



Tim Walker

### From The Chair

The lowdown of what's been happening in November & December.

Debbie Grunhut-Hinds

### Race Reports

A summary of race reports from November/December 2021

Various

### Contributors

Club Championship update; Fell Running Championship 2022; Ladies & Men's Captains' Reports; Coaching Corner; In the Lion's Den & Diary Dates.

## From the Chair

### Tim Walker



As I write this I can hardly believe it's the middle of January, the sun is shining and there isn't a cloud in the sky – I'll get this finished and head out for a trot before winter arrives!

Just after the last newsletter went to press we got the sad news that Robert Ashcroft sadly died at the end of November. Rob was a great bloke, who loved his running and was an enthusiastic member of the Club; probably happier off the roads than on them and had an amazing collection of running tops – think Ginger Spice!! The minutes applause before the Dewsbury Cross Country race was a very moving and appropriate tribute to Rob who loved the Winter League, and the course at Dewsbury was one of his favourites. I'm sure he'd have had a chuckle at us all wearing our face-paint in his honour!

The 2021 Championship continued right to the very end of December with a new event, Ambles Revenge, added for the first time. This looked like a cracking race for blowing away the post-Christmas cobwebs and breaking in those brand-new trail shoes Santa delivered. I think Steve has done a fantastic job in difficult circumstances this last year. We started with some great virtual races then, once restrictions lifted, he found what races were on and selected some crackers for us. I did really like the Pendle Trail despite the heat, but have to admit I was not so keen on the Hopwood Trot, but maybe that was down to the weather?

Sadly we had to cancel the Boxing Day Fun Run this year as the now and ice up at Stainland was awful and it simply wasn't safe to hold a race that day. This is a loss to the charities we hoped to support and also to 1885 who have had a tough time of it recently. Once we are able to do so safely we will organise something at 1885 to make up for it and hopefully free up some space at Leon's as he's got quite a collection of raffle prizes.

My running year and my 6<sup>th</sup> Marcothon finished with the Auld Lang Syne Fell Race up on Haworth Moor. It's a cracking race, completely bonkers though – over the years I've been passed by a guy in a blow-up Santa outfit, one dressed as a statue (his legs encased in a cardboard box!) and some nutter in just a pair of red speedos carrying a set of dumbbells! Get this one in your calendar for next year, you won't regret it.

Activities at the Club have now started and it's great to see so many people turning up at track and hills. Our coaches put a lot of effort into preparing these sessions so it is fantastic that they are getting the support they deserve. I know that lots more is planned through the year so I'm sure that there will be something for everyone – if you've not tried one of the sessions give it a go, it will improve your running.

Well, that's it from me as this will be my last Lions Tale, John Bassinder will have taken over from me by the time next edition comes out. It's been an honour to be Chairman of this great Club for the past 2 years, and it's good to know that I leave it in a safe pair of hands in roughly the same state that it was when I took over from Tony!

# Lions Race Reports

## Debbie Grunhut-Hinds



### Summary of Race Reports from November & December

#### Run Tatton 10k – 6<sup>th</sup> Nov:

Mags Beever was 1<sup>st</sup> and Lorraine Naylor 2<sup>nd</sup> in their respective age categories at the Tatton 10k; set in the incredible venue of Tatton Park in rural Cheshire, the scenic route offers a closed road fast race.

Results: Mags Beever 38:45, Lorraine Naylor 46:45.

#### Guy Fawkes 10 – 7<sup>th</sup> Nov:

The race was a counter event in the Club's Championship. The challenging and hilly 10-mile road race in Nidderdale covers a mixture of bridleways and roads, starting and finishing in the stunning grounds of Ripley Castle; a hugely popular race with over 700 runners taking part; 55 of which were Lions. Cameron Rushworth was first Lion home in 66<sup>th</sup> place very closely followed by Fraser Ambrose in 67<sup>th</sup> place. Sally Caton was first Lioness home; and Aileen Baldwin came 1<sup>st</sup> in her age category.

Results: Cameron Rushworth 1:11:26, Fraser Ambrose 1:11:29, Gavin Dodd 1:16:10, Clayton Cutter 1:16:12, Simon Rawnsley 1:18:09, Steve Hallam 1:19:31, Sally Caton 1:21:07, John Ingles 1:21:10, Rebecca O'Neill 1:21:16, Paul Patrick 1:21:57, Helen Armitage 1:23:10, Daniel Stafford 1:24:24, Maria Harron 1:25:28, Gareth Knight 1:25:28, Roy Lunt 1:25:47, Aileen Baldwin 1:27:16, Kevin Jagger 1:27:23, Rebecca Gvozdenko 1:28:41, Hayley Kelly 1:28:47, Laura Goodwin 1:28:49, Joanne Kitcher 1:30:01, Anne-Marie Ulyott 1:30:50, Tim Walker 1:31:06, Sarah Lunt 1:31:16, Amjid Khan 1:31:46, Gillian Jago 1:33:12, Tony Pinnington 1:33:30, Karen Thorne 1:34:04, Richard Brewster 1:35:41, Alison Audsley 1:36:22, John Rushworth 1:37:53, Sandy Gee 1:37:58, Claire Haigh 1:38:38, Paul Armitage 1:38:50, Joanne Cooke 1:39:31, Lin Devine 1:41:29, Beverley Day 1:42:23, Alex Whyte 1:41:57, Graham Robertshaw 1:46:06, Wendy Paulson 1:46:22, Jenny Walker 1:47:16, Becki Watson 1:51:25, Trish Hollowell 1:52:13, Mel Shaw 1:51:52, Anna Stones 1:52:32, Valerie Nicholson 1:54:26, Wendy Goodwin 1:55:57, Richard Lambert 1:58:17, Hilary Scargill 1:58:39, Judith Greenwood 1:59:54, Jackie Barker 2:00:28, Samantha Varley 2:01:56, Gail Fawcett 2:11:20, Anne Cawdron 2:11:20, Lesley Henderson 2:11:18.



