



The Lions Tale

Stainland monthly newsletter



Paul Armitage
From The Chair
Ramblings from our Chair for 2024.

Debbie Grunhut-Hinds
Race Reports
A summary of race reports from April 2024.

Various
Contributors
Maria - Ladies Update; Away Runs Update; In the Lion's Den with Gav.

From the Chair

Paul Armitage



At last spring is here and rumour has it that there was a dry run or two recently but keep it quiet. However at least we no longer need to have a head torch and Hi Viz vest on when we go out, you do not know how much I hate putting that on each winter run post I do, but safety first and all that.

Speaking of club runs and all that, at the last away run I asked if we could wear our Stainland colours when we ran there and I was really pleased to see that there were lots of you wearing our club vests and T-shirts which was great to see, quite an impressive sight to be honest. This is a really good way of promoting our club with groups of runners in our colours and it is something that we have discussed at committee. Going forward let's see if we can build up numbers running at club runs in our vests and T-shirts and perhaps Parkruns too. Let's show the local area how many Lions there really are.

We tried something different recently with Kevin Robinson coming along to our club night and giving a presentation afterwards which was well attended. The night seemed to be a great success with Kevin fielding some interesting questions at the end of the evening. Several of you prepared some food for the evening which we used to raise money for Charity and again this went down really well. We are hoping to have more of these evenings with another one in the pipeline already. If you have any ideas of what you might like to see, please let me or any committee member know.

Let me think what else might have happened recently that always excites everyone at the club at all levels. Oh yes it must be marathon season. Weeks and weeks of training, blood, sweat and tears, oh the tears, friends who are not even running a marathon running alongside you offering support and encouragement and sometimes a comforting arm when those runs did not go to plan all culminating in the big day when all that hard work pays off. I am not going to go into individual performances that is for others in this publication to cover and I am sure that they will. However, having been through the marathon experience and dealt with all of the highs and lows, and the tears, I just want to say that you all have my utmost respect no matter what your outcome was, every one of you is a hero in my eyes and I am sure of your fellow Lions. So hands up who said never again and promptly signed up for the London ballot, John Carless?

Our next big event is the Bluebell, and you will have all seen the posts asking for marshals and volunteers on the day to make sure that it goes ahead without a hitch. One of the things that has always impressed me about our club is how good we are at hosting events for other runners. Our race directors, Clayton Cutter for this race, put a huge amount of time and effort into organising these events, they are a regular subject at committee meetings making sure we are making we support those who are putting in the time and effort. So if you have time on the 5th May or the preceding days for set up, please put yourself forward to ease the load of everyone.

I think that is me done for this month? Same time, same place next month?



2024 Championship Races:

- Wednesday 22nd May: Blackstone Edge Fell Race.
- Thursday 6th June: The Full Bronte (Bronte 5).
- Sunday 23rd June: Norman Cole Penistone 10k.
- Tuesday 2nd July: Stoodley Pike Fell Race.
- Sunday 7th July: Eccup 10 mile.
- Wednesday 17th July: Hepworth Trail Race.
- Wednesday 7th August: Hopwood Trot.
- Sunday 18th August: Piethorne 10k.
- Saturday 28th September: Meanwood Valley Trail Race.
- October (TBC): Holmfirth 10k.
- Sunday 27th October: Macclesfield Half Marathon.
- Sunday 3rd November: Guy Fawkes 10.
- December (TBC): Coley Canter.

- Halifax & Huddersfield Parkruns – Every Saturday.

2024 Fell Running Championship Races:

- Monday 6th May: Coiners (6.7 miles, 968ft) BM
- Monday 13th May: Trunce 3 (4 miles, 558ft) BS
- Wednesday 22nd May: Blackstone Edge (3.5 miles, 1201ft) AS
- Thursday 23rd May: That's So Hebden Bridge (6.5 miles, 1150ft) BM
- Monday 3rd June: Trunce 4 (4 miles, 558ft) BS
- Monday 24th June: Trunce 5 (4 miles, 558ft) BS
- Sunday 30th June: Kinder Trog (16 miles, 3500ft) BL
- Tuesday 2nd July: Stoodley Pike (3.1 miles, 700ft) BS
- Monday 15th July: Trunce 6 (4 miles, 558ft) BS
- Monday 5th August: Trunce 7 (4 miles, 558ft) BS
- Sunday 18th August: Piethorne (6.2 miles, 900ft) BS
- Monday 19th August: Trunce 8 (4 miles, 558ft) BS
- Monday 9th September: Trunce 9 (4 miles, 558ft) BS
- Saturday 28th September: Five Trigs (18.6 miles, 2953ft) BL
- Sunday 6th October: Castle C'Alf (7.5 miles, 1600ft) BM
- Saturday 2nd November: Shepherd's Skyline (6.2 miles, 1148ft) BS
- Sunday 1st December: Mytholmroyd (6.2 miles, 1640ft) BM
- Saturday 14th December: Moors the Merrier (21.1 miles, 4000ft) BL

