



John Bassinder

From The Chair

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

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from September 2023

Various

Contributors

Maria - what the ladies have been up to. Coaching with Colin Duffield. Racing the Fells with Moria.

From the Chair

John Bassinder



Definite Autumn feel on the runs now, and the end of another very busy month for us. Sports Day was a big success again, great to see lots of folk on the track having a go at the sprints, relays and egg and spoon races while of course the serious business was taking place on the throwing area with you athletes giving it lots of wellie. Thanks to all the coaches for making it a really enjoyable evening. This was followed a few days later by our Stainland Trail Race, no secret that we had concerns up to a few days before. As with a lot of clubs now, there are so many races to choose from that it's often leading to low entries. Late surge meant we got there in the end though, and on the day it was a great success and absolutely worth the effort! I think everyone who was there would agree - infectious atmosphere, all the runners coming in happy and heaping praise on the marshals and organisation, a brilliant advert for our club. Thanks again to Richard, Paula, the entry team and everyone who helped, I always come away on a high after a morning like that, so proud seeing the Lions showing others how it should be done!

The final race of YVAA league took place at Ackworth a couple of weeks later. I've loved the few Vets races that I've been able to do this season and wished I could have been there for that one [It would certainly have been less tiring than our prior commitment over in Didsbury looking after a 4yr old and an 11 month old for the weekend]. Thanks very much to Captain Gav for leading us [Literally!] through another great season for the Lions. We're going to miss that leadership . . . and we're definitely going to miss those race reports! You'll all no doubt be looking forward to the muddy version of these trail races, not long to wait, our WYWL cross country races start with Baildon on Sunday 19th November so get online and get yourself registered.

Coming up in the next couple of weeks we have the Chester Marathon Sunday 8th October followed by the Yorkshire Marathon a week later, good luck to all the Lions running these. It's always impressive seeing anyone who puts in the effort, dedication and training needed to run a marathon. I think you'll all admit though that's it's especially impressive when you see a mother of two young children, working full time in a very responsible position, fitting her training in even if it's running to work at unearthly hours then qualifying [Again] to run in an England Masters vest while setting PBs along the way The rest of us need to remember this when we look for excuses not to go for a run. Good luck Mags in Chester, wear that vest with pride, you've earned it!

Finally this month, I know it's scary, but the end of the year is approaching faster than we'd all like to acknowledge. [Must be right, there's been Christmas stuff in the supermarkets for weeks now]. Looking ahead to the start of next year; Cat recently posted a poll regarding the annual presentation/dinner dance asking what format you would like, whether members would prefer a formal dinner/dance as in the past or a less formal, more casual, buffet style evening. Result was that the "Casuals" won the vote so look out for a date and venue to be announced. Whilst on Socials, hopefully everyone has seen Martin's posts regarding a night out on Saturday 21st October meeting at the Hog's Head, Sowerby Bridge, and a Christmas meal at Syhiba on Friday 15th December.

On committee matters: The 2023 Committee are now in the final months of what has been a very busy year. The AGM is set for 15th January when the new committee for 2024 will be elected. The number one concern we had was who, if anyone, would volunteer for chair as there has been no vice chair for the last few years meaning no automatic successor when my two year stint ended. Delighted to say that our worries are over and we're very pleased that Paul Armitage has agreed to take on the role once more. People will remember that Paul was a brilliant and very hard working chair a few

years ago, we all think he's the right person to take us forward again and hope everyone will support his nomination at the AGM. As for the rest of the 2024 committee roles As always some existing members are willing to stay on and some wish to step down giving the opportunity for new folk to have a go. If you love the club [and you obviously all do!] and want to get more involved, please message me or have a chat with me. There are three months yet but that will soon go so now is the time to have a think. I can say already that we will need a new Mens' Captain and Ladies Captain [Full committee positions] and we also have two important non-committee vacancies for Vets' Captain and Bluebell Trail race director. Come and have a talk to me or any committee member to find out what's involved.

So that rounds up another busy month but just to let you now that while all that was happening, in the background the legend that is Alex just quietly kept on going - Now over 1,000 days of running every single day and heading towards her next milestone – Or should we say her “5,000 milestone” as she approaches 5,000 miles since her personal challenge started!

John B.

Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for September 2023

Heights Ultra Trail 50km (2nd Sept):

Gavin Mulholland took on and won the Heights Ultra 50km Trail Race, clocking a time of 4:14:33, almost 20 minutes ahead of the runner in 2nd place. The fantastic event took runners through the heart of both the Colne & Holme Valleys on the edge of the Peak District. The route was on mixed terrain with beautiful trails, open moorland and some wonderful vistas.