Cam Rushworth 1<sup>st</sup> Lion @ Guy Fawkes

#### Flat Caps 10k – 7<sup>th</sup> Nov:

Four Lions tackled the Flat Caps 10k, and despite the name there is nothing "flat" about this course! Will Rushworth finished in 7<sup>th</sup> place and both Martin O'Brien and Jan King came 1<sup>st</sup> in their respective age categories.

Results: Will Rushworth 43:46, Martin O'Brien 52:44, Mark Preston 54:39, Jan King 58:18.

**Soyland Moor Fell Race – 7<sup>th</sup> Nov:**

This 13.5 mile fell race has 1300 feet of ascent and is described as “visiting the worse and best that Calderdale has to offer!”. Results: Stephen Hall (CVFR) finished in 1<sup>st</sup> place with a time of 1:37:28, and James Black in 2:05:28.

**Wadsworth Half Trog – 14<sup>th</sup> Nov:**

Paul Patrick @ Wadsworth Half Trog

Aileen Baldwin won her age category in this 15km race with 1400 feet of ascent, described as “plenty of varied tough terrain and perhaps a bit of mud!”

Results: Paul Patrick 1:42:21, Aileen Baldwin 1:54:53.

**Tadcaster 10 – 21<sup>st</sup> Nov:**

Mark Preston was the only Lion running the 25<sup>th</sup> Tad 10, a 10-mile fast and flat road race run on fully closed roads.

Results: Mark Preston 1:18:27.

**Clowne Half Marathon – 28<sup>th</sup> Nov:**

Clowne Half is an undulating race running from Clowne Centre and through the surrounding villages; a popular race with over 650 runners – Gavin Foster romped home in 4<sup>th</sup> place.

Results: Gavin Foster 1:19:55, Rebecca O’Neill 1:45:15, Gillian Jago 1:56:21, Gina Anderson Keeble 2:02:35, Alison Audsley 2:07:58.

**Percy Pud 10k – 5<sup>th</sup> Dec:**

Two Lions headed over the border to South Yorkshire for the Percy Pud 10k. Traditionally each finisher in this race receives a Christmas pudding for their efforts. For many the Percy Pub signals the start of Christmas, with food and seasonal music provided after the race, and apparently the route is not bad either!

Results: Michelle Rogerson 47:31, Ian Hoskins 48:29.

**Eskdale Eureka Fell Race – 5<sup>th</sup> Dec:**

The chill of winter had set in to welcome competitors for the Eskdale Eureka Fell Race, the fourth counter in the Dave Parry Winter Series. Heavy overnight rain meant the course was more suitable to ducks in many places! Paul Patrick was the sole Lion who tackled the course, coming in at 96:09.

**Moors The Merrier Fell Race – 11<sup>th</sup> Dec:**

James Penson headed to Hebden Bridge for the Moors the Merrier 21, a circular 21-mile route starting and finishing at Hebden Bridge Golf Club. The anti-clockwise route takes runners over Midgley Moor, Wadsworth Moor, Heptonstall Moor, Erringden Moor, and a final big climb out of the valley back to the golf club. James came in 49<sup>th</sup> out of 77 runners with a time of 4:56:37.

**Travellers 6 – 19<sup>th</sup> Dec:**

Jan King was the sole Lion at the Travellers 6, clocking a time of 53:56. The race took place in a foggy Denby Dale and is a 6 mile 'undulating' rural course.

**Coley Canter – 28<sup>th</sup> Dec:**

Mags Bever – 1<sup>st</sup> Female @ Coley Canter

Lions headed over to Puma territory to tackle the multi terrain trail race which takes in some great trails, footpaths and hills, plus lots of mud and a bit of a stream! Mags Beaver was 1<sup>st</sup> Female overall.

Results: Mags Bever 1:03:57, Mark Pigford 1:07:04, Derek Parrington 1:10:32, Julie Field 1:15:40, Jim Harris 1:17:21, Michelle Rogerson 1:23:53, Ian Hoskins 1:25:25, Paula Statham-Drake 1:26:12, Paula Pickersgill 1:30:23, Sandy Gee 1:36:59.

**Ambles Revenge – 29<sup>th</sup> Dec:**

The Ambles Revenge marked the last of 2021's Club Championship races. The Revenge is the winter race of The Amble which is run in July. A mixture of cross-country and fell, the race goes in a clockwise direction starting on the Trans Pennine Trail at Oxspring and proceeds for 8 miles over farm fields, country lanes and over many stiles towards Green Moor and back to Oxspring. There were age category firsts for both Lorraine Naylor and Aileen Baldwin, and a third in age category for Laura Goodwin.

Results: Paul Patrick 1:15:29, Roy Lunt 1:15:33, Lorraine Naylor 1:16:24, Ray Mooney 1:18:58, Laura Goodwin 1:21:37, Aileen Baldwin 1:23:00, Jim Harris 1:24:22, Tony Pinnington 1:28:17, Paul Butterworth 1:34:22, Alison Audsley 1:35:17, Sandy Gee 1:39:54, Sue Cash 1:41:27.



Lorraine Naylor @ Ambles Revenge



### Auld Lang Syne Fell Race – 31<sup>st</sup> Dec:

295 runners took part in this year's race, with 1000ft of ascent the race starts from Penistone Hill Country Park and heads towards Top Withens, the upper reaches of Ponden Clough & Stanbury Moor. The race is a traditional opportunity for the fell running community to have a bit of a party with the help of a free bottle of beer for each runner. Photos of some of the runners even made the Yorkshire Post. Both Cam & Will Rushworth finished in under an hour, and Aileen Baldwin won her age category.

