



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
February 2016

Ramblings from the Chair

So this is my first newsletter as Chair, I'm writing it after a very enjoyable weekend.

First on the Saturday I did 14 miles of Marathon training, then Sunday I turned up just in time for the Temple Newsam X Country (missed the team photo though), but ran a lovely 5 miles in great company, finally I finished off the day seeing a band called the Cadillac Three over in Manchester, the band were excellent. Now I have had various experiences at gigs before, but never before have I had the back of my neck lightly whipped by a 55 year old man with long hair who thought he was at an Ozzy gig, he also head butted me a couple of times, imagine two bull elephant seals fighting in slow motion and you get the picture, it was just missing David Attenborough doing a commentary.



It's great this year to see so many of us training for upcoming spring Marathons, we have people running at Manchester, Brighton and London to name a few. I'm running Brighton this year so I asked Matthew "shall we run it together" and he said "err you're OK Dad I want a decent time!" And so now the canal and greenway are full of Lions doing long runs on Saturdays and Sundays, all doing various distances and paces with cheery smiles, I'm sure when we get to 18, 20 and 22 it may be more of a grimace. The journey may be long but the destination makes it all worthwhile. With that in mind I asked the awesome Tanya Seager to give us an insight and see if she can inspire some of us, which I'm sure she can. You can see her musings below.

The X Country season is now nearing the end with just one race to go, which will be Pudsey on the 28th Feb we will need a full turnout of Lions to support this as it couldn't be closer. At the moment we are still leading the way in all 4 categories, but the Vets, Male and Overall are too close to call at the moment with Baildon, Pudsey and Craven Energy all snapping at our heels, plus we had the upset of Queensbury taking Overall at Temple Newsam by 1 point. This is a championship race so I'm sure we will have a brilliant turnout and bring home the trophies, everybody has done so well. We really are a club to follow. And I bet you didn't know I actually passed Ben Mounsey on the Idle X Country now you're impressed aren't you, admittedly it was on the way home on the motorway, but it was still one of those fist bump moments. So see you all at Pudsey for more hills and mud.

In other news we had a great turnout of 45 Lions for the Winter Handicap race, and the first snow of the season as well, a big well done to Jonny Cartwright and Lorraine Naylor for being the first Male and Female home, and also to Mark Preston for winning the trophy by being within 16 seconds of his predicted time. Suddenly I saw loads of manual entries on Strava for the race as the old adage of "If it's not on Strava it didn't happen" applied. Thank you to John Bassinder for organising and all the helpers and finishers team.

Ben Mounsey & Karl Gray pulled in awesome times for the Hebden 22 both finishing together in 2:42 and on the Hebden 15 Stephen Hall came in first with a very impressive time of 2:12, Richard Hand was 4th with a time of 2:22 and first back for the Stainland Ladies was Mags Beever in 2:35 all brilliant times although they obviously didn't stop enough for sandwiches and cake on the way round. Well done to all the Lions that ran both the 22 and 15.

The Annual Dinner is almost upon us. I hope you have all got your best dresses and suits at the ready. By now you should have paid and put your menu choices on the forum. As in the past this will be a sombre affair. Ha only kidding there will be much drinking and dancing, sure some shots will be drunk and a great time will be had by all if the last two are anything to go by.

And finally the Bluebell Trail race will soon be upon us. Sandy Gee has kindly offered to be race director again this year, with Karen Thorne sorting out the marshals and me sorting out the car parking marshals. It takes nearly 100 people to marshal and generally help with this, there are a lot of roles available but too many to mention here. But what a great feeling you get by helping out. Soon we will be asking for volunteers, so if you have maybe run it for the last couple of years it would be great to see you on the marshalling team.

Simon



The new 10% off and free delivery discount code

for February is

RPQ3

www.sportsshoes.com

Social events for your diary

Bluebell Walk - Sunday 24th April

Your opportunity to walk the course to pinpoint your marshalling position or see what's in store if you're running it. Please note due to flood damage there will be a change to the course. Further details later