Tholthorpe 10k (3rd Sept):

On a scorching morning, a small contingent of Lions headed to North Yorkshire to compete in the Tholthorpe 10k, a counter in this year's Club Championship. This popular race starts and finishes alongside the village pond, with a flat and fast course running along quiet country roads. Lorraine Naylor led the Lions home, followed closely by Steve Hallam.

Results: Lorraine Naylor 47:10, Steve Hallam 47:28, Clare Thomas 52:04, John Carless 52:11, Sue Cash 56:12, Hayley Kelly 59:38, Claire Haigh 1:01:39.



Yorkshire Veterans' Athletics Association – Race 6, Queensbury (3rd Sept):

It was all tractors and trails at today's YVAA Grand Prix, hosted by our friendly rivals, Queensbury. The smell of BBQs and Special Brew were already in the air as 184 competitors set off on their out lap around Littlemoor Park, doing battle with each other and a tractor! The route is a real mix of trails, field, tracks and about 90% road. Numbers were down on prior races, due to other running events occurring. Stainland ladies were brought home beginning with Aileen Baldwin in a time of 53:59 (1st F70), less than a minute behind was Heather Moffat, picking up 2nd F50; third Lioness was Moira Alderson, followed by Christine Gale and Paula Pickersgill who were only 40 seconds apart as they crossed the finish line. Despite some dead legs from yesterday's 50km race, Vets Captain Gavin Mulholland clocked 2nd place overall, only 4 minutes off last year's time. Simon Rawnsley was 19th place (3rd M55), third for the men was Damien Pearson followed by Mark Preston, John Bassinder, Jonathan Taylor, Tim Walker, Dave Hudson, Sandy Gee & Paul Butterfield.

Women's Results: Aileen Baldwin 53:59, Heather Moffat 54:42, Moira Alderson 56:47, Christine Gale 66:26, Paula Pickersgill 66:56.

Mens' Results: Gavin Mulholland 40:11, Simon Rawnsley 46:41, Damien Pearson 47:20, Mark Preston 52:21, John Bassinder 58:01, Jonathan Taylor 59:49, Tim Walker 61:25, Dave Hudson 62:10, Sandy Gee 64:14, Paul Butterfield 65:28.

Vale of York Half Marathon (10th Sept):

Gavin Foster & Jamie Westwood headed to North Yorkshire to compete in 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. Gavin clocked a time of 1:20:26 and Jamie 1:25:43.

Lost Shepherd Fell Race (10th Sept):

This challenging fell race has 4,273ft of ascent over 14.9 miles and is run over open moorland and footpaths, with runners being treated to a climb up to Stoodley Pike twice! Runners had to visit nine checkpoints along the route as well as using their navigational skills to tackle the partially flagged course. Moira Alderson ran in 3:06:22, with Rikki Hammond in 3:12:09. **[There's a more detailed account of this race by Moira further on].**

**Great North Run (10th Sept):**

Three Lions took part in the Great North Run on Sunday. Despite the scorching hot weather followed by a downpour, there were PB times for two of the Lions. Gary Barnes led the trio home in 2:04:05, Phil Richards in 2:36:29, taking 1 min 17 seconds off his previous best, and Dave Jennings in 2:39:26, knocking 8 mins 47 seconds off his previous best.

Yorkshireman Off Road Marathon and Half Marathon (10th Sept):

Six Lions tackled the Yorkshireman Marathon & Half Marathon at the weekend. James Penson was first Lion home in the Marathon in 5:23:42 followed by Aileen Baldwin in 5:42:31. Martin O'Brien led the Lions home in the Half Marathon, which is actually 14.7 miles.

Half Marathon Results: Martin O'Brien 2:33:33, Helen Hudson 2:48:13, John Bassinder 2:56:35, Alex Whyte 3:27:03.





The Lap Ultra Marathon (9th-10th Sept):

On the hottest weekend of the year, Jim Harris took part in The Lap – Lake Windermere Ultra Marathon. A beautiful 47 mile, fully signposted trail ultra marathon which follows some of the most stunning, runnable and best way-marked trails in The Lake District. The route is predominantly on singletracks and trails, with some sections of boardwalk, fire road, steeper fell paths and occasional unavoidable short sections of quiet country road. Jim completed the course in 11:54:25.

Stainland Trail (17th Sept):

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. Of the 99 participants who lined up to “run to the hills”, six were Lions, with many more Lions marshalling the route and officiating. The winning time of 45:30 was posted by Michael Cottam of Stadium Runners, and April Stewart was the 1st Lady, 11th overall in 52:35. Fraser Ambrose led the Lions home in 22nd place, and there were age category places for Aileen Baldwin (1st FV70) and Maria Chandler (3rd FV50).

