brought back a real "feel good factor". Everybody acknowledges that a lot of that is down to people who aren't on the Committee but are all working hard to help make us a brilliant club; organising events that are enjoyed by everybody. It's lovely to see all that happening however, we absolutely can't function without a committee to take care of the official stuff [much as we all probably dislike official stuff!] and we always need the mix of old experience and new ideas. Some of the experienced members are happy to carry on. Some would like to hand on though, these people have undoubtedly "served their time" and put a great deal into the Club but feel it's

time to hand on to “new blood”. Their love for the Club is such that, in the absolute absence of new volunteers, they are willing to serve again, but that doesn’t answer the long term problem.

It is a real worry that if new people don’t get involved soon we could be handing things on at some point in the future to a totally unprepared team, and it would make things extremely difficult if we can’t pass on the things we’ve learned (and share the mistakes we’ve made!) before that happens. If we want to keep the Club going and growing, and I know we all do, then we need a full committee.

2023 committee will be voted in at the AGM in January, so if anybody is considering standing, please have a chat with one of us over the next few weeks.

John.

Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for September 2022



Blackshaw Head Fete Fell Race (3rd Sept):

Blackshaw Head Fete 5.5mile fell race attracted a good attendance including six Lions. There was 900 feet of climbing in total, and a testing uphill finish. Fraser Ambrose led the Lions Home; Aileen Baldwin won her W70 age category.

Results: Fraser Ambrose 48:57, Andrew Earnshaw 49:04, Martin O’Brien 54:16, Aileen Baldwin (1st W70) 56:39, Maria Harron 57:00, Paula Pickersgill 1:06:45.

21st World Masters Mountain Running Championships (3rd):

Richard Spendlove attended the 21st World Masters Mountain Running Championships in Clonmel, Ireland on Saturday. He came 2nd M75 - winning an individual silver medal – and just 21 seconds behind the winner; he also came away with a team gold medal for GB&NI. The championships were well attended with around 800 runners from 27 countries.

**Meanwood Valley Trail Race (10th):**

Fraser Ambrose was the solo Lion at the Meanwood Trail, an undulating race covering approximately 7 miles of woods and parkland in Adel Woods, Scotland Woods and Meanwood Park. Starting and finishing from “Old Leo’s” Rugby Club, runners pass under one of the famous “Seven Arches”, past the ‘Slabbering Baby’ and through the dark spooky tunnel under the Leeds Outer Ring Road. Fraser finished in 31st place with a time of 57:10.

Shepley 10k (11th)

12 Lions headed to Shepley to compete in the Shepley 10k, Race 17 in this year’s Club Championship. The race, part of the Huddersfield Trail & Road Series, is a hilly road race with a fast start and finish but a killer middle section. The Lions were led home by Ben Golding-Smith in 17th place and 3rd in his M40 age category. There were also age category places for David Farrar (1st MV60), Michelle Rogerson (1st FV45), Steve Hallam (2nd MV60), Maria Harron (2nd FV50), Diane Waite (3rd F55) and Martin O’Brien (3rd MV60).

Results: Ben Golding-Smith 47:39 (3rd M40), David Farrar 48:31 (1st MV60), Steve Hallam 48:56 (2nd MV60), Mark Preston 50:58, Maria Harron 52:08 (2nd FV50), Michelle Rogerson 52:26 (1st FV45), Martin O’Brien 52:42 (3rd MV60), Roy Lunt 55:43, Clare Thomas 56:10, Diane Waite 58:28 (3rd F55), Wendy Paulson 1:12:46, Emma Taylor 1:20:54.

Great North Run (11th):

Six Lions took part in the Great North Run on Sunday. It was the first time running a half marathon for both Christine Gale & Beverley Day; other Lions used it as a training run for the London Marathon.

Results: Christine Gale 2:19:16, Beverley Day 2:23:17, Valerie Nicholson 2:27:58, Renee Comerford 2:28:51, Phil Richards 3:04:19, Gail Fawcett 3:09:57.

Vale of York Half Marathon (11th):

Chris Hall led the Lions home in 97th place at the Vale of York Half Marathon, a fast, flat, PB loving race which started and finished just outside Wistow and is run on scenic closed roads south of York and north of Selby.

Results: Chris Hall 1:25:32, Derek Parrington 1:30:01, Rebecca Gvozdenko 1:58:48, Hayley Kelly 1:58:48.

