



Tim Walker

From The Chair

A bit of rambling from our Chair, with a lowdown of what has been happening in September & October.

Susan Cash

Race Reports

A summary of race reports from September & October 2021.

Various

Contributors

Championship update; Ladies & Men's Captains Reports, Club Championship Update, In the Lion's Den with Gavin Dodd; and 'Firing Cannons from Canoes' by Colin Duffield.

From the Chair

Tim Walker



So another Lions Tale is hitting the shelves packed with reports of all the races you have been enjoying over the past few weeks, it's been great to see so many of you out in your Lions vests. I particularly enjoyed the Guy Fawkes 10, it's been a favourite of mine for many years, not because of the chocolate that I seem to hear so much about, but because it's such a well organised race through some lovely countryside. I know there are a few hills but we should all be used to that and it breaks up the monotony of endless tarmac. 10 miles is also one of my favourite distances as well, not full throttle like a 10k and not quite as hard to pace correctly as a half marathon.

With the start of winter also comes the start of the cross-country season. So far we've had some serious wind to contend with at Baildon and a few stile issues at Northowram, but no serious mud yet! I'm sure that will soon be put right with Dewsbury the next race in the calendar – always a toughie. Once again we are hosting the last race of the season so if you are not racing please keep 27th February free as we will need quite a few marshals to guide everyone round our course and make some noise!

If like me you are lacking a bit of motivation at the moment what with all these dark nights and cold wet weather, can I suggest you have a go at doing a Marcothon. What's that I hear you ask? Well it started in 2009 when a Glasgow runner, Marco Consani wanted to find some motivation to get off his backside and go out for a run (sound familiar?) and so he set himself the challenge to run at least 5k for every day in December. He chose December as he thought that would be the hardest month to do it what with short days, poor weather and the Christmas festivities and hangovers all serious incentives to leave his pumps in the cupboard. This is purely a personal challenge, there are no medals, T-shirts or certificates for completing it but there is an active social media following which you can join in with if you wish. This year will be my 6th Marcothon, and I've enjoyed them all; yet there are days when you can't be bothered, days when you get home and have to go straight out of the door or else it just won't happen, but on the whole it's well worth doing. Please feel free to join me if you are up for a challenge.

Lions Publicity Officer

Susan Cash



Summary of Race Reports from September & October

The Vale of Glamorgan Ultra Marathon

Genevieve Thompson battled ongoing injury issues to complete the 40-mile Vale of Glamorgan Ultra Marathon on Saturday in 11 hours 3 minutes. Speaking after the race, Genevieve reported that there were “stunning views running along the south coast of Wales” but that she was “in agony due to pulled plantar fascia from the Inferno 10K two weeks ago.” Despite being tempted to quit at the second checkpoint, she managed to keep going to the end, having befriended a group of runners from Cardiff, one of whom turned out to be from Halifax and a former Stainland Lion!

Denby Dash

Martin O’Brien was the sole representative of the Lions at the Bank Holiday Monday Denby Dash. Martin’s time of 47:41 was enough to secure him the win for his age category. The race route is 5.6 miles of undulating trails around beautiful Upper Denby on the outskirts of Huddersfield.

Littleborough Lions 5K

Fraser Ambrose finished 15th in the Littleborough Lions 5K in 19:43. Starting and finishing at Littleborough Conservative Club, the undulating route circumnavigated Hollingworth Lake.

Leeds 10K and Leeds Half Marathon

Starting and finishing outside the ITV Studios on Kirkstall Road, the Asda Foundation Leeds 10K set off at 9am, followed by the half marathon at 9.45am. Hundreds of runners took part in glorious sunshine. Cameron Rushworth ran particularly well in the 10K and is well on track to hit his target time of sub-40.

Results (10K): Cameron Rushworth 41:34, Christopher Bowen 55:18

Results (Half Marathon): Mark Pottinger 1:33:22, Richard Heaton 1:42:58, Danny Stafford 1:48:20, Gareth Knight 1:48:53, Joanne Kitcher 1:59:35, Gillian Jago 2:00:37

Wetherby 10K

The 16th edition of the Wetherby 10K took place on Sunday afternoon. The date of the race suited those training for the Yorkshire Marathon in October or the forthcoming Great North Run, as it offered a fast course as a tapering run the week before the big day. The Lions were out in force because the race was also a counter in the club championship competition. Fraser Ambrose coped well in the hot conditions to finish 1st Lion, and there were strong performances too from Lorraine Naylor who finished 2nd in her age category, and Hayley Kelly who finished 3rd in hers.

Results: Fraser Ambrose 42:57, Steve Hallam 46:12, Roy Lunt 47:43, Lorraine Naylor 48:11, Paul Patrick 49:26, Laura Goodwin 52:46, Gary Barnes 53:33, Hayley Kelly 53:45, Rebecca Gvozdenko 54:14, Paul Butterfield 57:11, Claire Haigh 58:22, Beverley Day 63:06

London Summer Run 10K

Darren Reece finished 8th overall in the rescheduled London Summer Run 10K. There were over 5,000 finishers, and the closed-roads event featured live music and other entertainments along the route.

Results: Darren Reece 35:36, Melissa Vincent 58:41

16 September 2021: This week's highlights include Lucy Collins finishing 1st Lady (and 5th overall) at the Yorkshireman Full Marathon, Darren Reece's storming run at the Great North Run and a new M60 club record for Steve Hallam over half marathon distance.