Results: Fraser Ambrose 55:30, Aileen Baldwin 1:01:41, Mark Preston 1:02:37, Paul Brough 1:03:46, Wayne Underwood 1:08:30 and Maria Chandler 1:10:26.

Rombald’s Romp Fell Race (23rd Sept)

“A Romp on Old Rombalds Moor” The 8.1 mile race with 1,214 feet of ascent is a category BM fell race hosted by North Leeds Fell Runners. The route is multi-terrain over rough, rocky tracks, heathery paths and about one mile of road. Two Lions tackled the race – Moira Alderson in 1:23:37 and Aileen Baldwin in 1:27:16 (1st VW70).



Sutton Park 10k (23rd Sept):

David and Diane Waite travelled to North Yorkshire to take part in the Sutton Park 10k, a flat rural course run on parkland tracks and farm roads. The race started and finished in the picturesque village of Sutton on the Forest. David ran in 53:36 and Diane in 56:60.

Shepley 10k (24th Sept):

Two Lions headed to Shepley to complete in this year's 10k race, part of the Huddersfield Trail & Road Series. Martin O'Brien ran in 52:28 (1st MV60) with Sue Cash in 57:55 (1st FV55).

Stairway to Heaven (30th Sept):

Six Lions travelled to Holmbridge for Race 18 in the Club's Championship. The Stairway to Heaven is a challenging, hilly course towards Ramsden reservoir and the forested paths around Hade Edge. There are actually no steps on the course, but after the challenging climbs it might feel like it! The route climbs from the reservoirs of Holmbridge up Ramsden Road to Cartworth and Elysium, then it's downhill to Holme Styes Reservoir before a climb back up before heading home. Martin Wood led the Lions home coming in 13th place and 2nd M60; Lorraine Naylor was 2nd Lady to finish.

Results: Martin Wood 1:14:45 (2nd M60), Lorrain Naylor 1:15:33 (1st F50), Mark Preston 1:22:37, Laura Goodwin 1:24:30 (2nd F40), Sandy Gee 1:34:16, Heather Anderson – 1:38:56 (3rd F50).

PB Corner

Parkrun PB's

September 2nd

Halifax Parkrun: Chris Hall ran his all-time fastest 5k in a time of 17:41 at Saturday's Halifax Parkrun.

Dalby Forest Parkrun: David Waite ran a PB of 25:31 knocking 48 seconds off his previous course best.

September 9th

Woodhouse Moor Parkrun: Laura Goodwin ran a PB of 27:55, taking 1 min 13 seconds off last weeks' time.

September 30th

Huddersfield Parkrun: Gavin Foster whizzed round with a PB time of 17:13, knocking 8 seconds off his course time and clocking up his fastest Parkrun time.

Other PB's

Great North Run: Phil Richard took 1 min 17 seconds off giving a PB of 2:36:29. Dave Jenning knocked 8 mins 47 seconds off his previous best giving him a PB of 2:39:26.

The Lost Shepherd Fell Race with Moira Alderson



10th September 2023 – The Lost Shepherd Fell Race attracted this year a field of 83 runners.

Distance: 24km / 14.9 miles.

Climb: 820m / 2,690ft.

Cost: £10 pre-entry or £12 on the day.

Registration took place in the Shoulder of Mutton Pub, Mytholmroyd, with plenty of car parking available at the local Community Centre. Then it was a short 10 minute walk up to the field for the start (same as for the Coiners Fell Race).

Start – CP1 Stoodley Pike: It was a warm start at this point thankfully the sun was behind the clouds. I positioned myself at the rear of the race for a steady climb up the field onto a hardened track, through woods and then onto the open moors. At this stage navigation was not required as plenty of runners were in sight and some well-marked flags were placed.

CP1 – CP2 Withins Clough Reservoir: All downhill and slightly right over the moors. One small section of climbing a few large stones to avoid the appearance of a yucky bogged area. Navigation was still easy, arriving at CP2 towards the corner of Withins Clough reservoir. By now the field of runners had really spread out.

CP2 – CP3 Withins Gate: Flat track round the reservoir, then up over a trackless, tussocky hillside and peat hags passing a friendly herd of cows then finally an obvious path to the CP3 (however a few people seemed to deviate off and required calling back). It looked like the thunder and some rain might commence and a drop in temperature would have been very welcomed. Within a short space of time the sun broke through and it became hotter which prompted me to sips of fluid and to eat my satsumas. By now I had started to gain a few places in the field from when the race had begun.