Yorkshireman Off Road Marathon and Half Marathon (11th):

Lions were out in force for the Yorkshireman Marathon & Half Marathon. Lance Parker was the first Lion home in the Marathon; Aileen Baldwin came first in her FV70 age category. Andrew Earnshaw led the Lions home in the Half Marathon, followed closely by Leon Severn.

Results (Marathon): Lance Parker 5:23:31, Aileen Baldwin 5:39:13 (1st FV70), Angela Lee 5:47:49, Sandy Gee 6:02:54, John Ingles 6:17:49.

Results (Half Marathon): Andrew Earnshaw 2:30:46, Leon Severn 2:31:57, Moira Alderson 2:52:18, Sally Caton 2:52:43, Lorraine Naylor 3:00:35, Paula Pickersgill 3:07:17, Alex Whyte 3:23:23, Joanne Cahill 3:25:02, Andrew Falkingbridge 3:25:09, Steve Boyer 3:57:24.

Stainland Trail 10k (18th):



Judith Greenwood, Jackie Barker & Samantha Brunning "Running up that Hill" at Stainland Trail.

The Lions hosted the fabulous Stainland Trail on Sunday. Famous for its hills, hills and more hills, the route takes in the beautiful scenery around Stainland Dean. Conditions were perfect for the race, which started from Stainland Recreation Ground. A minute's silence was observed before the race to mark the passing of our late Queen Elizabeth II. Of the 99 participants who lined up to "run to the hills", sixteen were Lions, with many more Lions marshalling the route and officiating. The winning time of 44:29 was posted by Michael Cottam of Stadium Runners, and Bridget Coomber was the 1st Lady and 12th overall in 52:23.

Mark Pottinger led the Lions home in 4th place and 2nd in his MV40 age category. There were age category wins for both Judith Greenwood (1st FV75) and of course Aileen Baldwin (1st FV70).

Results: Mark Pottinger 48:08 (2nd M40), Daniel Sykes 52:43, James Black 55:37, Martin Wood 56:44 (3rd MV55), Paul Brough 57:23, Mark Preston 59:37, Aileen Baldwin 59:53 (1st FV70), Roy Lunt 1:01:33, Rikki Hammond 1:03:53 (2nd FV55), Rob Swire 1:04:11, Andrew Falkingbridge 1:12:29, Jackie Barker 1:22:16 (2nd FV65), Paul Shaw 1:27:00, Virginia Lewin 1:28:47 (2nd FV70), Judith Greenwood 1:29:05 (1st FV75), Samantha Brunning 1:29:06.

Epilepsy Action Bradford 10k (18th):

Beverley Day was the sole Lion as this year's Epilepsy Action's very own 10k city centre road race through the heart of Bradford. The route started and finished in Centenary Square and is a popular race for those chasing a PB. Beverley came in at 1:00:32.

Filey Beach 10k (25th):

A team of runners from Stainland Lions ran the Filey Beach 10K on Sunday in memory of much loved Lioness Linda Williamson, who died earlier this year. In a fitting tribute to Linda, the runners won the team trophy, collecting a very impressive piece of silverware for their efforts. The team, headed by Linda's husband Bill, included Judith Greenwood, Carol Heptonstall, Jackie Barker, Julia Newsome, Carol Lord, Alan Gibson and Lesley Henderson, all supported by Diane Rafferty.



Sheffield 10K:

Michelle Rogerson ran the Sheffield 10k. The city centre route takes runners along Ecclesall Road, before skirting the edges of Endcliffe Park. The route then passes close to the Botanical Gardens before heading back into the city centre to finish.

Results: Michelle Rogerson 47:29.

Yorkshire Vets Grand Prix Series – Race 6 – Ackworth:

Race six of the Yorkshire Veterans Grand Prix series took place on Sunday in Fitzwilliam Country Park, Ackworth. The conditions were perfect, with a slight chill in the air before the sun came out. Lions won both the men's and women's race. This was the final race in the series.

Stainland Ladies Team: Mags Beever took the win for the ladies' team, with Lorraine Naylor, Sally Caton and Helen Armitage the other counters for the team. There was additional support from team stalwarts Aileen Baldwin and Paula Pickersgill, plus Heather Moffat, Christine Cliffe and Sue Cash.

Stainland Men's Team: Lions Vets Captain Gavin Mulholland finished in first place for the men, with Stephen Hall next home in 2nd, and Dan Marsden and Mark Pottinger making up the top four to count. There was additional support from another dozen or so Lions, making it a great turnout for the club.