Results: Cameron Rushworth 54:50, Will Rushworth 56:51, Leon Severn 1:02:06, Paul Patrick 1:09:46, Aileen Baldwin 1:12:51, Jim Harris 1:14:07, Ray Mooney 1:15:13, Marin O'Brien 1:15:42, Michelle Rogerson 1:16:32, Ian Hoskins 1:17:18, Tim Walker 1:19:40, Rikki Hammond 1:20:05, Sue Cash 1:31:15.



## Usain's PB Corner

### Parkrun Course PB's

#### **13<sup>th</sup> November:**

Richard Crombie – 19:00 @ Huddersfield

#### **4<sup>th</sup> December:**

Steve Hallam ran his 200<sup>th</sup> Parkrun at Huddersfield

Rebecca O'Neill – 24:11 @ Fountains Abbey

#### **11<sup>th</sup> December:**

Rebecca O'Neill – 22:50 @ Fountains Abbey

Neil Barker – 18:35 @ Fountains Abbey

#### **18<sup>th</sup> December:**

Rebecca O'Neill – 22:30 @ Huddersfield

#### **25<sup>th</sup> December:**

Cameron Rushworth – 20:19 @ Huddersfield

Melissa Reece – 29:04 @ Bicester

# Club Championship Update

## Steve Hallam



### Championship Update - Year End

The final proper race for the Championship in 2021 was Ambles Revenge, an 8-mile undulating trail race based around Oxspring, Penistone. I didn't participate myself as I was already massively over the 9 qualifying events required to make an attempt for a trophy position. However, the feedback I received from some of you was very positive - Quoting Roy Lunt, "my favourite event of the year!"



Laura Goodwin, giving it a real good go!

Several of you made a real difference to your final positions, however, because we had included some virtual events, the competition for top 3 places continued strongly over that last couple of days of December, with a frantic flurry of virtual results being fought out at the very death!

The tension was almost tangible, especially in Division 5, where I received 3K and 5K virtual race times from Paula Pickersgill, John Rushworth and Paul Armitage literally within minutes of each other on 31st December! With the top 2 places already nailed on (Rebecca Gvozdenko and Hayley Kelly, respectively), 3rd place was still up for grabs. Paul somehow managed to sneak it by 0.4 points! It couldn't have been closer - John only needed 9-10 seconds off his final time and this would have been his!

Tony Pinnington left it late to qualify at all but managed to complete a decent time at Ambles Revenge, then an even better 10K virtual time 2 days later, giving him 3rd place in Division 4.

A couple of special mentions from me, quite simply because these two people fully engage in what I believe this competition is all about:

**Alex Whyte. Final position: 2nd in Division 6**

Promoted from Division 7 from the previous year, Alex not only competed solidly in no less than 11 qualifying events but also produced a very long streak of running every day to what I believe is now over 400 days! Just think about it - that's amazing - I need at least a day off after 3-4 days of continuous running! With what seems like no realistic recovery days, she still managed to secure a trophy position!

**Gail Fawcett. Final position: 3rd in Division 7**

I'm sure Gail will understand that she is unlikely to ever be the fastest runner in the club but what she finally achieved through sheer determination, completing 13 qualifying events but also repeating the virtual one time and again, trying everything possible to collect additional points. It finally paid off to a very determined lady who never gave up and kept going right until the very end.

These two stuck to the task throughout the year, quietly and consistently adding a few extra points here and there, with the final result being some well-deserved recognition! Tremendously well done to both of you!

So, going into 2022, I'm hoping that this year's Championship will herald a new start following two years of Covid-driven cancellations, next best alternatives and at times having absolutely no proper official races to even enter!

Following feedback from a handful of you, I have tried to take into account your most helpful comments and have made the following changes for 2022:

1. It was suggested that some people might struggle to complete at least 9 qualifying events, due to the other commitments etc, therefore I have reduced it from 9 to 8 this year.
2. The local parkruns at Huddersfield, Brighouse and Halifax also feature once again, giving you over 50 possible attempts to improve your times here and secure more points. However, I have now made Halifax a separate event and set the scoring against 16:30 instead of 16:00 for the other two. This should balance out the fact that Halifax is a hillier course than the others and should (in theory at least) give you similar points scored for a comparative effort. I will be trying this a good few times myself to check that it delivers!
3. I've included a handful of Fell Races in conjunction with the re-launch of the Club Fell Championship. This will help those who wish to try a few fell runs but still be eligible for both competitions simultaneously. It also means that those who prefer the fells can still have a decent crack at the main Championship too!
4. As in years gone by, the Divisions will be created after the first few races, likely to be sometime during March. In the meantime, I will issue several simple updates showing the total points scored so far. to keep you up to date.

So far, over 90 of you have signed up for 2022, which is most encouraging. Some people decide to enter late, after several events have already taken place. This is fine and as long as it is possible to complete a minimum of 8 events, I will continue to accept new entries, especially for new members, so they don't miss out. On this basis, it should be possible to accept entries going into Mid-Summer, if required.

Having said that, for anyone having a go this year, it still makes the most sense to start early and accumulate a good few points over the first few months, after all, you never know when illness or injury may strike, stopping you from competing for an extended period (We've all been there!). With this in mind, it is actually possible to complete half (4) qualifying events before the end of January, getting you off to a great start! (Club Winter Handicap, Meltham Tough 10K, Huddersfield parkrun, Halifax parkrun.



**This month's tip:**

If you find yourself surrounded by faster runners in your division, try playing it tactically and think about the actual events that you choose - You may get a good time at a flatter race but last years proved that hillier and/or off-road events can produce the highest scores. This is usually because a "fast" race is likely to include very fast finishers at the front of the field, hence reducing your own personal score, whereas traditionally "harder" races tend to have smaller fields and early finishers also find it hard!