Lost Shepherd Fell Race

The Lions had two competitors at the Lost Shepherd Fell Race on Saturday. The race is a challenging 15-mile route over open moorland and footpaths with 2,700 feet of ascent. Sixty runners took part this year.

Results: Derek Parrington 2:50:07, Leon Severn 3:00:04

Great North Run

There were some fantastic performances by the Lions at this year's Great North Run. Darren Reece had a storming run and was first Lion home in 134th place (out of 57,000 runners!). Proving that "every second counts", Darren's finish time was exactly one second faster than at his last Great North Run. Other Lions posting improved times this year were Gareth Webb, Michelle Rushby, Melissa Vincent, Val Nicholson and Phil Richards. It was Richard Brewster's first sub two-hour half marathon.

Results: Darren Reece 1:18:24, Gareth Webb 1:53:37, Gary Barnes 1:53:52, Gillian Jago 1:55:34, Richard Brewster 1:58:54, Michelle Rushby 2:03:34, Laraine Penson 2:05:12, Melissa Vincent 2:06:39, Jan West 2:15:46, Patricia Hallowell 2:23:11, Valerie Nicholson 2:27:56, Philip Richards 2:42:05, Beth Pollard 2:49:25, Jessica Crawshaw 2:51:10, Abi Bouckley 2:51:11, Gail Fawcett 3:01:32

Yorkshireman Marathon/Half Marathon

Lucy Collins took a well-deserved win in the ladies race at the Yorkshireman Marathon on Sunday, finishing in 5th place overall. Angela Lee was 2nd in her age category, and Lance managed to complete the full distance despite having a damaged calf muscle.

In the half marathon, which is in fact significantly longer than the standard 13.1 mile half marathon length, coming it at a whopping 14.5 miles, Mark Pottinger was 1st Lion and 3rd in his age category. Leon Severn took part despite having run the Lost Shepherd the previous day, and Alex Whyte took almost half an hour off her 2019 time.

Results (Marathon): Lucy Collins 3:47:15, Angela Lee 5:12:57, Lance Parker 5:26:33, Sandy Gee 5:45:38, Aileen Baldwin 5:53:21

Results (Half marathon): Mark Pottinger 2:00:50, Andrew Earnshaw 2:19:58, Leon Severn 2:24:38, Jim Harris 2:29:16, Paul Patrick 2:31:55, John Bassinder 2:37:50, Rikki Hammond 2:44:07, Tim Walker 2:57:07, Paula Pickersgill 2:58:41, Alex Whyte 3:09:56

Shepley 10K



Shepley 10K also took place on Sunday. The event is race number five in the South Huddersfield Trail and Road Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. Four Lions took part, with Anthony Mott the first Lion home in 11th place. Martin O'Brien and Ray Mooney were running neck and neck throughout the race, and it was a dead heat at the finish line, with both men awarded the same time. The next race in the series will be the Stairway to Heaven on Saturday 25 September.

Results: Anthony Mott 45:39, Martin O'Brien and Ray Mooney 54:23, Tracy 57:25

Brun Valley 10K

Jonathan Pybus and Debbie Grunhut-Hinds were the only Lions at the popular Brun Valley Trail 10K in Burnley. The route follows paths and trails from Thompson Park out through Netherwood, taking in Rowley Lake and the picturesque Brun Valley Forest Park.

Results: Jonathan Pybus 58:02, Debbie Grunhut-Hinds 70:33

Vale of York Half Marathon

There were a number of achievements for the Lions this year at the Vale of York Half Marathon. Hayley Kelly and Rebecca Gvozdenko each completed their 1st half marathon, whilst John Rushworth ran under two hours for the first time. Steve Hallam finished 3rd in his age category and notched up a new M60 club record in the process, and Roy Lunt took a big four minutes off his half marathon personal best time.

Results: Simon Rawnsley 1:32:40, Steve Hallam 1:38:17, Paul Corns 1:39:21, Gerry Banham 1:42:32, Roy Lunt 1:44:17, Hayley Kelly 1:57:17, Rebecca Gvozdenko 1:57:18, John Rushworth 1:59:49



Keswick Mountain Festival Trail Race

Rick Crabtree completed the tough 25K Adidas Terrex trail race at the Keswick Mountain Festival in 2 hours 30 minutes.

Wilmslow Half Marathon

There were strong performances from all the Lions who took part in this year's Wilmslow Half Marathon, with Chris Hall just pipping clubmate Paul Alexander to be first Lion back. The race was an opportunity for runners who have been training for the Autumn marathons to check how their training is going, as well as to test themselves on a fast course.

Results: Chris Hall 1:25:26, Paul Alexander 1:25:31, Mark Pigford 1:29:43, John Bannister 1:36:34

Ian Roberts Memorial Fell Race



Three Lions took part in the Ian Roberts Memorial fell race from Marsden Cricket Club on Sunday. The route is 6.7 miles long with 1,200 feet of climbing mainly on moorland tracks and paths over Marsden Moor. The race takes in Swellands Dam, Black Moss and Standedge at 1,400 feet, and features a very sharp and steep eroded drop into Butterly Clough to finish the legs off at the end. The race is usually held in March in a blizzard, but the September date made for easier running conditions. However, the notoriously difficult terrain – tussocks for miles - proved just as challenging as ever.