Parkrun PB Corner

10th September:

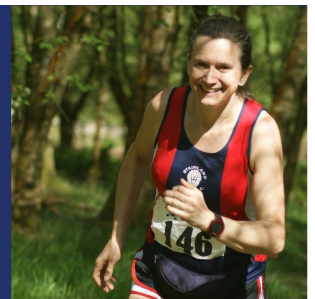
Huddersfield: Clayton Cutter celebrated his 100th Parkrun by leading the Lions home in 74th place with a time of 23:36.

Brighouse: Gareth Duckworth celebrated his 50th Parkrun with a time of 24:05 in 43rd place.

Tranmore, Waterford: It would be a Parkrun day without Dick Spendlove setting a new VM75-79 age category record; this time he was in Ireland running a time of 23:02 and knocking over 2 mins off the current age category time!

Ladies Captain's Update

Maria Harron



September was a month where so many ladies finally got to the big day where they could race after so many weeks / months of training, so I am going to just pass you over to lots of ladies who have written about their experience. Apologies if I have missed anyone and advance warning to all those who have done or are doing a big race in October, as we would love to hear from you for next month's newsletter!

Gail Fawcett

Having run the GNR twice I decided to put myself in the ballot again. Already running the London Marathon in October I didn't expect to get a place, as I have never got a ballot place – both times I ran for Overgate. Don't know what happened but I ended up with the email to say I was in. So I used GNR as part of my tapering as it was three weeks before London. I am my own worst critic on my running, but decided I was not going to put myself under any pressure on the day.

I have to say with this newfound confidence, I thoroughly enjoyed it this time. The sun was shining, and everything just clicked with my running. I even did some videos at various points on the course which normally I'm too nervous to do anything but concentrate on my run. It wasn't a fantastic time, but my pace was good for me with all the training I have been doing, my running buddy always says, "finishing lines not finishing times". It was a great day; I have to say the crowds were fantastic. So that's another one ticked off. Onwards and upwards to London.



Valerie Nicholson



This was my 5th GNR. Thankfully back to the original route. No chance of me beating my PB so enjoyed the run and took in the atmosphere which was fantastic as always. Very emotional without our friend Stephanie Hull, as this was the race where we usually saw each other somewhere along the route. I would encourage anyone who has not done it to give it a try. The locals are so friendly. I was offered a can of Skol lager but politely declined.

Beverley Day

I hadn't signed up for the ballot to get a place, yet in a moment of madness back in February (and possibly after a drink or two!), I decided to enter with one of Overgate's places. I'd never done an official Half Marathon before and only ever run the distance once before. I tend to stick to 10k runs as I am comfortable with that distance.



Those of you who know me will know how much I struggle with running in hot weather so straight away the training was going to be tough for me. With this summer's temperatures it meant lots of early starts to get training runs in. Thankfully, I had lots of support and company from some amazing ladies. Christine C, Dawn, Emma and Zoe accompanied me on my long runs in varying combinations and they weren't even signed up for the run! Without them I doubt I would have got the long runs done.

With all the training done, myself and Christine Gale had arranged to travel up to Newcastle with Brighthouse Bumblebees. A very early start, but we arrived in plenty of time to make our way to the assembly area for our numbers. As we approached the start, I started to think that it was going to be the perfect weather for running – cloudy with a cool breeze,

and then the clouds disappeared! Standing in the pen ready for the race to begin there was a poignant 10 minutes as we remembered the life of Queen Elizabeth II followed by a minute's silence. Then we were off! (Slowly) Eventually crossing the start line 30 minutes later. We made our way steadily towards the finish in South Shields. Encouraged by the large crowds lining the full length of the route, I finally finished sunburnt and exhausted in a time of 2:23:17.

An amazing experience but if I do another half marathon it would need to be on a much colder day maybe with torrential rain and gale force winds! Very much my preferred weather for running!

Filey 10k in Memory of Linda Williamson

With the sad passing of Linda earlier this year, we decided to go to Filey again and run in her memory. We all felt she would be looking down over us and smiling. So the planning began. A few others heard of our plan and asked to join us. So with the saying 'the more the merrier' Jackie Barker, Carol Lord, Chris Tetlow, Maggie Blaylock, Diane Rafferty, Julia Newsome, Carol Heptonstall, Judith Greenwood, Lesley Henderson, Bill Lee, Alan Gibson, Mick Blaylock and little Ivy booked accommodation, and the runners entered the 10k. Bernadette Rowland should have been going but wasn't well. We're sure she was there in spirit.



