



# The Lion's Tale

Stainland Lions Running Club Monthly Newsletter March 2016

## Ramblings from the chair

So I have finally recovered from the Annual Dinner and what a night it was. First of all it was an honour for me to hand out all those awards and trophies to so many deserving winners. I now know I can juggle 3 glass awards and a trophy but am incapable of picking up a glass of red wine after knocking mine all over the lovely white table cloth. I'm sure you would all join me in thanking the social dream team for organising such a wonderful event I know it's not easy feat. Thanks also to the wonderful Karen Thorne for her speech and her hard work last year. Thank you also to Geoff for taking photo's for most of the night, he gives his time up freely and we raised a massive amount for Dave Webb's charity fundraising. The pictures were excellent and don't we all scrub up well. I also highly enjoyed the recreation of the Benny Hill chase scene provided by Tara and Cam. It was an excellent night all round, and I am already looking forward to next year.



The championship has started now and next up will be the Bunny Runs, with that in mind I got Ben Mounsey to give us an insight into fell running you can read his brilliant guide in this newsletter.

So February has been a very busy month first of all we won all 4 categories in the X Country well done to everyone that took part, we fielded more runners than any other club which just goes to show how big we have grown. Well done to Ben Mounsey and Tanya Seager for being first male and first female overall. Gav Mulholland did a brilliant job as captain this year and also well done to our finishing team as they looked after the results for all the four races.

There were lots of other races in February, too many to mention them all but here are a few. On the 7<sup>th</sup> Feb 16 Lions took part in the Red Hot Toddy, first Lion back and 3<sup>rd</sup> lady was Rochelle Drake in 46.43 with Lesley Henderson and Judith Greenwood both taking 1<sup>st</sup> and 2<sup>nd</sup> in their age categories well done ladies. 21<sup>st</sup> Feb saw 26 Lions taking part in the ever popular Snake Lane 10, Tanya Seager was the first lady back knocking 1min 30 seconds of her previous best, other Lions to score a well earned PB were Stephen Hall, Mark Pottinger, Tony Mott, Roy Lunt, Catherine O'Shaughnessy, Sarah Lunt, Jenny Walker and Abi Howarth well done all brilliant times. Lastly on the 28<sup>th</sup> Feb it was the Huddersfield 10K and our Lions Sally Caton, Julie Field and Diane Waite did us proud and took the second ladies team prize. Diane Waite was also the first in her age category, brilliant running ladies.

We need you as on the 19<sup>th</sup> March we are doing a Stainland Lions takeover of Huddersfield parkrun. Nicki Cartwright is doing the roster and has posted on the forum so please add your name if you can marshal, run or bake we want to see a big Lion pride. We will be promoting our Bluebell and Beginners Course. And talking about the Bluebell we still need lots of marshals for that we currently have about 25 people but need somewhere in the region of 73 for it to take place so please add your name to Karen Thorne's post on the forum.

Lastly the Beginners Course starts on the 4<sup>th</sup> April. David Rushworth will be looking for run leaders and people to run with the groups. We have limited it to 125 this year and are expecting it to fill up quite quickly. There is a brilliant beginners guide that has been put together and it should be another successful year for this ever popular course.

That's it from me for this month

Simon xx

Click the image below to read Ben Mounsey's brilliant guide

# How to become a MOUNTAIN LION in 10 easy steps

BY BEN MOUNSEY

## Parkrun Bibs

Stainland Lions have been provided bibs for the Halifax parkrun. These were kindly printed by Tony Pinnington.

## Parkrun Tourism

Last weekend we had arranged to stay at a friend's house in Deganwy just outside Llandudno and as usual checked out the parkrun web site before we set off to see where the nearest event was. I was pleasantly surprised to see that there was a relatively new event just down the road in Conwy so the Stainland vests and barcodes were packed.



We set off in good time as we were first-timers and arrived ridiculously early; the start was so close to where we were staying we could have set off at 8:50 and still had time for a pre-race wee!! Our first impression was of a very well organised event with a whole team of volunteers and cones all over the carpark. At the first-timers briefing I was tapped on the shoulder by a lady who said she does Huddersfield parkrun every Saturday so she knew the SLRC vest well. She was staying in Rhyl with her husband who had decided to do his first parkrun today as "there was no chance of meeting anyone from Huddersfield in North Wales" – obviously from Deighton!

The run itself was really nice, a very flat out and back course along the riverbank, the only climb being on the foot-bridge over the railway, then over bridge towards Conwy castle and back, and further down the river to Deganwy before turning round to head back to the finish. I liked the two out and backs as it gave you a good chance to see the rest of the runners. At the finish the organisers were pleased with the number of runners, 202 but said that this was probably due to the weather being so nice – apparently they have a reputation for fierce winds!!

I'd recommend this parkrun to anyone visiting North Wales, especially if you live in Deighton!, and would encourage everyone to do a bit of parkrun tourism, it's great fun and a brilliant way to kick-start your weekend.

Tim Walker

The new 10% off and free delivery discount code for March is

**RKG1**

[www.sportsshoes.com](http://www.sportsshoes.com)





## Social events for your diary

### **Bluebell Walk – Sunday 24<sup>th</sup> 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 18<sup>th</sup> June**

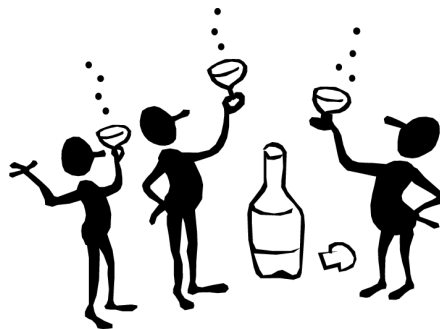
A lovely leisurely walk starting at the Shears Inn, Paris Gates to Sowerby Bridge, calling at The Quays, The Volunteers, The Navigation and ending up in the Moorings. Further details later

### **Summer Bash – Saturday 9<sup>th</sup> July**

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

### **Kids Christmas party – up to 8 year olds – Sunday 18<sup>th</sup> December**

Further details later



**Social Team: Diane Rafferty (07766112457), Carol Lord, Jackie Barker, Linda Williamson, Chris Tetlow**