Results: Andrew Earnshaw 1:09:23, Jim Harris 1:15:26, John Bassinder 1:22:05

Chester Half Marathon

The in-form Darren Reece notched up a new personal best at Chester Half Marathon, clocking 1:17:22 and finishing 23rd overall just a week after running strongly at the Great North Run. Melissa Vincent, also fresh from the GNR, completed the Chester course in 2:09:00.

Trafford 10K

Helen Armitage was 3rd in her age category at the Trafford 10K, one of the UK's most popular and quickest 10K races. The flat one lap course is perfect for runners seeking to improve their personal best, with road closures in operation across the entire course. Helen crossed the line in 46:42.

Equinox24

Paula Statham-Drake completed the Equinox24, a 24 hour race around a mixed terrain 10K loop against the clock, around the picturesque Belvoir Castle Estate in Leicestershire. Paula was one of a team of six, who between them notched up 190K over the 24 hour period.

Marathon Du Malton 10K

Gillian Jago was 2nd Lady at the Marathon Du Malton, a 10K race in North Yorkshire inspired by the Marathon Du Medoc in France's wine region. Billed as a 'gourmet 10k wineathlon', the race is intended to publicise the area's local produce and beautiful countryside. The route started and finished at the pretty marketplace in the centre of Malton, and runners had the chance to nibble local delicacies and take sips of wine on their way around the treat-laden course.

Honley Show 5K



Jim Harris had a grand day out at Honley Centenary Show on Saturday. Entry to the show included entry into a 5K trail race over a lovely route expertly organised by Holmfirth Harriers. It was however somewhat under-promoted which meant there were just eight people in the race, with marshals outnumbering runners 3:1. Assured of a top ten place, Jim trotted round in the sunshine to finish 6th, and was rewarded for his efforts with an engraved V50 Centenary Show winner medal and a handshake from the Mayor.

Stairway to Heaven

Saturday's 8½ mile Stairway to Heaven trail race was the final event in the South Huddersfield Trail and Road Series, a series of friendly and challenging races in the beautiful countryside round Holmfirth. 90 runners took part, including two Lions who both finished in the top ten. Anthony Mott also won his age category. Across the series as a whole, Anthony Mott was 1st M45 and 5th male overall.

Results: Fraser Ambrose 1:07:21, Anthony Mott 1:08:21

Calderdale Way Relay

Sunday saw half the runners in Calderdale taking part in the Calderdale Way Relay, a six leg relay event run in pairs, which covers 50 miles of the Calderdale Way. The event was cancelled in 2020 and postponed from its usual May slot this year. It's the one race on the calendar where runners put personal glory aside and work together for their club. Six legs, 12 runners per team, racing across 50 miles of Calderdale's finest trails. Leon Severn did a fantastic job of pairing together Lions of similar speeds, so that each of the four teams of Lions could run together effectively. The Lions' A team finished in 20th place: Mak Dhinsa and Mark Pigford, Andy Baird and Anthony Mott (fresh from racing the Stairway to Heaven the day before), Liz Norman and Kevin Jagger, Kevin Robinson and James Penson, Danny Stafford and Chris Hall, and Lorraine Naylor and Mags Beaver. The Lions' three remaining teams all successfully got the baton to the finish line. Some of the team members taking part in the relay have only recently joined the club, and so it was particularly good to see them stepping up to represent the club.



Sheffield Half Marathon

Two Lions ran the Sheffield Half Marathon on Sunday. The stunningly scenic route gives participants great views of the Peak District on the climb up to Ringinglow. Michelle Rogerson was treating the race as her final long training run before the upcoming London Marathon.

Results: Ian Hoskins 1:57:41, Michelle Rogerson 1:58:39

The Great Manchester Run 10K

Also on Sunday, two Lions took on the Great Manchester Run 10K. Gillian Jago is coming back strongly from injury, and Beverley Day has been running well recently and knocked a full five minutes off her previous 10K personal best.

Results: Gillian Jago 50:50, Beverley Day 56:32

Lancashireman Marathon

Jim Harris dug deep to complete the grueling Lancashireman Marathon on Sunday. The 27 mile off-road route encompasses moorland, towpaths and hills along The Burnley Way, and includes a punishing 4,500 feet of ascent. Despite not having done any specific marathon training, Jim got round in 6:49:37.

October 2021:

London Marathon

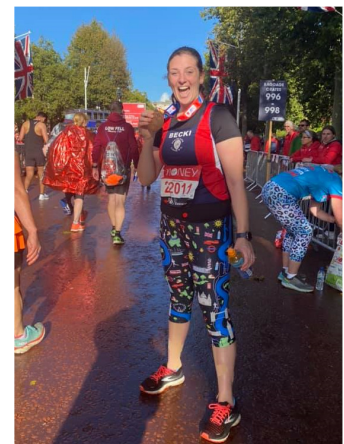
Finally, after a long wait October saw the return of the daddy of all races – the mighty London Marathon; with over a dozen Lions amount the 50,000 runners lining up alongside some of the top names in International running.