Most of us attended the Parkrun. We gathered together for what was an emotional start, missing a dear friend, but Bill announced he had Linda's buff so she would be with him. The weather was perfect, a lovely course and well organised. There were lots of beaming smiles at the finish – now time for coffee.

We met up again in the evening for a meal at the Piebald Inn in Hunmanby, the pies were amazing. Well worth a visit if you're in the area. All fueled up for the 10k – some did have pasta!



Sunday morning and another lovely day. The course was different than previous years. This year it was all on the beach, out and back again. A few questions asked – is this a good thing? Was the old course better, even with that short very steep hill to climb near the end? The questions were put aside as we all gathered together for a group hug and a minute's silence for Linda. The runners set off, Bill with Linda's buff.

It wasn't long before the runners were back with big smiles, biggest off all was Chris, her first race since her hip operation. They all said the course was good. We decided to stay for the prize giving, thinking we might get an age category prize. We didn't (they didn't give prizes for age categories). We were so glad we stayed as we were all thrilled when Stainland won the team prize.

Back to the accommodation, on cloud nine, to shower and change. As we'd done in previous years, it was then back to Filey for fish and chips. Graham Halstead joined us on his bike.



Diane was so proud of the team she bought Prosecco to celebrate.

It was a brilliant weekend with good friends. We will be back next year – well there's a trophy to win again.

From the former Social Committee and friend, Diane Rafferty

Rebecca Gvozdenko & Hayley Kelly

Our second attempt at the Vale of York Half. We aimed to better our time and were only 1 minute off our previous time; not bad considering we hadn't prepared ourselves physically. A lovely route and great atmosphere. We rallied each other on when it got tough. Hayley is a great running partner, and I wouldn't have been able to do it without her.

We definitely got a spurt towards the end when we saw a man running dressed as a caveman, complete with no running shoes!

Rebecca Gvozdenko



Absolutely spot on @ Rebecca Gvozdenko, and likewise Rebecca is amazing to run with, a great inspiration. Not quite stride for stride like last year but proud of our effort considering the lack of preparation 🥰

Hayley Kelly



Aileen Baldwin

Yorkshireman full is my favourite marathon. Great course, marshals and checkpoints. Sometimes great weather but you just have to give it a go. Just gives me a great buzz. Will be there 2023 (I hope).

Alex Whyte

The Yorkshireman Half Marathon is one of my favourite races. Although as we like them tough in Yorkshire, it's actually almost 15 miles. You really cannot compare it to any road or event trail half, but it's a cracking race and really well organised. You do need to know the route but there are lots of opportunities to join a recce in the month or so before. There was tea/coffee and biscuits before the race, great feed stations during (I've never had cheese and biscuits mid-race – I gave the wine a miss though) and pizza at the end! It's not all about the food though, it's a tough route but has stunning views and has a really friendly, inclusive feel to it. As a fundraiser for the local primary school, this race paid for all the children there to go to the panto last year – how lovely is that?! I'd really recommend this race to anyone who hasn't tried it yet, and if you're a steady I'd be happy to show you the route.

Paula Pickersgill

What a great day! My 7th Yorkshireman race, not a PB but not a PW. Always a good T-shirt, great organization and the best scenery. Entries now open for 2023.

Moira Alderson

After numerous recces over the years of the Yorkshireman half marathon, I was determined to turn up at the start line and complete this race in 2022.

Regardless of how many trips away I had had, lack of running, getting over injury, I wanted my T-shirt and to have ticked off my accomplishment list.

My mantra was I was running it for me, to enjoy as I love that type of moorland off road terrain. So off I started at the back end of the start line to head above Haworth and Oxenhope covering tracks and byways of West Yorkshire, encompassing large parts of 'Bronte Country', as well as West Yorkshire's highest point at Top Withens, and reservoirs, viaducts and culverts.



Through the day there was less of Healthcliff's wild and windy moors but increasing heat from the sun. Fortunately, I avoided leg cramping some people on route experienced, and I had remembered to lather up in some factor 50 (I'm of Scottish descent so it's needed with any hint of sun!).