CP3 – CP4 Pennine Bridleway to South Hollingworth Farm: A good flattish stretch where the route meets the Pennine Way. This section I found was easy to get lost in your thoughts. I spotted someone ahead trip, roll down then bounce back up and run again. When I caught up to him on the descent to CP4 he was in good form and uninjured.

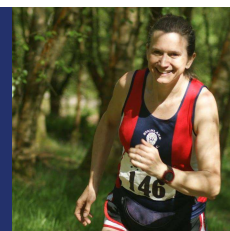
CP onwards to CP8 Stoodley Pike: I became more determined to dig in through the increasing sun as the heat of the day rose. Gradually you climb back towards Stoodley Pike. It's a really sneaky race heading closer to the Pike then descending you back down towards the valley. After a steep decent my legs felt shocked and my mind was preparing for a cruel twist in the race of the steep climb back up to Stoodley Pike. It was certainly harder on my legs now, and the Kendal Mint Cake was a great distraction to focus on. By now I'd made some really good progress in passing a few runners and wanted to keep it that way until the finish. Relief to complete the final climb and get to the monument again. At this check

point the marshal told me he'd been receiving quite a few choice mutterings from other runners. It was a case thank goodness I got this far and was feeling good to push on through the final section.

CP8 – CP9 Stoney Road: Descending from Stoodley Pike then on through the woods to Sunderland Pasture. This is the point where I really didn't care about the bogs hitting my feet and legs anymore. The legs tanned nicely and not by the sun! Skirting along the moor widening along the tracks was exhilarating, getting closer to the finish where I took the opportunity to find enough reserve in me to challenge and pass several more runners leading to an ungraceful descent down the field to complete the race.



Ladies Captain's Update - Maria Harron



Autumn is certainly upon us and the second marathon season is almost here. Lots of runners putting in the final efforts to their marathon training. I wish them all the best and look forward to hearing all about it in the next Newsletter.

September is now the official month for the Stainland Lions Annual Sports Day which seemed to be a lot of fun. Read more about it further on in the report.

Firstly I want to report on a few ladies that have caught my eye during the month

Alex Whyte

Alex Whyte is still on her Run-Every-Day (RED) challenge, there is just no stopping her, she just continues each day with a smile on her face. She runs a minimum of 5k a day and has achieved so much more than that by including many marathons, fell races, cross-country races, Parkruns, etc. She seems to have no fear of distances, hills or mud! Here are some amazing stats about what she has achieved since 12th January 2020.

Running 1032 days in a row since 12/01/2020.

Total Streak Distance 4,855.63 miles
 Total Streak Elevation: 407,027 feet
 Total Streak Activity Time: 2,170 hours



Parkruns x 28

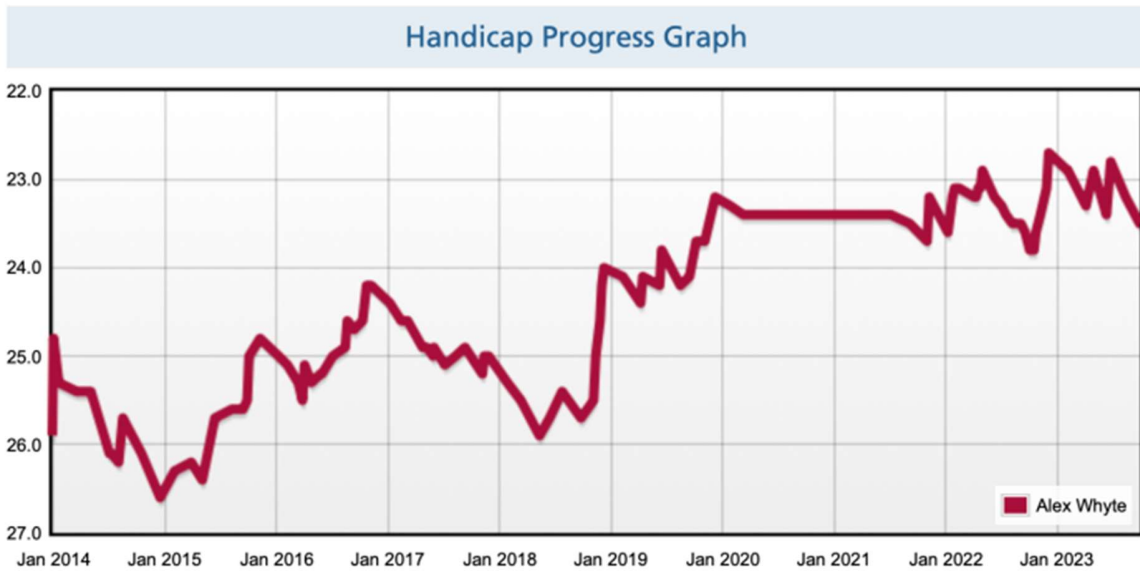
2023 28:23 – 32:55
 2022 28:27 – 36:51
 2021 31:24 – 36:25