YVAA – Grand Prix Series (Vets):

- 28th May: Race 2 @ Kirkstall Abbey (Kirkstall Harriers)
- 11th June: Race 3 @ Morley
- 19th June: Race 4 @ Middleton Clearings (South Leeds Lakers)

- 30th June: Race 5 @ Post Hill (Pudsey Pacers)
- 11th July: Race 6 @ Northowram (Northowram Pumas)
- 21st July: Race 7 @ West Vale (Stainland Lions)
- 11th August: Race 8 @ Slaithwaite Cricket & Bowling Club (Slaithwaite Striders)
- 6th October: Race 9 @ Fitzwilliam Country Park (Ackworth RR)
- Race 10 – date and venue to be confirmed.

Club Away Runs:

- 9th May: Orienteering with Jim Harris: **Fourth Fiend, Meltham, HD9 5NN.**
- 13th June: **Stump Cross Inn, Godley Lane, Halifax, HX3 7AY.**
- 25th July: **Wills O' Nats, Blackmoorfoot Road, Meltham, HD9 5PS.**
- 8th August: **Lord Nelson Inn, 15 High Street, Luddenden Village, HX2 6PX.**
- 12th September
- 10th October
- 14th November
- 12 December: New Inn, Sowood (Xmas Tree Run) (to be confirmed).

Club Events:

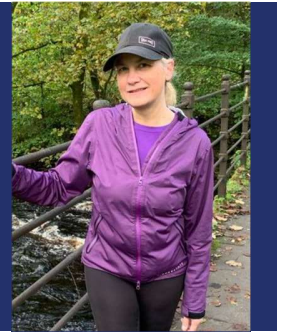
- May 5th 2024 – Bluebell Trail.

Other Races:

- Sunday 19th May: Calderdale Way Relay

Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for End of April 2024

Bunny Runs – Race 1 (2nd):

Given the recent heavy rain, unsurprisingly underfoot the going was heavy with lots of mud and slippery patches on Penistone Hill for the return of the Bunny Runs; and ten Lions hopped over to Haworth for the first of the three races in April, all of which are part of the Club's Fell Racing Championship. These popular mid-week mini cross-country races usually attract around 200 runners, all vying for the chance to win armfuls of chocolate. James Penson was the first Lion over the finish line, and Aileen Baldwin won her LV70 age category.



Results: James Penson 21:22, Leon Severn 21:44, Damien Pearson 22:42, Jim Harris 23:36, Clare Smith 24:43, Lance Parker 25:17, Paul Patrick 25:23, Aileen Baldwin 26:20 (1st LV70), Martin O'Brien 26:33, Laraine Penson 34:35.

Silva Lakes Traverse (5th):

Kevin Robinson tackled the Silva Lakes Traverse this weekend, the 100km ultra follows Wainwright's coast to coast route through the Lake District fells. Kevin completed the challenge in 15:35:50.

Sheffield Half Marathon (7th):

Ian Hoskins & Michelle Rogerson took part in the Sheffield Half Marathon. Sheffield is one of the best attended Half Marathons in the country, attracting thousands of runners of all abilities and raising many thousands of pounds for great causes. It's also one of the most scenic, with the route starting and finishing in the city centre, taking runners all the way out to the boundary of the Peak District National Park, with a few hills along the way. Ian Hoskins ran in 1:48:20, with Michelle Rogerson finishing in 1:49:10.

Bunny Runs – Race 2 (9th):

We weren't so lucky with the weather for Race 2 of the Bunny Runs series, a counter in this year's Fell Running Championships; while the rain had cleared unfortunately the wind didn't drop as predicted and the mud was deeper and thicker than the previous week. However this did not deter runners as 160 still took part, seven of which were Lions. Jim Harris was first Lion over the finish line and once again Aileen Baldwin won her LV70 age category.