Running this type of terrain lifts my spirits, I love the challenge of a hill, having to concentrate across the moorland, the glance at some farm or wildlife on route and scenery. I will happily confess the initial first hill is disliked, and I will walk more than run (it's my warmup!).

It's a really friendly and well organised race. There are a small amount of YORM stickers to assure you on route that you are heading in the right direction. However you really need to have reced the route and not lapse concentration as you may find you are off course.



On route there were two very cheery Northowram Pumas who kept popping up and gave much encouragement and praise which helped with my feel good endorphin levels to think I was really enjoying this race; it's going well as I made my progress passing some on route through to the end.

At the final stage came the hilly cobbles and street up to the school. It was the usual mind chatter of 'pick your feet up Moira, there are people watching, keep running'.

This race gets a big 10 out of 10 from me. It was a GRAND day out!

Renee Comerford

This years GNR was part of my training plan. The plan was for a nice slow and steady run and to enjoy it. When I have previously run GNR for some reason I have never enjoyed it. This year I really enjoyed the whole race. The atmosphere was fantastic. It was a hot day and I set off quicker than planned but was more worried about being out too long in the sun. I was pleased with my run and time.

Claire Alleston

I've only run GNR once before and that was a long time ago, so I was really looking forward to running it this year and it didn't disappoint; the atmosphere was amazing and the sun was shining, and even the ice cream on the beach at the finish, who could ask for more?

I met lots of friendly people on the route and it felt very special to be part of the race that fell silent to commemorate the queen.



Stainland Lions Sports Day

September saw the first ever Stainland Lions Sports Day, or as Gerry Banham called it, the 'Stainland Lions Diamond League Event'; and to be fair, it was a bit like the real deal. We had a real podium and everything!!

An idea initiated by Stainland's number one track enthusiast, Gaby Ferris, to bring racing to the track. This idea grew and a small committee was put together to create an event in which runners competed in a variety of track disciplines (with a bit of fun and games thrown in).

A brilliant poster designed by Esme Ferris soon captured the interest of Lions and not just dedicated tracksters the off roaders and mud lovers were quick to get involved too. It wasn't long before over 40 runners had signed up for the event.

Teams were put together, made up of members from different divisions, and decisions as to who would compete in which event was a closely kept secret decided on the night. The evening got off with a burst of speed and energy with all comers lining up for the 100m. seven rapid heats saw the winner from each going through to the final. Thankfully there was only one hamstring injury with Matthew 'Bolt' Bird having to pull out after a storming first heat win. Thankfully newly recruited Lion, Maria Chandler was on hand to step in last minute and take one for the team. There was tension in the air as the finalists took off and galloped down their lanes with Leon Severn grabbing the Gold, Dan Marsden the Silver, and Ian Johnson a far from shabby Bronze. Next up was Lorraine Naylor's favourite race, the 800m. There was little time to weigh up the competition as competitors were announced just moments before the gun (or 'ready, steady, go' as it's called if you don't have a gun)! Leon Severn demonstrating real form by snatching another Gold for his team, with late contender and dark horse Dan Sykes (standing in for a poorly Maria Harron) stormed ahead to take Gold for Group 2. Group 3 saw Bev Day put into practice all her hard-earned track training to produce a magnificent finish and a Gold for Group 3. Silver medals went to David Farrar, Lorraine Naylor, and Paul Armitage. There was another Bronze medal for Ian Johnson along with Danny Stafford and Karen Thorne.

There was what felt like seconds before everyone was back on track for the next event the quarter mile, the 'one lapper', the 'try not to vomit at the end' aka 400m. It's a sprint but a blooming hard one!!



Everyone gave it their best efforts and there didn't seem to be too much leg buckling at the finish. Fraser Ambrose secured a comfortable win taking Gold for Group 1. Danny Stafford bagged himself another (and better colour) medal, taking the Gold for Group 2, and a superb finish by Ranjit Uppal saw him clinch Gold for Group 3.

The 1200m race was closely contested by all runners, particularly Group 1 made up of the 'fasties'. What looked like an initial reluctance to take an early lead was soon . . . when Neil Bee, clearly buzzing from his pre-race pep talk decided to take the race on, charging forward to create an Ingebrigtsen worthy gap. Mags Beever swiftly responded, chasing him down only for Fraser Ambrose to produce a killer kick to snatch the Silver from Mags. No worries for Neil Bee however, who safely secured his Gold with Mags having to concede the Bronze. In Group 2 Sally Caton took a hard-fought Gold with Helen Armitage hot on her heels for the Silver and Gerry Banham the Bronze. In Group 3 Maria Chandler stormed home to take a victorious Gold, closely contested by Mark Preston for the Silver and Tim Waler the Bronze.