Half Marathons x 5

Liversedge	Feb '23	2:23:42
Liversedge	Feb '22	2:22:22
St Aidan's	Oct '22	2:26:25
Bradford	Oct '21	2:15:23
Liversedge	Feb '21	2:21:33

Marathons x 5

Manchester	Apr '23	5:04:09
Leeds	May '23	5:15:03
Manchester	Apr '22	4:59:25
Chester	Oct '22	4:56:15
Manchester	Oct '21	5:01:48



Great news from two ladies who have been injured for quite a while but are making huge steps in their recovery. Well done ladies for your amazing determination!

Carol Ann Heptonstall

So I have great news, I have been back to the NHS for my follow up appointment. Following the X-ray today my knee is fully aligned and there is no scar tissue in the knee. The consultant was surprised that at not quite 10 months post op I have no limp, restored muscle and am back to building up running, he said he couldn't believe my progress!

So he discharged me just to self-refer back if I have any issues . . . I'm elated, thanks for all your support and help that has got me here, I will be back on those pub runs very, very soon now and I can't wait to be with you all again.

Karen Carless

Northwest Triathlon

Today was a huge day for me. I've spent so much time preparing for it and thinking about it. After being injured for so long and missing out on the triathlon season this year, it meant the world to me. Knowing I'm not 100% yet was a bit of a worry, but not an excuse to be s#!t!

I was nervous all week, but this morning, that was gone. I don't know why, but it was. I knew I'd done all that I could, I guess

I absolutely loved this event.



The swim was chaotic but I battled through and came out a bit bewildered but grinning.

Then the bike. That was amazing. I've never felt so strong as I cycled past triathlete after triathlete. It was my favourite part and strongest discipline of the day.

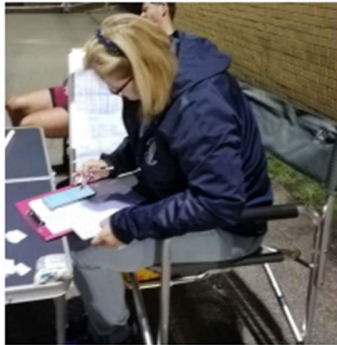
The run felt good, but I sat off a little too fast, so I found my pace eased in . . . Then I saw and heard my cheerleader with his medal. I have never needed to see someone as much as I did at that moment, John Carless. Your smile was a huge boost. Thank you for everything you did today. You are amazing.

Crossing the finish line was an incredible as I thought. Coming 2nd in my age category with a PB in each discipline was the biggest bonus and gives me encouragement for even better times next year

I love the challenge a triathlon gives me and the big celebratory meal afterwards!

Sports Day 2023

Wednesday 13th September was our second Stainland Lins Sports Day. There were 36 runners and many helpers to allow the evening to flow smoothly. Colin Duffield led the warmups and drills so that all runners were ready for the races, Mark Pigford was on the microphone keeping everyone knowing what was happening, Joanne Hirst was keeping score as they came in, John Bassinder and Colin Hughes were in charge of keeping the Welly Throwing in control and a fabulous team of helpers were handing out Race Tokens to all finishers and keeping charge of the Eggs and Spoons! A fantastic team of helpers, thanks to all of you.



The 36 runners were placed in teams ensuring there was an equal balance of runners and also splitting up any married couples/partners to encourage some healthy competitiveness! Each team was allocated a Team Captain who had the important job of organizing who would be running which race and also drumming up lots of enthusiasm, they did this very well!



PINK	RED	BLUE	PURPLE	YELLOW	ORANGE
CAPTAIN Damien Pearson	CAPTAIN Maria Chandler	CAPTAIN Michelle Rogerson	CAPTAIN Phil Moyles	CAPTAIN Clare Thomas	CAPTAIN Karen Carless
Heather Moffat	Jonathan Taylor	Paul Armitage	Helen Armitage	Simon Rawnsley	Hayley Kelly
Dawn Medlock	Steve Hallam	John Carless	Beverley Day	Suzanne Pattison	Kevin Robinson
Joanne Kitcher	Claire Haigh	Lorraine Naylor	Sue Cash	John Bannister	Ian Johnson
Mark Preston	Mark Pottinger	Judith Greenwood	Sally Caton	Leanne Morgan	Gaby Ferris
Sue Wade	Genevieve Thompson	Gav Mullholland	Amjid Khan	Sarah Wannerton	Helen Hudson