Also, the Track 3K's generally produce useful scores as it's currently set against 10 minutes, resulting in higher personal scores. (See last year's full results for proof of this). If you have any useful tips yourself, please message me and I'll try to include them in future newsletters.

**So, what are you waiting for, let's go!!!!**

## 2022 Fellrunning Championship

### Jim Harris



#### **Stainland Lions Fellrunning Championship 2022**

**What is this all about then?**

Our own Fell club championship where we have handpicked 25 (ish) Fell Races which are mainly local in in the heart of the best Fell Running communities in the country. We have tried to choose an overall balance of races that are fantastic runs, great value for money, often with stunning scenery and offer the opportunity to take part in the championship even if you are not a seasoned fell runner.

If you love running off road or are keen to get into the hills more, then this is the championship for you; this could change your life or at least change the view for a few days. In actual no-nonsense fact it will make you more sexy, give you more energy, give you interesting marks in places you never knew you had, give you increased kudos at the hairdressers and, most importantly of all, it's good for the soul.

**The Nuts and Bolts:**

- Complete a minimum of 6 races from the list (see SLRC website / Facebook, or Diary Dates below).
- The list will be broken down into Short, Medium and Long – to qualify for the standard championship you need to do one from each category, plus any other 3 (but no more than three in total from any one category) *Example: you could do SSSMML or SSMMLL or SMMLLL – but **NOT** for example SSSSML.*
- To qualify to both vote for and possibly win the Spirit of Fell award (that replaces the handicap this year) you just need to have done "any" six races from the list – *i.e. they could all be short races.*
- The Championship will run from January to December 2022.
- Points in the standard Championship will be awarded for how well you did against "everyone else" in the race, not just the Lions (thus there's no advantage to being the only Lion to turn up).
- Trophies will be awarded for: 1<sup>st</sup> Male, 1<sup>st</sup> Female, 1<sup>st</sup> Vet (where we class a Vet as anyone over 50) and The Spirit of Fell Award – voted for by the fell runners who have also completed a minimum of "any" six races. This is a fell

runners' runner of the year aware to recognize someone who epitomizes the spirit of fell running (winning one of the other trophies will disbar you from winning this, but you still get to vote).

- There is one league for all competitors.
- You are responsible for carrying the correct kit as indicated on the race entry details of each race.
- Please try and wear the Stainland shirt/vest where possible.

## Ladies Captain's Report

### Maria Harron



2021 has come to an end and what a year it has been! Races finally got going and hopefully will continue throughout this coming year. One amazing thing about 2021 was that runners just kept on running and found so many ways to keep motivated throughout the year. In the last two months ladies have been working hard with lots of fantastic race results, category prizes, cross country races, club championship races, etc, and they can be read about in other parts of the Newsletter. Great running ladies, keep it up.

#### 2021 Challenges

I have been lucky to be able to closely follow the progress of lots of ladies throughout the year in their own personal challenges that they committed to, there have been injuries and lockdowns along the way but they have all kept each other going and they have achieved so much!

A massive well done to those who completed the Lands End to John O'Groats Challenge in 2021, running 874 miles:



Lin Devine  
 Bev Day  
 Joanne Cooke  
 Wendy Paulson  
 Jan West  
 Catherine McHugh  
 Manjit Ahir





Anne Marie Ulyott has done the scenic route of LEJOG (1083 miles)!



Anne Cawdron completed the 630 miles of the South West Coastal Path and managed to get away on holiday to do some miles on the Coastal Path.



Catherine McHugh was the first to finish at the end of June which was incredible!

**Leaderboard**

Name	Bib	Covered (M)	Left (M)
Catherine McHugh	32078	874.00	0.00

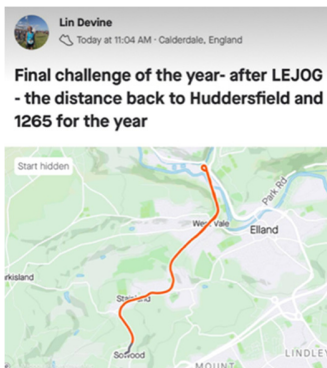
  

**Map** Satellite

John O'Groats Signpost  
Stacks Coffee House and Bistro  
John O'Groats Car and Coach Park

**Catherine McHugh**

- BIB Number: 32078
- Distance Covered: 874.00 Miles
- Distance Left: 0.00 Miles
- Position: 1300



Some could not resist pushing that bit further once the challenge was completed, with Manjit Ahir and Joanne Cooke running to get 1000 miles run in 2021.

Lin Devine took it even further and was challenged by her stepson to finish LEJOG and then cover the extra distance back to Huddersfield. She accepted the challenge and did it, 1265 miles for the year, well done!

Well done to the ladies I have mentioned here but also to those who have done their own challenges that we may not have heard about but we would love to know about! There has been lots of chat recently about 2022 challenges, one of which is more local so could be done for real or as a virtual challenge <https://endtoend.run/pennine-way-virtual-challenge/>

Please let me or Helen Armitage know what you have planned for this year, whether you are working towards a particular race, getting back to running on a regular basis, setting yourself a personal challenge for the year, committing to track or hill training, etc. We would like to know what you are doing and if we can help or support in any way then please tell us and we will do our best to help.

There were two particular ladies from Stainland Lions that I mentioned in the last Newsletter, Clare Smith and Alex Whyte, who have both shown dedication and commitment to their training and are a huge credit to our Club. I have asked them some questions to find out more about what they have been up to over the last year. I found it fascinating to hear about it all and I hope they will inspire you with your own challenges and training . . .