Results: Jim Harris 23:44, Damien Pearson 24:13, Paul Patrick 25:09, Clare Smith 25:13, Helen Hudson 26:10, Martin O'Brien 26:42 & Aileen Baldwin (1st LV70).

**Hawkshead Trail Race 10k & Hawkshead 16k Challenge (13th):**

Far reaching views of the Lake District fells, rolling Beatrix Potter countryside and a challenging mile-long climb up an ancient 'Coffin Trail' – the Lakeland Trail has something for everyone. Starting and finishing at Hawkshead, the route follows circuits along fully marked and marshalled footpaths and bridleways, taking in panoramic views of Windermere and the surrounding peaks of the Conistone Hills, the Langdales and most of the Lakeland fells. Two Lions took on the 10k challenge with Tanya Blake-Miller finishing in 1:16:46 and Sally Caton also crossing the line in 1:16:46, finishing 31 seconds faster than last year. Rikki Hammond & Ray Mooney completed the 16k Challenge both with a time of 1:58:55.

Adidas Manchester Marathon (14th):

Once again the atmosphere was electric in Greater Manchester with over 30,000 runners taking to the streets for the city’s annual marathon. The UK’s second largest marathon started from Old Trafford and passed through Altrincham, Stretford, Chorlton, Castlefield and Sale before heading back to the finish line at Old Trafford. Stephen Hall led the Lions home in 207th place in a time of 2:46:16. Chris Hall produced a PB of 2:48:53, taking 10 mins 15 seconds off his previous time. There was also a PB for John Carless who came in at 4:34:19, knocking 9 mins 39 seconds off his previous best. Several Lions were running their marathon debuts – Vinny Atkins, Mark Pottinger, Karen Carless and Claire Haigh.

Results: Stephen Hall 2:46:16, Chris Hall 2:58:53, Vinny Atkins 3:29:08, Mark Pottinger 3:43:39, Maria Harron 3:51:22, Clayton Cutter 3:58:49, Maria Chandler 4:24:20, Karen Carless 4:33:27, John Carless 4:34:19, Paula Statham 5:03:00 & Claire Haigh 5:03:02.



Brun Valley Trail (14th):

Martin O'Brien headed to Burnley for the Brun Valley Trail race, starting and finishing in Thompson Park, the route heads out through Netherwood, taking in Rowley Lake and the picturesque Brun Valley Forest Park. Martin finished in 53:40.

Boston (USA) Marathon (15th):

Mags Beever was amongst the 30,000 runners from around the globe to compete in this year's 128th Boston Marathon where participants made the long journey from Hopkinton, Massachusetts to the finish line on Boylston Street in Boston. Mags completed the race in a brilliant time of 3:06:04.

**Bunny Runs – Race 3 (16th):**

It was back to Haworth on Tuesday evening for the final race in the Bunny Runs series; a counter in this year's Fell Running Championships. Five Lions took part, with Leon Seven leading them home in 21:09, followed by Paul Patrick 24:35, Helen Hudson 25:32, Martin O'Brien 26:12 and Aileen Baldwin 26:23. From this year's Bunny Runs Series there were age category wins for both Paul Patrick (1st Mv60) and Aileen Baldwin (1st LV70), with Martin O'Brien coming 5th in the MV60 group.

Brighouse 10k (21st):

It was a beautiful sunny morning for the Brighouse 10k, which took runners from the heart of Elland along flat towpaths to Brighouse before returning along the main road to the finish. Four Lions took part in the race, with Zoe Russell leading them home in 54:00, followed by Simone Zoledziejewski 1:05:88, Chris Tetlow 1:15:04 and Cheryl Hill in 1:15:05.

Leeds Running Festival – Half Marathon (21st):

Amjid Khan was the sole Lion at Sunday's Leeds Running Festival Half Marathon which took part at Roundhay Park on an undulating multi-terrain route, mainly on tarmac paths with sections of gravel and dirt paths, to complete the Half Marathon runners must run 4 laps of the course. Amjid finished with a time of 1:55:26.

Blackpool Half Marathon (21st):

Four Lions headed over to Blackpool to compete in the Half Marathon, which follows a flat and fast one-lap course along the seaside promenade – perfect for those chasing a PB – which two Lions achieved. Paul Corns crossed the finish line in a PB time of 1:38:50, knocking 29 seconds off his previous best and coming 3rd MV55. Gail Schofield ran a PB time of 1:51:42, taking 2 minutes & 4 seconds off her best time and finishing 3rd LV50. Dawn Medlock ran in 2:22:24 & Beverley Day also finished in 2:22:24.