I will now pass you over to three runners who took part in the event and they can tell you more

Sarah Wannerton

As a relatively new member to the club (joining after completing the beginner's course) I was encouraged to take part in the annual Sports Day on the understanding that this was a fun event. I signed up and became a member of the Yellow Team. On the day I was a bag of nerves and apprehension wondering what I had let myself in for! On the start line of my first race I started to imagine how the top elite athletes felt but a couple of strides in I quickly forgot this notion along with my vivid imagination! Having run as fast as I could I was slightly worried knowing that I had several more races still to do and already felt tired! By the end of the evening I discovered that I had zero talent for Welly Throwing, minimal talent for the Egg and Spoon race despite a strong start and the racing was quite challenging! However the whole evening was great fun, lots of support and cheering (as much for last place as first) and I have a funny feeling I will be signing up again next year! The Lions' community is without doubt friendly, supportive and they never leave a Lion behind, this has been my experience. Thank you.



The Tigers Lions who came to Track

Gav Mulholland

It was just another Wednesday, just like any other Wednesday except in the realm of the Stainland Lions hosting their second ever sports day (evening), a combination of track and field events, both individual and team relays.

There had been a few FB posts in the weeks leading up to the day but, as an off-road runner, this was not on my radar, so I was off out for a local hilly run in the morning.

However, in the afternoon, Messenger pinged as Maria was trying to find a last minute replacement to ensure all teams had sufficient numbers. I replied courteously, saying I might be able to help, secretly hoping that some other sucker / volunteer would step up. Maria, in kind, hinted that she had several lines in the water, so I thought job done, until I got the order to scramble as I was her last card. So I packed my Tarzan outfit and road shoes and arrived at Spring Hall at 6.50pm, only 20 mins late!

Maria had got her Enigma machine out and rescheduled the first event, the 400m, that's a full lap of the track lol. All the participants were warmed up and looking in the mood, I looked like a rabbit in the headlights. I reported into a responsible adult (The Armitage's) and was informed that I was replacing road and track pro, Mags Beever, so no pressure!



First heats were already occurring so I squeezed in a warmup before being led to my starting position in lane 3 and we were off.

Hopefully what I describe happened to some other runners, as I started fast, got to about 200m and realised I couldn't sustain the pace, then, time would go into Six Million Dollar Man made (like time lapse) and I remember seeing Rapido Philip Moyles extend his lead and finish comfortably first. With non-sprinters legs it was a complete shock, and I staggered off clutching my hamstring, and realising this fish was clearly out of the water. Got lots of encouragement from comrades and then heard Mark Pigford, master conductor, call me/Mags for the Egg and Spoon.



This turned out to be one of the hottest contested events of the evening with many different techniques attempted. I didn't try anything risky so didn't drop or scramble my egg, coming second in my leg. Some folk however, had obviously

been watching reams of YouTube sports day videos in preparation, and Gaby Ferris excelled in her heat, using the fast walk technique as seen at the World Championships in Budapest.

During all the various races, if you weren't running, you were stood at the side, cheering on everyone else, as players put all their efforts in to scoring for their team, and beating their rivals. After each race, you were given a score by one of the many volunteers, that you took to Joanne Hirst, who was our Carol Vorderman for the night, totting up the scores for the six teams of six.



My next punishment / event was 200m where again I got spanked by the Moyles, with the rest breathing down my neck.

I was delighted to discover Mags had elected to avoid the tortuous 1200m, so I got to spectate with some inspiring efforts from all who completed this.

Michelle Rogerson gave me a wry smile as she informed me that I had to have a Welly Wang. Colin Hughes and John Bassinder were adjudicating this event, using their micrometre screw gauges to measure all results, well, to the nearest micrometre.

John began a recital of the history of wanging so I wanged as swiftly as possible to evade the tutorial. After my second Wang, bettering my first, I thought Norris McWhirter and the Guinness book guys were needed. However John informed me that Simon Rawsley was the best Wanger.



So it was back for a less grueling 800m, coming first, as I think Philip was tiring post 400m and 200m, glad to earn a top score for the Blue Team. I had to check the gap twice on the home straight, as I didn't want a Steve Ovett episode.

The best events came last with the relays Lorraine Naylor informed me I was on the last leg. This made me realise that it was going to be up to me to finish it for my team, yikes. I eventually listened carefully to Mark patiently explain the positionings of each runner and then we were off.