In between races runners had the chance to rest their legs and flex their biceps with a bit of old fashioned 'wellie wanging'. Strict instructions and even stricter adjudicators (John Bassinder and Miss Esme Ferris) watched a variety of 'throws' as everyone attempted to throw a wellie as far as they could. It was Leon's night yet again as he flung himself into first place demonstrating his prowess in both the track and field events. James Penson and Danny Stafford were equally impressive, tossing silver and bronze throws.

Probably the most important and competitive event of the evening was the much-awaited egg and spoon race. Forget the 'don't go out too hard' or 'careful not to get boxed in' tactics of the middle-distance disciplines, this was where form and technique really mattered! No one is quite sure who won but that's a minor detail given the hilarity that ensued. Tennis balls for eggs were spilled across lanes as people went off too fast or too cocky. Coach Mark Pigford ensured there was absolutely no cheating and was forced to impose rules on the correct positioning and holding of the spoon. The concentration on the face of Will Rushworth was immense, Lorraine Naylor was almost disqualified for a false start, and I'm pretty sure one of the races ended in a photo finish.



Like every serious athletics competition, the evening concluded with a relay. The 4 x 100m got everyone back on their toes for a fast and furious finish. There was a scramble of exchanges for last minute team points as runners tried to 'stay in the box' and keep hold of batons, with Dave Hudson and John Bassinder closely observing all was done correctly. The Purple Team was victorious as Sue Wade, Tim Walker, Dan Marsden, and Leon Severn crossed the line first.

A podium was ready for the captains of the winning team. After a last-minute recount we saw one team step up then step back down, 1st place was awarded to the Green Team with Purple and Orange taking 2nd and 3rd place on the podium.

GOLD – GREEN TEAM

Danny Stafford, Fraser Ambrose, Dan Sykes, Sally Caton, John Rushworth, Ranjit Uppal, Paul Armitage.

SILVER – PURPLE TEAM

Leon Severn, Dan Marsden, Lorraine Naylor, Aileen Baldwin, Tim Walker, Sarah Hirst, Sue Wade.

BRONZE – ORANGE TEAM

Tanya Blake Miller, Will Rushworth, Jane Elizabeth Cole, Gerry Banham, Amjid Khan, John Hirst, Paula Statham-Drake.

GREEN – 1255 Points

PURPLE – 1065 Points

ORANGE – 910 Points

BLUE – 870 Points

YELLOW – 825 Points

RED – 595 Points

A great evening was had by all, and many thanks need to be given to all the organisers and helpers. Maria's amazing, detailed, and fool proof instructions and logistics ensured the event ran smoothly. Coach Mark Pigford did what he does best; warming us up and keeping us moving. Gavin Dodd was a fantastic commentator, channelling his inner Steve Cram with race announcements and quick-fire analysis. Jenny Walker and Joanne Hirst did a superb job of keeping track of the scores. Thank you to Dave Hudson, Mr Bassinder, Kevin Robinson, Gail and Gracie Fawcett, Judith Greenwood, Carol Heptonstall, Alison Bamford and Esme Ferris for helping with photographing, position checking, clapping, cheering, and bell ringing!

Thank you to all who came and took part – Leon, Dan M, Lorraine, Aileen, Tim W, Sarah H, Sue W, James, Clayton, Mark P, Julie, Sue C, JT, Karen, Neil, Ian J, Michelle, Bev, Tim N, Colin, Danny, Fraser, Sally, John R, Ranjit, Paul, Mags, David F, Ian H, Christine, Heather, Dan S, Maria C, Matthew, Tanya, Jane, Gerry, Amjid, John H, and Paula – it was your enthusiasm and energy that really made it happen.

A big thanks to the Sports Day Committee – Maria, Helen, James, Leon (Leon has featured quite a lot in this!) for their ideas, enthusiasm, and making this event happen.

Oh . . . and thank you to Michelle Rogerson and Ian Hoskins for reminding us all to run clean!



See you next year for round two! The three-legged race WILL be included!! 😊

Gaby Ferris and Helen Armitage

Worth Valley Away Run

Jonathan Pybus

Stainland Lions Sunday Away Run Series

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!

