



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
November 2015

From The Chair

Hello and Happy nearly Christmas! October seems to have passed me by as I have been cruising the Med on the lovely Britannia, although I managed one spinning class I fought against the excess food and drink with Ballroom and Latin dance lessons, line dancing lessons and choir practices, culminating in a Britannia Choir Performance on stage in the Live Lounge, a quite surreal experience. A visit from Ant and Dec with the Saturday Night Takeaway film crew was a great highlight, they are just as silly in real life and Dec is not as short as you imagine, look out for our "audience" scene on the next series. Mark Foster (Olympic Swimmer) was also on board and he was a really nice chap, very tall and good at quizzes, though as a family (Robin, wealth of knowledge Cresswell, answered most), we did win the late night syndicate quiz twice and now have two bottles of red waiting to be consumed.



So whilst I was playing you were all enjoying your racing, the York Marathon and 10 miler sounded great fun and the hard training that everyone put in paid off. I am sure everyone appreciated the efforts of Dawn and Andrew organising the Happy Bus. Rebecca took Lion duties to our capital city and nursed a poorly calf round her half marathon, still managed a great time though.

The Bronte Way 8 mile fell race looked fab, the pictures on facebook drew attention to Ray's ladder technique, Ginny's wonderful hair motion and Tim stealing Jenny's number. You were all grinning though, quite a bit of hillage seemed to be apparent and finishing in the pub proved a popular end.

Ben Mounsey continues his phenomenal year with a 2nd place finish in his latest antics for his country, seems nothing is stopping him this year and long may it continue for our lovely International Lion, although his beautiful glass plate prize came to a sad earth shattering end, it looked superb in the pre shattered photo. Ben has put his blog on the forum and it's a great read.

Coming up is our X Country on the 22nd November from COPLEY CRICKET CLUB, a bit of a tweak on our usual course, see the WYWL website and our forum for the details, marshals, helpers and runners are needed so please volunteer if you can. Simon has also put a note on for volunteers for next year's committee, if you fancy having a hand in the "inner workings" have a word with either Simon or myself.

Coming up are the Children's Xmas parties, put your little ones names down if you want them to see Santa, The Bierkeller is nearly here so stock up on Post drinking recovery strategies, named and shamed on Facebook evidence," it wasn't me" stories and stomping and singing techniques.

The Annual Dinner is filling up rapidly, if you want to attend put your name down, make your menu choices and pay online. It really is the place to be and the above Bierkeller rules also apply to the Annual Dinner!!

Don't forget any race reports or general silliness that you want to add to either the newsletter or the website send either me, Jimmy or Adam a copy, we all love to hear about different events and general Lion activity, shout out and be proud. Enjoy your running and see you all soon.

Karen x

Social events for your diary

Charity night with live band and supper - Friday 13th November - CANCELLED



Bier Keller - Friday 20th November - £20 inc £5 donation to Forget Me Not Trust

Tickets booked, if you would like to join us there are tickets available, you can book your own ticket with Halifax Party Nights - don't forget to tell them you want adding to the Stainland Lions booking so we can all sit together

Christmas Meal at the Golden Fleece, Blackley - Friday 11th Dec

FULL

Kids Christmas party - Wed 9th Dec - 9-14 year olds - Sun 13th Dec - up to 8 year olds

Party food, disco & games with a visit from Santa for the younger ones. Taking names on the Forum now. The Sunday party is filling up fast.

Annual Dinner at Berties - Friday 26th February 2016

Filling up fast - book your place now!

Summer Bash 2016 - Friday 9th July

Social Team: Diane Rafferty (07766 112457), Carol Lord, Jackie Barker,
Linda Williamson, Chris Tetlaw and Steve Boyer

From Our Own Correspondent

(Ali's Halifax Courier Features)

By Alison Pearson and John Bassinder



Stainland Lions Courier copy Friday 2 Oct 2015

Andrew Laird Boldy just missed out on his elusive 1.30 target at the Macclesfield Half Marathon last Sunday, leading home a pack of 15 Stainland Lions. Coming home in 1.34.28, Boldy was closely followed by Steve Halam and John Hirst. Ray Mooney clocked up his first sub-two hour result for the distance and Joanne Hirst took a clear 19 minutes off her time for last year - the effect of the training for the Great North Run kicking in.

Andrew Laird-Boldy 01:34:28
Steve Hallam 01:41:45
John Hirst 01:42:09
Andrew Mackrill 01:46:29
Sandy Gee 01:48:47
John Thompson 01:52:37
Matthew Gadd 01:54:04
Susan Manning 01:59:09
Raymond Mooney 01:59:53
Paula Pickersgill 02:09:26
Simon Gadd 02:10:36
Joanne Hirst 02:18:22
Alex Whyte 02:25:16
Anne Cawdron 02:26:41
Sandra Robertshaw 02:41:20

Bradford 10k

Rochelle Drake was ninth lady to finish the Bradford 10k in 42.18, chasing down fellow Lion Craig Phillips who finished in 41.31. Great runs which saw them finish 88 and 75 respectively in a field of 684 runners. They were joined by Mark Speight (112/197/43.40) and Jan King (48.17). Overall the race was won by Tom Adams who held off Tesfeye Debele among the men; Hannah Oldroyd took the Ladies honours on 36.35 - 25th overall.