John Carless led us off, followed by Lorraine, and before I knew it, Michelle Rogerson came bombing along to pass me the baton. My legs had already turned to jelly due to an adrenaline lactic mix, but I quickly got into third and tried to close in on Ian Johnson and Damien Pearson. Damien managed to go by Ian at around 200m, but it seemed to take me an age to do the same, just entering the final 100m. I watched Damien put on a spurt and thought, that'll do, he's earned first, then I had a millisecond review and just kept trying to progressively up my pace. The finish line was obscured with everybody whooping and hollering for their mates, and it was going to come down to the wire. Hugging the inside-lane I managed to squeeze through a narrow gap and was rewarded, crossing the line first, barely in front of Damien. I thought Dave Hudson would declare a photo finish. It was thrilling and we certainly entertained the masses.

Now I was exhausted so watched the start of the final finale, the 4 x 100m relay. However, anticipating everyone hitting the *Maccy Ds* at Salterhebble, I made my farewells, delivering the biggest blow of the night, as I missed Aileen top off the night with her gorgeous flapjack.

The whole event was seriously well planned and executed, with everyone having a great time, so thanks to all who helped make this happen. If you didn't get to have a go there's always next year, save me the pain (and pleasure).

Helen Armitage

13th September was the 2nd year of the Lions' Track Sports Night. 36 athletes took part in the FUNtastic evening made up of 6 teams of 6 athletes competing in events such as 200m, 400m, 800m and 1200m and followed, as all good athletic events do, with a 4 x 400m relay and a 4 x 100m relay.

To add a bit more fun to the event we also held Egg and Spoon races which were very competitive and track announcer Mark Pigford making sure all Egg and Spoon rules were strictly followed. Alongside was the Welly Throwing event adjudicated by John B and Colin Hughes who had to dive for cover on a number of occasions and might well ask for danger money next time.



Whilst all the races were competitive the evening was great fun with lots of team support and cheering.

A huge thank you to everyone that took part, and to Mark Pottinger and Gav Mulholland for stepping in at the last minute, and a big thank you to ALL the helpers who cheered everyone one, made sure everyone started in the right race and place and kept the races flowing.

And so to the results of Sports Day

1 st	Orange Team	1560 Points
2 nd	Pink Team	1490 Points
3 rd	Purple Team	1440 Points
4 th	Yellow Team	1400 Points
5 th	Red and Blue Team	1330 Points

WINNERS – Orange Team
Hayley Kelly, Ian Johnson, Gaby Ferris,
Karen Carless (Captain),
Kevin Robinson, Helen Hudson



Well done again to Orange Team and thanks to all participants (especially those that were pulled in at the last minute), all the helpers and Gaby for the chocolate medal prizes!

The third Sports Day will provisionally take place on Wednesday 18th September 2024 so you have plenty of time to practice your Egg and Spoon, perfect the art of throwing a Welly and to come down to track to practice your fast running!

Stainland Lions'
Lion of the Month

GAV MULHOLLAND

September 2023



He's shown a commitment to the Lions

Gav's amazing running achievements

Gav for his win in the Heights Ultra 50k in 04:14:43

Total commitment to the Vets races and standing in for Sports Day at the last minute

Gav's won Gold in British Fell Running Championships V50 and Silver in V45

To not only run the Heights Ultra but to win it and then turn out for the Vets race the next day was something else

CONGRATULATIONS!

Coaching with Colin Duffield

All a Question of Hill Power

Every Monday we do hills. Those newer members might wonder what it's all about, and admittedly there is something odd about spending an evening running up and down the same hill. But let's think about why, the benefits of hill training.

- Strength
When you're running up hill you're literally pushing against gravity. This works your prime running movement muscles, primarily calves, glutes, and general hip flexors. Running down the hill you're controlling gravity, working glutes (again) and quads, and crucially you're stabilising muscles, glutes (yet again), abdominals. You do get the same effect by simple running, but with much less intensity. If you're looking for 'bang for your running buck', do hill intervals.
- Fitness
Short sharp hills done at the right intensity will increase your VVO2 max. longer hills, again at the right intensity will boost your lactate threshold and processing. It's a slightly complicated subject, but both these effects will make you able to provide the energy to help yourself run faster for longer.
- Technique
The nature of hill intervals means that they are hard. But they're easier if you take time to learn technique. Key technical markers being small steps, head position, arm/upper body engagement, pacing.
- Speed
So if we put the above three benefits into a ven diagram, we develop speed, not just on the hills but flat and down too.
- Mental Resilience
An old coach of mine use to talk about 'learning to suffer'. Whilst I don't fully subscribe to his spartan philosophy, there is something about pushing yourself for that extra rep when you'd really rather not. A friend of mine once commented that the last hill in a fell race nearly finished him off, until he imagined it was his local hill where he did his regular reps.