### Alex Whyte – 365 Day Running Streak

#### **How many miles have you run during the 365-day streak?**

Total miles run was 1,705! Don't forget though that I'm a really steady plodder so that took me almost 350 hours (or 14 and a half days).

#### **Why did you decide to run every day for a year?**

I never made a conscious decision to commit to a full year I just kind of ran into it. There has been a lot of discussion about mental well-being and the benefits of getting outside in the fresh air and exercising during this time of the pandemic.

I'd never linked it before, I guess I started running to improve my fitness, general health and try and lose some weight but I now realise the well-being benefits are equally as important for me. I have never coped very well with Christmas so when I realised on the 2<sup>nd</sup> December 2020 that I'd managed to run 4 days on the bounce, a friend suggested Marcothon to me and it seemed a great focus for me to get through to the end of the year. The idea is to run for 25 minutes or 3 miles every day during December and I loved it; the weather was generally rubbish, cold, wet and windy, which only made it more of an achievement every day. When the New Year came I joined another group doing RED January, then February is only short, then I had a big birthday in March, then by the end of April I'd reached 150 consecutive days, there was always another small, achievable goal and a reason to keep going, and I could, so I did.



#### **What keeps you motivated to keep going every day?**

I suppose once you have got a streak going and it becomes a habit, you just keep on doing it. It really helps having the support of me fellow Lions and knowing that people are following my progress on Strava. We are a wonderfully caring and encouraging group and it feels great to be part of that.

#### **You've done lots of races during the year, including a marathon, how has the training fitted in with the challenge?**

I really enjoy the club championship races and even down in division 6 and 7 we get a bit competitive with each other. There's always a race in the not too distant future to focus on and lots of variety to keep it interesting. I wasn't sure how I'd manage marathon training as I always believed that the rest days were important in the training plan. I just took each week as it came and on 'rest days' I'd do a very gentle, easy run. I was quite prepared to drop the streak for my marathon

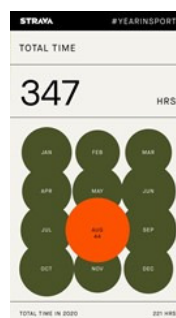
training plan if I needed to but as I went on it didn't feel necessary. I won't say I didn't feel dog tired some days, but I do think my body just adapted to the consistency of running every day.

### Has your running improved?

This still amazes me; yes looking at my stats on Strava my running has improved and is still doing, but it doesn't feel like it has. Yet most weeks I seem to achieve at least a few Strava segment medals for improving my time over a route but I still feel like I am plodding along at my regular pace.

### Have you done anything in particular to remain injury free?

Maybe I have just been lucky, but I haven't picked up anything significant that has meant I needed to ease up on the mileage. I try and do a yoga class once a week and find that can make my muscles as sore as any Sunday long run, but nothing another gentle run cannot ease! I'd like to think the consistency of running every day has something to do with staying injury free, but it could just be luck!



### Have you done most of it on your own or needed support to keep you going?

Lockdowns stopped quite a bit of our club runs so the majority of my runs have been solo. When we have been able to run together is always a social event with the 'Stadies' and everyone is always interested in how my streak is going and very supportive. I really don't mind running on my own though, I work full time and have a busy family life, so as anyone who follows me on Strava knows, I'm a bit of a night owl and am often out running late when everyone else has gone to bed, but I do enjoy the time to myself.

### Are you now working towards a 2-year streak?

Gosh I really don't know, yesterday I reached 400 days but 2 years seems such a long way to go. Let's just see how it goes eh?

### Would you recommend doing this to someone and do you have any advice for them?

Absolutely, set yourself small achievable goals and just crack on with it. Strava segments are great fun if you like ticking off achievements; find one near you or create your own – they don't have to be long or technical or steep, just compete against yourself and your previous time. When you feel you can't better it any more just find another one but maybe come back to that one later on, just to see. Or if you are now bothered about times, just aim on being a local legend of a segment – it doesn't matter how fast or slow you do it, just how often. Whatever you do make it achievable, enjoy it and keep going x



### Clare Smith – GB Athlete

#### **What does it mean to be a GB athlete?**

It's ace being able to wear all the kit! I decided to try and qualify for the age group team quite a few years ago now and did it as a challenge to myself – I was really surprised when I actually did it! Age group racing feels like a fairer way of racing as you are racing people of your own age (despite them being from all over the world).



#### **How do you become a GB athlete?**

It's quite a complicated process which I learnt the hard way one year (aka by doing it wrong!). So here's a brief version . . . There are usually 3 qualifying races per European or World championships, these are in the year before the event you want to race in, so at the moment I am training to qualify for a race in 2023. And for each European/World race the first 4 in each age group qualify, the places are quite highly sought after and races attract people from over the country. (Well before you race you have to register your 'intention to qualify' which you can't do after the race!). To add into the mix, people can move up an age category which can throw a spanner in your plans if you think you know who you are up against.

#### **Do you train with other GB athletes?**

Not usually, to get the necessary training in it's quite solitary work. However, I have just supported a friend in her quest to qualify so hopefully we may get out on some rides together.

#### **Where have you competed?**

This is one of the reasons I enjoy racing for GB so much, going to places I wouldn't normally have the opportunity to go to. Romania was the most unusual (I know now that Transylvania is actually a real place and not a figment of my imagination!), Ibiza, Spain. The World Championships are usually a bit further afield which means they are out of reach for me but this year they were held in Spain and I was lucky enough to make it there after travel restrictions were eased.

#### **What's your best achievement?**

In 2019 in the European Championships I won two silver medals! One for both on and off-road duathlon, a real surprise! The off-road duathlons have to be completed on a mountain bike so you need to keep those skills up too. It was so hot in Romania in 2019 I was burnt by the end of the race!