16 October 2015

PB's tumbled at the York Marathon with Paula Statham taking a neat 12 minutes on last year's results. Paula Statham took an amazing 20 minutes off last years Personal Best to finish in 3:38; while Ranjit Upall took twelve minutes off his 2014 time with a 3:50.44 result.

Nine Stainland Lions tackled the the 26.2 mile course around York which exploited the area's flatter routs but threw in a hill at the end which surprised anyone new to the course - or taking on the miler launched this year. The bonus was that this allowed for a downhill sprint finish - pain thresholds permitting - all boosted by enthusiastic spectators lining the city finish.

Statham's wasn't the only notable result in what was a great day for the Lions and reflected months of hard training - most came in under the magic four hour mark . Stephen Hall came in 48th overall in 2:55.16: Sean Thompson's 3:02.50 result saw him finish 107th overall but 16th in the M45 category. Lizanne Leggatt's 3:38.43 placed her further down the field but 10th in the F45 group while Emma Forester-Thompson was delighted to finish 26th in the F40 category. Stephen Hall 2:55.26; Sean Thompson 3:02.50; Paula Statham 3:38 00; Lizanne Leggatt 3:38.43; Leon Severn 3:38.51; Tim Neville 3:42.39; Emma Forester-Thompson 3:42.53; Ranjit Upall 3:50.44; Tony Pinnington 5:50.44.

Lions also ensured there were quite a few Stainland bibs on display for the first York 10 miler which ran alongside the marathon. Craig Miller finished 28th overall with a strong 1:04.10 run, closely followed by Craig Phillips in 1:07.52 (61) and Mark Pigford 1:08.10 (67). Rochelle Drake was 10th lady home in 1:11.05 while Stefanie Hopkins was fifth in the F35 category - a great result for her first 10 miler.

Normally races attract fancy dress but being such a young race they seemed to be thin on the ground. In fact the most notable ones were Mr & Mrs Potato Head and a Minion - aka Lions Sarah Lunt, Jane Potter and David Costello. They raised over £55 on the day and spurred on other Lions with the rattle of their collecting tins!

10 Mile results

Craig Miller 1:04.10; Craig Phillips 1:07.52; Mark Pigford 1:08.10; Andrew Laird-Boldy 1:09.30; Rochelle Drake 1:11.05; John Hirst 1:13.23; Helen Fay 1:14.03; Matthew Gadd 1:16.53; Nick Thompson 1:16.57; Andrew Mackerill 1:17..02; Stefanie Hopkins 1:17.59; Mike Dunning 1:18.01; Andrew Falkingbridge 1:22.43; Liz Norman 1:26.09; Caroline Ford 1:28.46; Martin Carr 1:30.57; Zoe Mallinson 1:33.22; Simon Gadd 1:34.12; Sally McGregor 1:34.16; Kim Ison 1:35.05; Diane Thornley 1:37.15; Alison Pearson 1:43.39; Sarah Lunt 1:44.28; Jane Potter 1:44.29; David Roberts 1:45.17; Sandra Robertshaw 1:45.17; Simone Zoledziejewski 1:45.26; Cheryll Hill 1:45.45; Anne Cawdron 1:48.41; Joanne Hirst 1:48.43; Jackie Barker 1:48.43; Jenny Curry 1:51.44.

As well as York, the weekend saw the Royal Parks Half Marathon in London where Rebecca O'Neill finished in a brilliant 1:51.27. Not satisfied with running 10 miles in York on Sunday, Andrew Falkingbridge took the opportunity of being in London on Monday to try out the route - admitting that it must have been much nicer without the traffic .

25 October

A classic Autumn morning provided almost too warm conditions for this year's Stainland Trail. A hilly six-miler taking in beautiful views and some of the toughest climbs in the area it can prove a surprise for the innocent. Because of that it attracts runners from far-and -wide and fills up early. One hundred and nineteen runners tackled the course with a tight three pack of Stainland's Tanya Seager and Jonathon Collins challenging Salford Harriers' John Lloyd for the top places. In the end it was Seager (44.04), Collins (44.28) and Lloyd (44.43) - a remarkable set of times considering the amount of climbing involved. Seager and Collins continue to shine, displaying the speed and endurance which has kept them at the top of the tables all season.

Given they had home advantage the Lions featured heavily in the category wins but didn't have it all their own way. Chapell Allerton's Lisa Magdalenoka-Keen took the F35 category with a brilliant 55:27 run and Jonny Cartwright of Stadium challenged Ashley Cavalier for fifth place. David Roberts continues to show the great form he's shown this season, taking yet another F50 category.