If I haven't convinced you, or you'd like to know more, get in touch. In the meantime, have a look at our Hills Guide below:

A Stainland Lions Guide to Hill Training

- Where: Meet at Heath to run out to this week's hill. Details of the week's hill are usually posted on the Lions Facebook Group the day prior to the session.
- When: 6.30pm – 8pm on a Monday.
- Who: Any member of Stainland Lions. We try to have two groups (depending on demand).

Why:	Hill training is great for general fitness and running stamina. Done regularly it will also make you faster, stronger and improve technique. It's often called 'speed training in disguise'!
How - Warm up:	After meeting at Heath there is a gentle run to this week's hill to raise heart rate and activate your energy systems.
How - Drills & running technique:	To introduce relevant technique for the main session, also to help get your body activated and ready for the hill. These sound complicated but are generally great fun. Led by the coach with full instructions and demonstrations.
How - The session:	The main session lasts approx. 40 mins and will usually consist of a set of repetitions (reps), running up and down the hill. The sessions will vary in their focus, some will be longer reps or steeper hills, depending on the specific training aim of the exercise. The coach will give clear instructions and let you know the rationale.
How – Cool down:	A gentle run back to Heath.
How – Stretches:	To help with your recovery and do your body a favour!
What you need:	Usual running gear. All sessions are on the road unless specifically stated otherwise. The coaches try to find the safest possible venues, but nevertheless you will need a headtorch and Hi-Viz in the darker months.
Homework:	As hill training targets many different elements of running, the coaches may suggest drills or exercises to do in the following week in order to re-inforce the benefits of a particular session
Caution:	Hill training, like track and racing, is a relatively intense, 'quality' activity. If you have an injury or illness think carefully before attempting a session. Also, research suggests that a maximum of 20% of your weekly running time should be at intensity so it's useful to think about your weekly running in its totality and build your quality sessions into a wider training plan. It may be useful to talk to your coach about this.

Jargon

Reps (repetitions):	The number of times you run up and down a hill in each set
Set:	Either a number of reps, or fixed time you run up and down your hill before resting.
Recovery:	The periods in between sets
Session:	The number of sets done

Pace

For most sessions the proven optimum pace is around what coaches might call your 'Lactate Turnaround Point', for most people this will be around the pace they can maintain for 3k or a hard 5k effort. After you're accustomed to hill training you'll learn to listen to your body and find your 'sweet spot'. Don't be tempted to chase others.

For some very specific sessions this optimum pace may vary, again the coaches will advise.

Etiquette

- Look after yourself and others. Encourage, support and make others feel welcome
- Be mindful of traffic and keep yourself safe
- Show respect to 'normal people' (members of the public) who may be innocently using the same space.
- Generally, we should try to run on the left (both up and down) to avoid impeding other runners.
- Remember, it's supposed to be fun!

Away Run - September 2023

Our September Away Run took us to the Wills O' Nats Pub in Meltham, a stone's throw from Blackmoorfoot Reservoir.

A big thank you to Helen Armitage for organizing this one (and for the great photos) – I think we will definitely be going to this pub again! 😊

We had three groups, catering for all paces:

- Steve Hallam took the speedier group on a 6-7 mile route.
- Helen Armitage taking the medium paced runners on a 6.5 mile route.
- Mark Preston taking the steady group [thankfully, as I had no idea where I was!] on a 5-6 mile route.







2023 Championship Races:

- Sunday 15th October - Holmfirth 10k, Hade Edge Bank Hall.
- Sunday 29th October – Bronte Way Fell Race, Aisled Barn, Trawden, Colne.
- Sunday 5th November – Guy Fawkes 10, Ripley Castle.
- Sunday 19th November - Clowne Half Marathon, Chesterfield.
- Saturday 28th December – Ambles Revenge, Waggon & Horses, Oxspring.

2023 Fell Championship Races:

- Sunday 29th October – Bronte Way (7.5 miles) *also in Club Championship*
- Saturday 9th December – Moors the Merrier (21.1 miles)

YVAA 2023 Grand Prix:

- Race 7 – 1st October @ Ackworth RR, Fitzwilliam Country Park.

West Yorkshire Winter League 2023/24:

- 19th November: Baildon
- 3rd December: Queensbury
- 17th December: Bramley
- 7th January: Stadium
- 21st January: Lakers
- 11th February: Pudsey
- 25th February: Stainland
- 10th March: Crossgates

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