The Worth Way (Haworth)

The first adventure was a great success, with two large groups running in the sunshine.

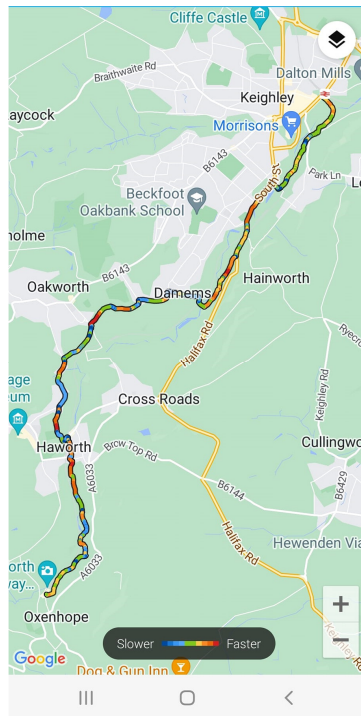
We set off from Oxenhope station at 10am on Sunday 4th September and caught the steam train into Keighley. This is a really nice journey, especially looking at all the old stations (including the Railway Children one).



Once we arrive in Keighley we divided the groups and set off on the Worth Way. This is a great route that follows the railway line back to Oxenhope. Well, it does follow the line ish! There are admittedly a few little hills (750ft). The run takes you through small paths and roads, and eventually following the steam into Oxenhope.



We then drove up to a nearby pub for a pint in the sunshine. I think it was a great day out for everyone and it was so nice to see new and old faces.



The next event is at Piethorne Reservoir. The route is actually used as a race and is even more scenic than Haworth. There will be at least two groups again, so you will not be left behind. There's a great pub afterwards, so looking forward to seeing everybody again.

Coaching with Colin Duffield

The Grey Zone

Do you believe that to improve you need to always train as hard as you can and run as fast as you can?

If you do, you're wrong, but not alone in being wrong.

I wasn't going to write anything this month but was prompted to after a conversation last week. He's a good runner, young, talented but often injured and seemingly plateaued in terms of improvement. He runs four/five times a week and always puts in a strenuous effort. So, we got talking about training intensity.

Different intensity running makes different improvements and adaptations that are worth knowing about.

A training programme will be to an extent dependent on your goals but is essentially a formula or recipe to adapt yourself into a better runner. So;

Easy Running:

I'm assuming that we're a community of endurance runners and don't have many members with the ambition to be the next Usain Bolt; so, this should be about 80% of your running time. The benefits of a long slow run are huge and varied. If you want to be an endurance runner, practice this.

It's running at 50-70% of maximum heart rate, you should be able to comfortably have a conversation or even sing a song. Obviously, this lets you run for longer.

This key session improves VO2Max by working mitochondrial density, capillary networks and heart stroke volume. Furthermore, it adapts your muscular/skeletal structures and conditions you to mentally run for a longer time. Also carries less chance of being injured than faster running and allows you to recover more easily. It's fab.

Hard Running:

So, if you only do easy running you might only learn to run slowly. Supplement it with some hard effort, but only about 20% of your total time.

It's running at 80%+ (probably a bit higher depending on your conditioning) of your maximum. You'll be out of breath, but not to the point of collapse. Examples would be racing, interval training, tempo runs, etc.

This improves lactate threshold/processing, VO2Max, strength, neuropathways, basic speed. It requires recovery and carries the risk of over training and injury. But it'll get you faster.

Medium Intensity:

This is where most runners spend a huge proportion of their time and energy. Often it's what coaches call the dreaded Grey Zone.

Consider it to be running at a greater intensity than is comfortable but not hard enough to be classed as Hard. Probably about 70-80% of max. Certainly not easy enough to get the Easy benefits, and not hard enough to get the Hard benefits, falling between the two stools and wearing away at your available running capacity.

If you manage to get stuck in this Grey Zone, you'll validate every run by pace, and never really recover and adapt. It'll feel like you're putting in the effort but probably not get any faster, so you'll do more and most likely get injured!

Don't get stuck in the Grey Zone.

**October 2022:**

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

Sunday 23rd – Away Run @ Piethorne Reservoir.

Thursday 27th – Away Run @ The Hare & Hounds, Hipperholme (see Facebook page for details)

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

November 2022:

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

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

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

February 2023:

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

West Yorkshire Winter League 2022/23 Dates:

- 13th November 2022 – Baildon
- 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