Category winners

1	26	44.04	Tanya Seager	F40	Stainland Lions	1
2	108	44.28	Jonathan Collins	M	Stainland Lions	1
3	91	44.43	John Lloyd	M	Salford Harriers	2
4	117	46.12	Tristan Sheard	M40	Stainland Lions	3
6	3	46.24	Jonny Cartwright	M45	Stadium Runners	5
8	10	46.43	David Roberts	M50	Stainland Lions	7
10	123	48.23	Phil Grimes	M60	Halifax Harriers	9
44	79	59.11	Mark Davies	M55	Stadium Runners	39
69	125	1.04.47	Phil Robinson	M70	Otley AC	61
28	96	55.27	Liga Magdalenoka-keen	F35	Chapel Allerton RR	3
115	85	1.34.30	Sharon Stott	F40	Stainland Lions	33
99	66	1.16.28	Lesley Henderson	F65	Stainland Lions	23
102	129	1.18.44	Ginny Rushworth	F50	Stainland Lions	25
50	86	1.00.34	Aileen Baldwin	F60	Stainland Lions	6

30 October 2015

Bronte Way

Stunning autumn sunshine greeted the 210 runners tackling the Bronte Way last weekend. This 8-mile fell race climbs through 1150feet across the uplands between Wycoller and Haworth. Stainland Lions were out in force, eager to pick up much needed points in one of the last championship races of the year. As a result they were challenging each other as much as other clubs over the 8 miles. Following the Pennine Way for parts of the course, the route takes in the Bronte Waterfalls, passes close to the ruins of Top Withens before finishing in Haworth, close to the Bronte Parsonage. However few if any of the runners seemed to be taking in the sights as they tackled the climbs up to Haworth. Ashley Cavalier was the first Lion home and 24th overall in 01:02;29, closely followed by David Roberts who finished 28th only 30 seconds later. Rochelle Drake was the first Lioness home and sixth lady overall. John Bassinder took the M60 title with a 69th place while Aileen Baldwin took the F60 honours.

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Bronte Way Results

24	01:02:29	Ashley Cavelier	Stainland
28	01:03:09	David Roberts	Stainland
59	01:07:51	Andy Earnshaw	Stainland
67	01:09:22	James Harris	Stainland
69	01:09:35	John Bassinder	Stainland
81	01:11:08	Andrew Laird-Boldy	Stainland
93	01:13:24	Rochelle Drake	Stainland
104	01:14:31	John Hirst	Stainland
111	01:16:23	Paul Patrick	Stainland
115	01:17:21	Martin Wood	Stainland
120	01:17:40	Nick Thompson	Stainland
128	01:19:07	Andrew Mackrill	Stainland
135	01:20:04	Aileen Baldwin	Stainland
143	01:21:46	Paula Statham	Stainland
144	01:21:52	Brian Conroy	Stainland
146	01:22:12	Matthew Gadd	Stainland
147	01:12:30	Steve Hallam	Stainland
154	01:23:14	Helen Hudson	Stainland
155	01:23:15	Cameron Rushworth	Stainland
164	01:25:37	Sandy Gee	Stainland
168	01:27:11	Raymond Mooney	Stainland
180	01:30:34	Tania Blackburn	Stainland
187	01:33:07	Steve Boyer	Stainland
190	01:34:23	Paula Pickersgill	Stainland
191	01:34:59	Jenny Walker	Stainland
201	01:43:10	Ginny Rushworth	Stainland
202	01:43:11	David Rushworth	Stainland
204	01:44:59	Richard Lambert	Stainland
205	01:46:07	Tim Walker	Stainland
206	01:46:17	Sue Shepherd	Stainland
207	01:50:44	Judith Greenwood	Stainland
208	01:50:48	Jackie Barker	Stainland
209	01:51:04	Alex Whyte	Stainland
210	02:05:01	Stephen Shepherd	Stainland

Over in Bradford, a handful of Lions made an impression on the City Runs Series. Mags Beaver took the Ladies title in the 10k with a blistering 39.55 run which also made her the 14th to finish. Jane Potter was the 19th lady back in 57.45. Lorraine Naylor came first in the 5k in 22;22. Craig Phillips continued to show his long distance prowess, as the 18th placed male (28th overall) in the Bradford Half Marathon with a 1:31:57 run.

At Worksop, Joanne Cooke tackled the ninth of the ten half marathons she is running this year for cancer charities. Concerns over injury didn't stop her finishing in 2:06:22. Rachel Cullen and Gav Dodd showed that the distance is one of their favourites coming in 248th (1:35.39) and 309th (1:36.58) respectively.

Finally Ed Hyland and George Serban decided to tackle the Holmfirth 15. Ed came home 5th in 1:32.56 and George 56th in 2.13.00