#### **What does a weekly training plan look like?**

On average I train between 8-12 hours per week depending on the time of year. I will do running, cycling and strength and conditioning but have also increased the amount of 'brick runs' I'm doing – that's a run straight after a ride to overcome the jelly leg feeling!

#### **How does it feel to wear the GB kit and represent your country?**

It's great wearing the kit, but I feel a bit daft wearing it when it's not a 'big' race, some people do though. I used to get really nervous when you see the other countries on the start line but now I know I've trained as hard as I can and the nerves ease a bit.



On a slightly different note, one of my friends recently wore her (navy blue) GB hoody to Tesco, a customer mistook her for a member of staff and asked where the onions were!

### **Do GB athletics help with training plans?**

You are left to plan your own training, those qualifying places will get snapped up easily if you don't put the hours in!

### **Are you stronger on the bike or running?**

Without a doubt I'm a stronger cyclist! (I've found most age groupers are stronger runners do depending on the bike course I can use it to my advantage). Running with Stainland has definitely helped improve my running though, it's lovely to be able to run with the club when it fits the training plan, also there's no way I would choose to run round muddy farms and fields in winter on my own that's for sure.



### **Have you always been a cyclist and a runner?**

I took up cycling 'properly' after having children, it gave me a bit of valuable time to recharge my mental batteries! I rode many miles with Huddersfield Star Wheelers giving me great base fitness before moving on. I have been a 'jogger' since my teens and remember being inspired watching my dad in the London marathon! I dabbled with club running (and badminton funnily enough!) before having my children and as they've got older I've been able to put more effort into my running. I still dread track sessions but know how much they help!

### **What are you working for at the moment?**

This year I am in the European standard distance and also off-road duathlons. I have also qualified for the World 'middle distance' duathlon in Denmark which is 10k run followed by 60km ride then another 10km run. It's the first time I have competed in this distance so fingers crossed my knees hold up!

Well done again to Clare and Alex and thank you for taking the time to answer my questions.

That's all for now, I am sure there must have been loads more happening but there's not enough time to talk about it all. But I hope you have made a good start to the year with training or plans for the year. There are lots of things to get involved in including the Club Championship for 2022, the Fell Championship, YVAA, Cross Country, Track plans and Hill training etc.

Keep running!!

# Men's Captain's Report

## Leon Severn



Hello.

Happy New Year. . . . nah, you can't say that after the 7<sup>th</sup>! That's got to be a rule right? Surely there is a cut off when you can no longer say that?

First off, I just want to say it was sad to hear the news about one of our members, Robert Ashcroft, passing away recently, having lost his battle to cancer. He spent his last few weeks in Overgate, a hospice that means a lot to us and which we've chosen as our charity throughout 2021. Robert joined as a beginner and didn't look back, he joined in with everything and showed a great spirit in anything he did. That spirit was evident on one run that I managed to do with him on a Monday night – filling in for a missing run leader. I asked him what pace the group usually runs at? He replied '9 minute miles'. Ok, I thought, keep it at that, keep everyone happy. No complaints. So, we're running along Copley and up towards Savile Park, before heading back to the club. Robert is constantly on my shoulder. I'm thinking well he's more than comfortable so we'll keep going. Down to 8 minute miles. He doesn't let up until we get back to Heath. By my side the whole way. No words after, only to say it was a good run. Job done I think? Look at Strava, what's the title? 'Leon's Group – Far too Fast!'. Hang on Robert, it was you pushing me! I'm sure we laughed about it the next time we saw each other.

Steve Boyer paid a great tribute at the Dewsbury Cross Country in December. The Lions were out in full spirit that day and I think he helped a few of us up that last hill with his encouragement from above.

Speaking of which, the Winter League is in full swing now. Events coming every other week, bringing mud, rain, wind, sweat, blood and tears . . . . Cam Rushworth and Richard Crombie had a storming run at Northowram, as did Mark Pottinger who loves these events! He even coaxed Richard Hand back to it for Queensbury. Phil Moyles is throwing himself into it as well, which is so pleasing to see. These kind of events bring the Club together and give everyone an opportunity to get involved, whether you're 1<sup>st</sup> or 2<sup>nd</sup> claim.

The championship has reached its climax with the final few races taking place in the last two months. The ever popular Guy Fawkes saw loads of Lions going for the chocolate goody bag, which is the only reason we enter . . . right? The Ambles Revenge during Christmas turned out to be a popular choice as well. Ray Mooney tells me he gave it everything that day to beat off a few rivals in his division. Now Ray hasn't completed the nine events required but I love that spirit – 'I am here and I will not be beaten'.

The Club championship events do bring this out in people, which I think is great to see! You can turn up at any given event, on any given day, and have a race against a Club member in your division. Sometimes it goes well, sometimes it doesn't, but you can guarantee that Steve Hallam has picked us a fantastic line up and you can go again next time. Points back up for grabs, go get them, no surrender! So a big well done to all who competed in the events this year, and to those managing to do the required nine.



I've already seen that Steve has compiled the list for 2022 and once again it looks like a cracking line up of races. I think 2022 is going to be the year we finally all get back to racing after a disrupted last two years. Judging by his post, more people have signed up, including more from division 1, and others are wanting to know what it's about. What would I say? Do it, get involved, commit to a few races and start your training. Even if you aren't competing in the division, the camaraderie is fantastic. If you're a first timer, look around at one of the events and see how many Lions you spot. It's a great feeling knowing you're in good company.

As we enter the new year, I will be making plans for how 2022 will look. What are my goals, what training plans do I need to put together, how can the Club help? Well, as coaches we've been discussing this and at the start of the year Maria has put together a 5k 'back on track' plan, with the aim of doing a Parkrun 5km on Saturday 19<sup>th</sup> February. Check out the details on the members page.