Stephen Hall took 1 min 17 seconds off his 2019 time to finish first Lion with a new personal best time of 2:43:01. Wendy Paulson knocked an amazing 43:41 off her 2019 time finishing in 4:44:48.



The Club is enormously proud of each and every one of its marathon runners and very grateful to all our Club coaches for all their help in preparing the runners for their big day.



Results: Stephen Hall 2:43:01; Gavin Foster 2:50:49; Jamie Westwood 2:57:35; Darren Reece 2:53:50; Mags Beever 3:00:14; Maria Harron 3:34:16; Gerry Banham 3:40:51; Michelle Rogerson 3:56:27; Wendy Paulson 4:44:48; Graham Robertshaw 4:46:13; Richard Brewster 5:00:32; Melissa Vincent 5:02:19; Kim Ison 5:04:29; Becki Watson 5:12:46; Paula Stratham-Drake 5:50:46.

Running the Virtual Marathon were Tony Pinnington 4:11:40, and Joanne Cooke 5:30:11.

Bridlington Half Marathon



The Bridlington Half Marathon was a counter event in the Club's championship. The course starts on the seafront, heading off into the countryside via Sewerby, Flamborough and Bempton before returning to Bridlington via Sewerby Park and the cliff top road. Helen Armitage was 1st V55 home.

Results: Helen Armitage 1:46:00; Sandy Gee 2:01:17; Paula Pickersgill 2:08:47; Bill Lee 2:09:02; Paul Armitage 2:11:19; Trish Hallowell 2:24:16; Hilary Scargill 2:37:00; Gail Fawcett 2:55:10.

Hopton 10k

Martin O'Brien completed the multi-terrain Hopton 10k; an undulating course taking place on quiet roads and woodland bridleways in and around the small village of Hopton. Martin came in at 56:13.

Williams BMW Half Marathon

Two Lions ran the Williams BMW Half Marathon around Rochdale; starting on The Esplanade the route takes in the streets of Rochdale, Broadfield Park and part of the Rochdale Canal before finishing back on The Esplanade.

Results: John Bannister 1:34:17, Gaby Ferris 1:40:18.

Manchester Marathon & Half Marathon



The Marathon began at Trafford Arch, near the Old Trafford Football ground, the is famous for its fast, flat and friendly route; with the Half Marathon starting at Chester Road and heading through Stretford to Sale and via Timperley before looping back via Sale Moor and finishing near Old Trafford cricket ground. Lions rans both the Marathon and Half Marathon.

Marathon Results: Makinder Dhinsa 3:27:00, Clayton Cutter 3:41:08, Catherine O'Shaughnessy 3:47:24, Jan King 4:12:32, Alex Whyte 5:01:48, Cat Daniels DNF.

Half Marathon Results: Gavin Dodd 1:34:57, Lorraine Naylor 1:42:05, Carol Gregson 2:20:46, Julie Goddard 2:38:53.

Withins Skyline

Five Lions headed off to Wharfedale to complete the 6.2 mile race; starting from Penistone Hill Country Park the route circuits The Stoop and Top Withens before returning via Bronte Bridge. Aileen Baldwin finished 1st LV70.

Results: Aileen Baldwin 1:06:17, Raymond Mooney 1:07:08, John Ingles 1:09:31, Ricki Hammond 1:11:19, and due to an unfortunate accident Heather Moffat did not manage to finish.

Sheffield 10k

Two Lions headed over to the Sheffield Tententen returned on the 10th of the 10th again this year. The race is an exciting and creative multi-terrain trail 10k, attracting over 1000 runners – the first edition of the race was on the 10th October 2010 – hence the name!

Results: Michelle Rogerson 52:41, Ian Hoskins 54:57.

Lindley 10k

The race starts and finishes on Lidget Street near the library and was the 13th event in the Lions Championship Calendar, with 23 Lions competing.

Results: Fraser Ambrose 41:55, Derek Parrington 44:17, Clayton Cutter 46:00, Maria Harron 46:20, Gaby Ferris 46:22, Gerry Banham 47:44, Roy Lunt 47:53, Lorraine Naylor 48:09, Daniel Stafford 49:18, Martin O'Brien 49:25, Gary Barnes, 51:16, Laura Goodwin 52:04, Hayley Kelly 53:53, Rebecca Gvozdenko 54:53, Richard Brewster 54:59, Paul Butterfield 55:05, John Rushworth 56:02, Jason Berry 57:07, Beverley Day 57:29, Emma Taylor 1:06:18, Peter Cawdron 1:10:38, Anne Cawdron 1:14:13, Gail Fawcett 1:20:03.

St. Aidan's Trail Half Marathon

The Trail Half Marathon takes in the St. Aidan's RSPB Nature Reserve and also the Fairburn Ings Nature Reserve; the course starts close to the RSPB Visitors Centre and follows the River Aire for a spin around Fairburn Ings before returning back to St. Aidan's.

Results: Tim Walker 2:00:14, Sandy Gee 2:05:52, Paula Pickersgill 2:10:57.



Asda Foundation Yorkshire 10 mile & Marathon

Joanne Kitcher completed the Yorkshire Marathon on behalf of Overgate Hospice, coming in at 4:24:23.

Completing the Yorkshire 10 mile were: Michelle Rogerson 1:20:12, Ian Hoskins 1:23:48, Valerie Nicholson 1:49:41, Hilary Scargill 1:52:24.