Canal Pub Crawl - Saturday 18th June

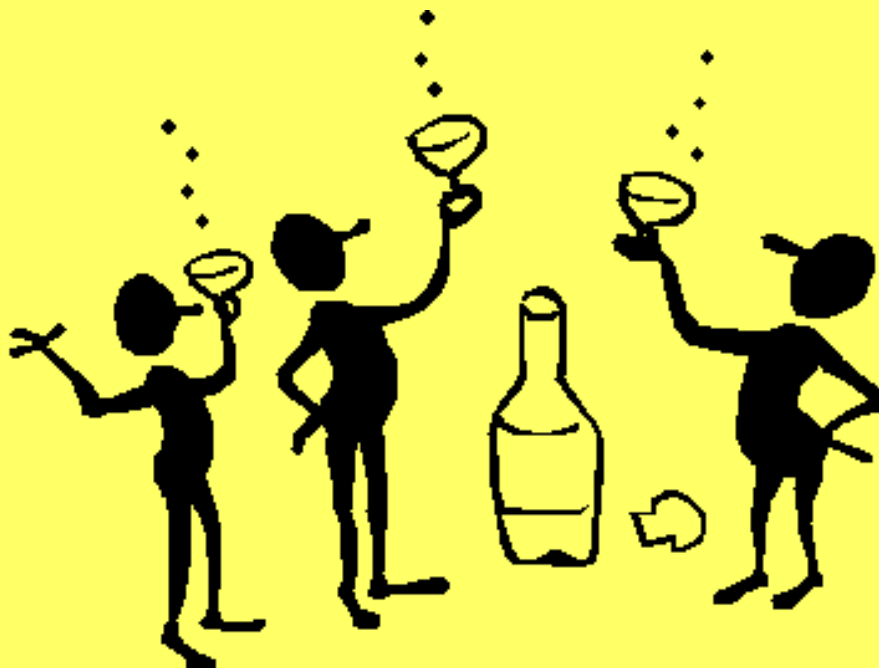
A lovely leisurely walk starting at the Shears Inn, Paris Gates to Sowerby Bridge, calling at The Quays, The Volunteers, The Navigation and ending up in the Moorings. Further details later

Summer Bash - Saturday 9th July

Live band - the fabulous InEchoes and hot buffet. Further details later

Kids Christmas party - up to 8 year olds - Sunday 18th December

Further details later



Social Team:

Diane Rafferty (07766 112457), Carol Lord, Jackie Barker,
Linda Williamson and Chris Tetlaw

Runners Corner

By Tanya Seager

Well, I was asked if I could write something for the newsletter, some words of wisdom about running and my previous experiences. Well don't know how wise these words will be, but I'll have a go.

So what can I tell you? Well as many of you may be aware, I was very lucky as a youngster (when about 13) to join a local running club and have a great coach who got me to running for England by the time I was 17 on the track, road and cross country. I am a long way from the athlete I used to be and know that I could never get back to that level.. However, I now belong to an amazing club, have made fantastic friends, had some great coaching, got dedicated and enthusiastic runners to run with and I have found a new love of running and a new belief in myself.

As I've got older I find that running now is a real release..a chance to get away from all the demands of life, and to just be me! You can't beat training with others, the camaraderie and motivation but I also thrive on just getting out running on my own..just me and the terrain. No one to compare to (not as easy now with Strava!) and no one to conform to.

So what pearls of wisdom can I pass on....

Well for one thing.. **Enjoy it!** Yes, training will be tough, it should be if you're giving it your all, and hard at times, and everyone goes through dips in performance, but if you try and run with a smile, then you'll naturally relax and your running performance will be better for it. All my best races have been when I've ended up grinning whilst running!

Put simply.. You get out of running what you put in!... That's what I love best about running!

Don't ever underestimate the power of a positive mind! You may have seen me a races with my headphones on! It's not me being deliberately unsociable, honest! I just always listen to some upbeat music to get me motivated, to get in the right frame of mind and to get my body ready to push itself. **'He (or she!) is able who thinks he/she is able.'** This is very true! A lot of runners in my experience get to the start line, the race/good performance already lost, because they've talked themselves out of it.

Don't put too much pressure on yourself. If you say to yourself that you have to do a certain time for a race, then you are only allowing yourself a small chance of success. Allow yourself to fail in your pursuit of a set time and you will enable yourself to succeed far more than you imagined possible! **'In order to fly, you need to prepared to crash!'**

Try not to worry if you get injured.. sometimes it can work out for the best! So try and view it as a positive (not easy, I know) and a chance to cross train/rest..your body just might need it! I learnt this when injured for 8weeks at the start of marathon training.. I firmly believe that had I not been out injured I wouldn't have got my marathon PB.

Rest is as important as a hard session! If you keep training hard without recovery days then your body won't have time to adapt to the hard sessions and you'll risk injuring yourself or getting over tired and not performing at your best.

Listen to your body! If you feel really tired then don't push yourself too hard and if you have painful niggles don't push on through them as inevitably this will only end up with more time off later on down the line (this has taken me a long time to learn and am still guilty of it at times!).

Keep a training diary...its always good to reflect on a session and it is a good motivator as you can chart your progress in training and races..but.. make sure you always end a training entry with a positive, however badly the session went. After all, you got out and did it! You will have days when you run badly, everyone does, its how you deal with it that is the important thing!

Well I hope you haven't found this too arduous to read, and I'm sure some will disagree with some of the things I have written, but if just one person finds something of use from this, it'll have been worth writing!

So keep smiling, keep enjoying it and most importantly believe in yourself!!

Tanya X

(Proud as always to be a Lion!)

**Tanya and Sally Catton
+ finisher medals**