So I ask you, what are your goals? Whether that be a personal best, committing to running with the Club on a set night returning to track, volunteering, reaching out to others and asking if they're ok, inviting somebody for a run with you or your group, or returning to running after injury. The Club is here for you, and when I say the Club I mean you, as you are the Club.

Here is to 2022 – if 2021 was your year, hopefully you keep that going, if it wasn't, then let's make this year the one, or just carry on as you are.

Look forward to seeing you down at the Club.

## Coaching with Colin Duffield

### Dear Deirdre, Why am I not Getting Faster?

Some of you know that I have a little part time interest as a kind of running Agony Aunt. Like Claire Rainer but with more facial hair and varicose veins. One of the main questions that frequently gets sent to HQ is some variation of the above. Below are the usual answers . . . .

**1) Do you have a (at least notional) training plan?**

Improvement comes from having a training plan. This isn't necessarily about having spreadsheets, recording times and the like. Just a notion of what you're going to do and why. This week, over the next few weeks, and what your goals are.

**2) Do you always run at the same pace?**

A massive issue for a lot of people. If you have been running for a while and have a solid base, your training plan should be aiming for about 20% hard running (think hills, track, racing, etc) and 80% easy-ish running. This easy running isn't just to fill time and chat to your mates; it's great for conditioning, helping with lactate processing

and building a solid base. Crucially, it also helps you recover and adapt after your 20% hard session and prepare for the next one.

If your easy run is too hard you won't be recovering and adapting, you'll be causing more damage and probably making your next hard session less effective. It's so easy to get into a spiral of over training and, as a consequence, not seeing improvement and then training harder to try to catch up. So, slow your easy runs to allow your hard runs to be just right.

**3) Are your hard runs either too easy or too hard?**

Baby Bears porridge. I've seen people setting off on hill reps as if they were Usain Bolt, having to stop and doing their overall fitness no good at all. I've also seen people dawdling about to the point where they may as well be pushing a trolley in Tesco. Talk to your coach, as some sessions will need a slightly different approach, but as a very general rule, think 3k pace, or failing that, going hard in a parkrun. Also think about getting the volume right, what's the minimal effective dose? Thirty reps might mean that you can't train properly for the next three days, or it'll aggravate an injury. Fifteen reps might give you just as much benefit but not destroy you for the rest of the week. Getting this right will also allow you to keep good running form whilst doing your reps. If your hard sessions are too long and invariably end with you running like a bag of spanners, you're teaching yourself to run like a bag of spanners.

**4) Do you build in scheduled rest days?**

As above, have a plan and have rest days, and for similar reasons. Training is all about adapting and you have to give your body chance to adapt.

**5) Are you consistent?**

Nobody is 100% consistent. This just happens and there's nothing you can do about it. Work, family life, Burnley Football Club, are all important too. Accept that this will sometimes happen and don't dwell on it. However, the overtraining described above will often lead to injuries, or just fatigue and 'lost mojo' that can lead to weeks where nothing really happens. A training plan should help.

**6) Are you strong enough?**

Runners generally want to just run. But without building a strong base you're not going to get the full benefit. Running progress is built on three pillars: *Capability / Technique / Strength*. Lacking any one of these will mean you're rowing your boat with one oar. Your running gives capability; drills and coaching should help with technique; but strength is vital. Think strength and conditioning – yoga/Pilates – that sort of thing.

**7) Is your lifestyle helping or hindering?**

I think there used to be a cartoon strip about Alf Tupper 'Tough of the Track', an athlete who worked at t'mill (or possibly darnt pit) at pie and chips three times a day, drank beer, etc. and still won every race.

Well, you're not him!

Nutrition, sleep, alcohol intake – all that stuff makes a huge difference and each one would be an article in themselves. Suffice to say, just have an honest look at yourself and decide how important your performance is. It might not be important, and if that's the case then carry on as you are. But if it is, you might want to make changes.

*And that it. If you'd like to discuss or need advice about anything above we have a 24 hour helpline . . . . . (just joking. Talk to me or any of the coaching team).*

## Dates for your Diary

### **January 2022:**

Sunday 16<sup>th</sup> – Stainland Winter Handicap (approx. 5-6 miles) – Heath Rugby Club (Championship Event).  
 Saturday 22<sup>nd</sup> – Hoofstones Fell (8 miles, 1394ft) (Fellrunning Championship).  
 Sunday 23<sup>rd</sup> – WYWL Lakers – 10am  
 Sunday 30<sup>th</sup> – Meltham (Tough) 10k – Meltham Cricket Club (Championship Event).

### **February 2022:**

Saturday 12<sup>th</sup> – Winter Tour of Bradwell (17.5 miles, 3478ft) (Fellrunning Championship).  
 Sunday 13<sup>th</sup> – WYWL Stadium – 10am  
 Sunday 27<sup>th</sup> – WYWL Stainland – 10am  
 Sunday 27<sup>th</sup> – Hoppits Hill Fell Race (3.3 miles, 820ft) (Fellrunning Championship).

### **March 2022:**

Saturday 12<sup>th</sup> – Dentdale Run (14.2m) – Dent Primary School (Championship Event).  
 Sunday 20<sup>th</sup> – Windmill 6 (6 miles) – Birdsedge Village Hall (Championship Event).  
 Sunday 20<sup>th</sup> – Heptonstall Fell Race (15 miles, 3300ft) (Fellrunning Championship).