Leeds Abbey Dash

Runners set off from The Headrow before making their way down Kirkstall Road, enjoying a loop round Kirkstall Abbey and returning back to the city centre.

Results: Darren Reece 35:16, Cam Rushworth 41:06, Jan King 49:45, Melissa Vincent 1:01:55.

Race You To The Summit Fell Race

Starting at the Summit Inn, runners have to run up to the White House Pub near Blackstone Edge, touch the pub wall then run back to the Summit Inn for a well earned pint. The race covers 4.3 miles with over 800ft of descent.

Results: Martin O'Brien 45:45, Helen Hudson 46:06 (1st F55), Aileen Baldwin 46:27 (1st F70).

Bradford Half Marathon

With 4 x 5k loops of Bradford City Centre, the race takes in City Parks, Bradford University, The Broadway and Little Germany.

Results: Alex Whyte 2:15:23 (1st F50).

Run Chester Zoo 10k

Five Lions took on the 10k race which runs through the Zoo for 1k before heading onto closed roads and finishing back at the Zoo. I'm reliably informed that the ladies did leave Lions behind this time!

Results: Lin Devine 1:03:47, Manjit Ahir 1:03:48, Diane Thornley 1:03:49, Wendy Paulson 1:03:49, Joanne Cooke 1:03:51.



Usain's PB Corner

Parkrun Course PB's

4th September:

Paul Corns – 20:54 @ Huddersfield

Gavin Foster – 17:42 @ Brighouse

11th September:

Alan Whiteley – 20:12 @ Blackpool

Tony Pinnington – 26:40 @ Centre Vale

18th September:

Sue Cash – 26:42 @ Sheffield

Rebecca O'Neil – 24:06 @ Dewsbury

Tony Pinnington – 25:15 @ Pontefract

25th September:

Stephen Hall – 16:58 @ Huddersfield

Will Rushworth – 19:34 @ Huddersfield

Paul Corns – 22:05 @ Brighouse

Mags Beever – 18:39 @ Huddersfield

Jenny Marshall – 29:20 @ Huddersfield

Sue Cash – 26:05 @ Sheffield

Richard Brewster ran his 50th Parkrun at Halifax.

2nd October:

Peter Cawdron ran his 50th Parkrun at Halifax.

9th October:

Mags Beever – 19:00 @ Brighouse

Claire Haigh – 27:33 @ Brighouse

Richard Brewster – 26:07 @ Brighouse

Hayley Kelly – 25:18 @ Huddersfield

16th October:

Cameron Rushworth – 20:05 @ Halifax

Richard Brewster – 25:10 @ Huddersfield

Tony Pinnington – 25:44 @ Halifax

23rd October:

Hayley Kelly – 25:13 @ Huddersfield

Paul Alexander – 19:03 @ Brighouse

Claire Haigh – 26:25 @ Huddersfield

30th October:

Fraser Ambrose – 20:40 @ Huddersfield

Gary Barnes – 24:24 @ Brighouse

Club Championship Update

Steve Hallam



As the 2021 version starts to draw to a conclusion, we can now think ahead about next year's competition. This year was always going to be tricky with early Covid restrictions in place and no actual proper races available until the latter period. However, all things considered, it has mainly gone according to plan with many taking an active part and embracing the spirit of the whole thing.

Before I formulate a plan and race schedule for 2022, I would appreciate your feedback to understand how we can produce the most exciting, rewarding and satisfying solution for the forthcoming year. If you've not already joined in the discussion on our Facebook page (or Forum), please consider what your ideal Championship would look like and share it with the rest of us.

I would be most interested to know which events you enjoyed the most and wish to be included once again and conversely, which races should be dropped and what they could be replaced with.

Are you happy with the present format? It has been suggested that we have fewer divisions and less events to count towards your total score, designed to make it more competitive and easier to complete - but what do you think? How about including a Marathon - would that make sense? And if we did, should it be a single event, any event in Yorkshire, the UK or the world?

How about double points for finishing an event first in your division? Or even a few bonus points - Would this encourage improved competition or would it simply become dispiriting for everyone else?

For me, the biggest single reason to participate in this competition is simply to improve your running in association with your club-mates at a variety of different locations. This should then tie in nicely with our regular coached sessions at hills and track - all designed to assist you! Inevitably, this involves a bit of effort on your part but doing it this way can be tremendous fun and definitely better than going it alone. It's not the only way though and just simply joining in and giving it your best shot can also be very rewarding.

So, with this all this in mind, what are your reasons for NOT joining in with the championship? I would like to understand what's stopping you to see if we can enable changes that would make it more acceptable and worthwhile. Please share your thoughts, fears and concerns - It should be possible to create a bit more inclusivity if it's needed. Whilst it may not appeal to everyone, it would be a shame for some to miss out simply because we haven't set it up correctly. I don't claim to have all the answers but what I will say is that whilst I'm the custodian of this important club function, I will do my best to make it an attractive proposition to as many members as possible. I hope this gives you all some food for thought. Let's make 2022 a year to remember! Individual comments are most welcome but also speak to each other and collaborate ideas with your friends and running buddies. I'm a great believer in good, effective and meaningful communication.

Ladies Captain's Report

Maria Harron



Firstly a big welcome to Jennifer Town and Jane Cole who are new lady members that have joined us in September and October. We look forward to meeting you and seeing you get involved in Club runs, races, socials, etc.

So, it is now November and September seems such a long time ago now but if you can cast your minds back to the loner evenings and sunshine you may remember that Stainland Lions had three coaching sessions from England Athletics.

Stainland Lions' EA ClubRuns with Graeme Woodward

Stainland Lions were successful in an application to England Athletics for their ClubRun sessions. Following discussions with the Club's coaches and committee a plan was put in place for three sessions to be coached by Graeme Woodward with a view to encouraging runners of all abilities to think about how they can improve themselves as a runner. The sessions were very popular and have certainly encouraged everyone to talk about training and to have a think, not just run!

	Type	Athletes signed up
Session 1	V02 max	46
Session 2	Hills	38
Session 3	Track	42

Session 1

Focus on drills and some theory on V02 max with time in the Clubhouse for presentation and questions

A fun warm up in the sunshine and then a V02 max session – 4 mins effort with 2 mins recovery x 4. When doing the 4 mins of effort the aim was to be able to do all 4 at the same pace of effort. The recovery was a much needed 2-minute walk. Graeme talked about the importance of doing this session on a regular basis and showed us the theory behind the session in his presentation afterwards. Lots of questions and thoughts were discussed afterwards with regards to stretching, speed sessions, recoveries, training plans, long runs, etc



"I think it's a great thing for the club and certainly left me asking a few questions on what I can do different in my training! Also, great to see so many willing people getting involved".

"That was an ace session and learnt plenty from it".

"Really enjoyed it. Really made me think about my training sessions".

“Tonight’s session was very interesting and it has really made me think about how I can better utilise my training time to become a more efficient runner. Looking forward to the next one now”.



“Really interesting to hear from Graeme and some great things to think about for my training”.

Session 2

Hill session using speed gates with personalised advice for each runner



Luckily Graeme found us a long, steep hill for this session! After a warm up two runners ran with effort through the first speed gate and up the hill to the second. The speed gates calculated the time taken to get up the hill. Graeme gave advice to each runner about how to improve on their next attempt. Runners had to think about posture, arm drive, knee lift, pushing off from the balls of the feet, etc. This was also an opportunity for trainee coaches to observe Graeme’s feedback and then begin to do the same under guidance. All runners had three attempts and so many improvements were made to the times. Lots of chat and observing going on whilst not running, a great opportunity to think about technique.



“Really great session”.

“Great session”.

“Awesome”.

“Great tips received & looking forward to the next coaching session”.

“I’m sure that we all learned something valuable from tonight’s session. I’m hoping that just a couple of minor adjustments will make a real and tangible difference to the way in which I approach hills in the future”.

“Graeme, as ever, was extremely knowledgeable and passed on great tips on how individuals could improve”.

“Great session, and Graeme’s tips certainly made a difference. I’ve needed to improve on hills and tonight has been a big help”.



Session 3

Track session with focus on lactate threshold/long duration efforts and recovery

A track session on our usual track night at Spring Hall. Lots more drills in the warm up with specific thought on one particular drill – straight leg running and listening to the ‘tap tap tap’ of your feet. The session was 8 mins effort x 2 with a minute recovery where we thought further about the straight leg running drill. Lots of discussion about recovery times between the efforts and lots of smiles to finish the final session.



“Thank you so much, really enjoyable and very helpful. Just need the motivation to practice what we’ve learned now”

“Trying new things in training challenges both mind and body in different ways, hopefully resulting in personal improvements from every small ,subtle, incremental adjustments we make. This all means running with a purpose makes even more sense!”

"They've been really helpful and interesting. It's been nice to have everyone training together too, and to do something a bit different. I like the way the intervals we did in sessions 1 and 3 could easily be incorporated into our weekly running schedules (if we could face doing them! I will try to make myself do some)".

"Have to say, I struggled a lot getting back to it between injury and recovery. But he had some great words of advice and I'm so determined to use it. Thanks Graeme. Really appreciated it".

"Thoroughly enjoyed all of the sessions. I think everyone will have got something out of tonight".



"Great job. Thanks you to all concerned, really enjoyed the session".

"Fascinating to see Graeme coach, learnt so much from his sessions as a runner and as a trainee coach".

"The take up for Graeme's sessions was really good showing that everyone was really keen for advice. It was really good to note how he observed people's running and gave helpful advice on one or two points that they could work on".



The Coaching Team had a meeting a few weeks ago to get some ideas together for 2022 but we would really like to know your thoughts too. What would you like to be doing at the Club? How could the Coaching Team support? Please contact any of us either in person, through FB, through the Forum, etc.

LEJOG & SWCP Challenges

So many ladies have now finished their LEJOG or SWCP challenge

- Bev Day – LEJOG – Finished 874 miles
- Joanne Cooke – LEJOG – Finished 874 miles
- Wendy Paulson – LEJOG – Finished 874 miles
- Jan West – LEJOG – Finished 874 miles
- Lin Devine – LEJOG – Finished 874 miles
- Catherine McHugh – LEJOG – Finished 874 miles
- Anne Cawdron – SWCP – Finished 630 miles

Keep going Helen Shenton and Dawn Medlock, every mile helps. Manjit Ahjar has done 840 miles, so close now to get to 874. Anne Marie Ulliyott has done 900 miles of the scenic route of LEJOG (1083 miles), only 183 miles to go.