### **April 2022:**

Saturday 2<sup>nd</sup> – Moorhouse's Pendle Fell Race (4.5 miles, 1500 ft) (Fellrunning Championship).  
 Sunday 3<sup>rd</sup> – Brun Valley 10k – Thompson Park, Burnley (Championship Event).  
 Tuesday 5<sup>th</sup> – Bunny Runs 1 (3 miles, 328 ft) – West Lane Baptist Church, Haworth (Championship & Fell Event).  
 Saturday 9<sup>th</sup> – Wardle Skyline Fell Race (7 miles, 1250ft) (Fellrunning Championship).  
 Sunday 10<sup>th</sup> – Flat Caps 10k – Sowerby Bridge Cricket Club (Championship Event).  
 Tuesday 12<sup>th</sup> – Bunny Runs 2 (3 miles, 328 ft) – West Lane Baptist Church, Haworth (Championship & Fell Event).  
 Tuesday 19<sup>th</sup> – Bunny Runs 3 (3 miles, 328 ft) – West Lane Baptist Church, Haworth (Championship & Fell Event).

### **May 2022:**

Monday 2<sup>nd</sup> – Coiners Fell Race (6.7 miles, 968 ft) – Mytholmroyd Community Centre (Championship & Fell Event).  
 Saturday 7<sup>th</sup> – Llanberis, Elio Ridge (7.8 miles, 2493ft) (Fellrunning Championship).  
 Sunday 15<sup>th</sup> – Calderdale Way Relay.  
 Wednesday 18<sup>th</sup> – Blackstone Edge Fell Race (3.5 miles, 1200ft) (Fellrunning Championship).  
 Saturday 28<sup>th</sup> – Helvellyn & Dodds Fell Race (15 miles, 4386ft) (Fellrunning Championship).

### **June 2022:**

Wednesday 8<sup>th</sup> – Otley 10 (10 miles) – Otley Cricket Club (Championship Event).  
 Sunday 12<sup>th</sup> – Burton Leonard 10k – Harrogate (Championship Event).  
 Tuesday 14<sup>th</sup> – Bridestones Fell Race (4.7 miles, 1230ft) (Fellrunning Championship).  
 Saturday 18<sup>th</sup> – The School Run – Digley Reservoir, Nr Holmfirth (Championship Event).

Wednesday 22<sup>nd</sup> – Ogden Midsummer Madness Fell Race (3.1 miles, 1000ft) (Fellrunning Championship).  
Sunday 26<sup>th</sup> – Kinder Trog Fell Race (16 miles, 3500ft) (Fellrunning Championship).

**July 2022:**

Sunday 3<sup>rd</sup> – The Burner 10k – Crow Wood Park (Championship Event).  
Sunday 10<sup>th</sup> – Stocks Lane Stinger 10k – Crossroads Inn, Wainstalls (Championship Event).  
Wednesday 13<sup>th</sup> – Widdop Fell Race (7 miles, 1200ft) (Fellrunning Championship).

**August 2022:**

Wednesday 3<sup>rd</sup> – Hopwood Trot 8.8k – Hopwood College Sports Pavilion (Championship Event).  
Sunday 7<sup>th</sup> – Saddleworth Round Fell Race (17 miles, 3300ft) (Fellrunning Championship).  
Sunday 21<sup>st</sup> – Colne Valley 10k – Leymoor Cricket Club (Championship Event).

**September 2022:**

Saturday 3<sup>rd</sup> – Blackshaw Head Fete (5.5 miles, 900ft) (Championship & Fell Event).  
Saturday 10<sup>th</sup> – Lost Shepherd Fell Race (15 miles, 2700ft) (Fellrunning Championship).  
Sunday 11<sup>th</sup> – Shepley 10k – Shepley Cricket Club (Championship Event).  
Sunday 11<sup>th</sup> – Yorkshireman Full (26.1 miles, 3280ft) or Half (14.9 miles, 2100ft) (Fellrunning Championship).

**October 2022:**

Sunday 16<sup>th</sup> – St. Aidan's Half Marathon – Leeds (Championship Event).  
Sunday 29<sup>th</sup> – Race you to the Summit Fell Race (4.3 miles, 853ft) – Summit Inn, Todmorden (Championship & Fell Event).

**November 2022:**

Sunday 6<sup>th</sup> – Guy Fawkes 10 – Ripley Castle (Championship Event).  
Sunday 6<sup>th</sup> – Soyland Moor Fell Race (13.7 miles, 1300ft) (Fellrunning Championship).  
Sunday 27<sup>th</sup> – Lee Mill Relay (6.2 miles, 1100ft) (Fellrunning Championship).

**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.**

# In the Lion's Den

## With Gavin Dodd



### Michelle Rushby

<b>Age:</b>
50
<b>Occupation:</b>
Senior Rehabilitation Assistant with the Community Respiratory Team, and Healthcare Assistant on the Respiratory Ward at Calderdale Royal Hospital.
<b>When did you start running?</b>
I signed up for the SLRC Beginners Course in 2016.
<b>What made you join Stainland Lions?</b>
I had started doing a few short runs on my own, and by short runs I mean I never ran over a mile; so the interest was there but I wasn't very good at pushing myself further until I saw a post on Facebook about the SLRC Beginners Course. I thought I just need to sign up for this quickly before I talk myself out of it. It is one of the best things I've ever done, I've made so many funny and lovely friends.
<b>Favorite race distance?</b>
For me it's 10-miles. I can just about get around that distance without needing a toilet shop! Haha.
<b>Best advice / tips for training?</b>
When I was at my fittest I was mixing it up a bit by doing a Pilates, strength and spin class alongside my running.
<b>Proudest moment?</b>
Finishing the Hathersage Hurtle Race which covered 20-miles of trail in the Peak District with 2,8000 feet of climb. That was a challenge!

Quick fire questions:

<b>Fav film?</b>
Shawshank Redemption
<b>Fav running shoes?</b>
I love my Brooks Ghost for road and Inov8 XTalon 235 for off road.
<b>Plans/goals for the future?</b>
I haven't done a marathon yet so I would like to get one under my belt. I have entered the VLM ballot 4 years in a row now, so maybe this could be the year I finally get in.