Stainland Lions have a fantastic reputation for raising money for many different charities throughout the year. Here is a great suggestion from Gaby Ferris that will directly help local people in need, and I know that recently Lions have been wanting to find a place for unwanted running gear. Please support as much as you can.

Can you help?

St. Augustine's Centre in Halifax has requested help with topping up their free shop. The Centre is a place of support for people seeking asylum and refuge in this country and helps by providing advice, meals and clothes and company.

The fundraising team have asked for donations of 'young men's sportswear' to give out to their service users. They have a growing football team and would like to encourage newcomers to get involved in sport (they may even have some would-be runners who use the Centre).

If you are having a wardrobe clear out and would like to donate your unwanted sportswear, I know it will be greatly received. 'Old man' gear and unisex stuff also happily accepted!

If you do have anything to donate, I am happy to collect from individuals or on club nights. Or if you were really organised you could drop your donations at track on a Wednesday evening (6.30pm to 8pm) and stay for the session or drop with Maria on a Monday at Hills (6.30pm) and stay for the session! 😊

Thank you
Gaby

I have been looking at what other ladies have been doing this year and I want to give a shout out to Alex Whyte who has an incredible Run Every Day streak with all sorts of runs from a minimum of 5k a day to a marathon and race PBs. She has remained injury free throughout and is always smiling!

Also a big shout out to Clare Smith who has been representing GB in all sorts of exciting races and places over the last year. Amazing achievements.

There will be more about Alex and Clare in the next Newsletter. I certainly want to know ore and share it with you. Well done ladies! Keep running!

Men's Captain's Report

Leon Severn



Hello!

Sorry for missing the last one . . . it has been a particularly busy last couple of months for me personally, with some big changes coming in 2022, but enough about that. To everyone who commits themselves to training, or anyone that helps out at the club, either with the committee, coaching or organising events, it's hard to fit it all in, so I salute your efforts.

First off, welcome to some new members – Ben Golding-Smith and James Black. I ran with James during one of Helen's Thursday night groups and he didn't seem phased by the hills given he lives in the area! Bonus! He will return again!

During September/October we had four championship events, which will be covered in the race reports, but these events are all coming at the business end of the fixtures, so the places will really start to make a difference in each division. A couple of names keep cropping up with consistent performances in their respective divisions, those being Fraser Ambrose, Clayton Cutter, Steve Hallam, Martin O'Brien, Paul Patrick and Paul Armitage, all who have completed 9 runs, with a few more familiar names only needing another event to meet requirements. It is going to be close at the top of a few divisions!

A few new names in there as well, such as Gary Barnes, who joined this year, another who I had a chance to run with the other week on Thursday night. It's really good to see the progression being made from basically getting involved with everything the club offers, but also through his own hard work.

One minor downside is that Paul Corns has picked up an injury recently, so we wish him a speedy recovery, and at the time of writing it's good to see Richard Crombie coming back from injury after a bit of time on the sidelines. I might have missed somebody here but that is by no means intentional.

At the end of September we also had the Calderdale Way Relay rearranged to this month after all the Covid disruptions, and wow what an experience that was . . . that's a story for another time, but I'd like to thank every runner who made sure the event was a success, and I'd like to thank Mark Pigford in particular for his calmness at the registration. To all the new runners, I hope you would like to do it again, and to the injured runners you will get another chance!

Many of us also took part in the Yorkshireman Half Marathon, and a few others in the Full Marathon. I would highly recommend these local events. Truly a brilliant race, whether you do the half or full! Also, always so well supported by Lions – Karen Thorne and Co this year handing out fuel at Withins!

October was also a big month for marathons! Finally, some of the mass events could be held in person. London and Manchester the obvious ones – London saw Gavin Foster and Stephen Hall produce PB's, along with Darren Reece and Jamie Westwood, the quartet all ran sub-3 hours. Jamie has now run the London Marathon for 20 consecutive years! That is some achievement. Richard Brewster, another new member completed his 1st Marathon, so of course it was a PB but he also produced a cracking time, and is testament again to the effort he's put in whilst being with the club. Mak Dhinsar produced a PB performance at Manchester, and a brilliant effort from Paul Alexander and 2nd claim Neil (Bee) Barker.

I hope to get involved with a few more club events in the coming months, especially with the West Yorkshire Winter League beginning in November, and I hope to see as many people at club nights. Keen to hear how you're getting on and what your plans are for 2022?

Happy running all!

Leon.

Firing Cannons from Canoes

By Colin Duffield

Imagine you have a fifteen-year-old Vauxhall Corsa. It's an adequate little run around, but you've always wanted to enter a race at Brands Hatch. So, you head off to your garage and start to build a big powerful racing engine. After a few months you install this monster engine in your faithful Corsa and set off around the track like a poor person's Lewis Hamilton. What's going to happen to your little family car?

I doubt that everything would go to plan. You wouldn't win the race. The car would shake and rattle, bits will fall off. Eventually it'll just stop. The capability of the engine would far exceed the tolerance of the car body.

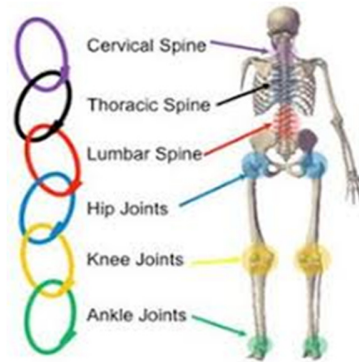
Now think about all the time you spend building capability in your running life. All those hills, track sessions, and club runs. Pounding pavements and trails, working on your VVo2 max, lactate threshold, all that stuff. Basically building yourself your own personal racing engine. So, the question is, do you have a body capable of utilising that engine or will bits fall off? Have bits already fallen off?

There's an old coaching saying that says, 'You can't fire a cannon out of a canoe'.

What this means is that you need to make the body strong, stable and capable of converting the power you generate into efficient movement without overloading it and breaking down.

In addition to your own engine, of course there are also external energies that you need to control and convert to run competently and to your potential. Things like gravity, changes in cadence, sharp turns and sideways lurches. Anyone who does or wants to run cross country or on the fells take particular note. The best fell runners I've worked with have uncanny abilities of stability and control.

Think about this thing called your kinetic chain, its function is the key to cracking this stuff. It starts at your neck and goes all the way to your ankles.



The strength of the chain is the key to body capability. It's the mechanical frame that all your running relies on. If there are any weak bits in the chain you'll be found out. Loads of runners pay no attention to this aspect of training and are slower, less efficient, and more likely to be injured as a result.

Here are a few ways to convert yourself into a robust running machine. It's not exhaustive, but hopefully it gives some ideas...

Be Strong

Working on core and leg strength. This will give a better ability to keep the core engaged during each running movement. This helps maintain control and avoid the imbalances that can create weakness in the kinetic chain.

Exercises that will help:

- Squats
- Lunges
- Abdominal planks
- Hip Raises

Be Flexible (and capable of connecting your body)

To run with good form means striding properly and engaging the hips and core. This makes flexibility incredibly important to maintaining proper running ergonomics. Indeed, developing flexibility makes for a strong kinetic chain.

Things that will help:

- Yoga
- Pilates
- An effective and consistent stretching routine

Learn to Move Properly

When you run, it is important to do so properly with a nod to mechanics and physics. This helps minimise imbalances, inefficiencies and gait anomalies and gets our body moving smoothly. It's a tricky one, as changing how you move can't really be done intentionally. The people in my Monday group, why do you think we do the drills so thoroughly when you really want to just run up and down a hill repeatedly?

Stuff like:

- Head position
- Arm position and movement
- Alignment of leg action
- Recovering foot efficiency
- Foot strike point

If anyone wants to pursue this a bit further, I've done some work with some people more expert than myself around putting together a relatively simple Strength and Conditioning regime for runners. Lions sessions anyone?

Dates for your Diary

December 2021:

3rd December – Lions Christmas Party – 7-7.30pm @ Heath Rugby Club.

5th December – WYWL Dewsbury – 10am

12th December – Lions/Heath Children's Christmas Party – 5.30pm @ Heath Rugby Club

19th December – WYWL Queensbury – 10am (Fancy Dress)

26th December – Boxing Day Fun Run – 11am @ 1885, Stainland.

29th December – Bilberry Fields Winter Fell Race – 11.30am @ Hare & Hounds Pub, OL14 8EA.

January 2022:

9th January – WYWL Pudsey – 10am

23rd January – WYWL Lakers – 10am

February 2022:

13th February – WYWL Stadium – 10am

27th February – WYWL Stainland – 10am

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



Rebecca Gvozdenko



Age:	32
Where based:	Skircoat Green
Occupation:	Full time mother/wife/part time butcher and cleaner
When did you start running?	I started the Couch to 5k challenge last year, however, I have always been very active. Up until I had my children I did ballet and was a ballet teacher for a short period.
What made you join Stainland Lions?	When doing the C25K winter came, I found I no longer enjoyed running outdoors on my own. I also soon got bored of my same old running routes. Since joining the Lions I've found I have more motivation to run and I enjoy running with a group of like minded people who love to talk about running as much as I do!
Favorite race distance?	I haven't done many races yet, but probably 10k. It's long enough to be a challenge in racing conditions yet not too long. Ask me again with another championship under my belt and I'm sure I'll change my mind.
Best advice / tips for training?	I write a weekly plan and make a note of the days I am going to run/exercise. Joining the Lions has been the best way for me to maintain consistency. I find myself more likely to go for a run knowing people are expecting me to turn up.
Proudest moment?	Very recently I completed my first half marathon in under 2 hours, which I'm super proud of!

Quick fire questions:

What do you enjoy listening to?	I soon get bored running to music so podcasts are my jam. I particularly enjoy 'The Runpod' by Jenny Falconer.
Fav film?	Billy Elliott
Fav running shoes?	Again, fairly new to this but I recently bought some Mizuno Wave Inspire 16's and they are fab. Such a comfy shoe!
Plans/goals for the future?	One goal I would really like to achieve (and I'm conscious that if I say it out loud, I might have to do it) is to complete a triathlon. I don't know which one, or when, or how long it will be, but that's the bones of it.
Fav meal/restaurant?	I don't have a fav meal, but my fav restaurant is 'The Engine' in Sowerby Bridge; if you haven't tried it I can highly recommend it.