**London Marathon (21st):**

Ten Lions joined the 50,000 runners as they pounded the streets of the Capital on Sunday, making their way from Greenwich past landmarks such as the Cutty Sark, the Shard and the London Eye, before reaching the finish line by Buckingham Palace. Gavin Foster was the first Lion over the finish line in 1,320th place with a PB time of 2:46:24, knocking 1 minutes 50 seconds off his overall marathon time, and 4 minutes 25 seconds off his previous London best. There were also London PB times for Clare Thomas 3:55:45, taking 5 minutes 10 seconds off, and Manjit Ahian 4:50:27, knocking 1 minute 43 seconds off. Jamie Westwood ran his 27th London Marathon in a row, finishing in 2:59:56, and this was the second marathon in two weeks for Paula Statham, she finished in 4:29:01.

Full results: Gavin Foster 2:46:24, Jamie Westwood 2:59:56, Mark Pigford 3:06:55, Clare Thomas 3:55:45, Laura Goodwin 4:04:06, Paula Statham 4:29:01, Manjit Ahian 4:50:27, Renee Comerford 5:27:40, Donna Nettleton 5:27:50 & Anne Cawdron 6:26:47.



Willow Valley Flyer (28th):

Brighthouse Bumble Bees hosted the Willow Valley Flyer for the fourth year; a 7.5 mile route on roads, bridleways and footpaths, taking runners around and through Willow Valley Golf Course to Hartshead and Clifton, a deceptively undulating out, loop and back race. This year the race was a counter in the Club Championship, and 27 Lions took on the wet and muddy challenge. David Farrar was the first Lion across the finish line in 17th place with a time of 56:27, Lindsay Upton was first Lioness home finishing 4th Female overall in a time of 1:03:05; and there were age category wins for Judith Greenwood (1st F75) Lindsay Upton (1st F40) and David Farrar (1st M60).



Full Results: David Farrar 56:27 (1st M60), Lindsay Upton 1:03:05 (1st F40), Steve Crowther 1:03:08 (3rd M55), Stuart Williamson 1:04:33, Mark Preston 1:05:57, Ray Mooney 1:06:35, Amjid Khan 1:07:11, Louise Williamson 1:07:28 (2nd F50), John Carless 1:08:26, John Ingles 1:08:40, Laura Goodwin 1:09:06 (3rd F40), Hayley Kelly 1:11:17 (3rd F50), Jonathan Taylor 1:12:38, Paul Butterfield 1:15:34, Heather Anderson 1:17:49, Christine Gale 1:17:55, Lin Devine 1:19:25 (2nd F60), Helen Rees 1:19:34, Sarah Wannerton 1:19:38, Alan Whiteley 1:20:44, Dawn Medlock 1:20:58 (3rd F60), Rosaline Sykes 1:25:07, Anne-Marie Killeen 1:31:17, Trish Hallowell 1:32:08, Jackie Barker 1:39:07 (2nd F65), Judith Greenwood 1:44:16 (1st F75) & Gail Fawcett 2:05:06.

Dronfield 10k (28th):

Sue Cash travelled to Sheffield to compete in the Dronfield 10k, a two lap undulating road race set in Dronfield Woodhouse. The event, along with a Fun Run, raises funds for the 7th Dronfield Scout Group & the current Mayor's charity. Sue completed the race in 58:06.

YVAA – Grand Prix Race 1 – Holmfirth Harriers, Honley (28th):

Round 1 was a lovely splash in the puddles of mud up and down the hills of Honley. We had an impressive 23 Lions taking part. There were some amazing results as Gavin Mulholland was 2nd overall. Mags Beever was 1st Lady, with Richard Spendlove (M75) and Aileen Baldwin (F70) also winning their age categories. Helen Armitage (F55) and John Bassinder (M70) just missed out on a podium position in 4th category place.

The full list of Lions competing were Gaby Ferris, Steve Hallam, Paul Patrick, Maria Harron, Michelle Rogerson, Mark Pottinger, Heather Moffatt, Andrew Earnshaw, Phil Tucker, Sally Caton, Andy Baird, Ian Hoskins, Damien Pearson, Paula Pickersgill, Dan Marsden, Jim Harris & Ian Johnson.

(Write up by Mark Pottinger)

Parkrun PB Corner

Parkrun PB's

6th April:

Bolton:

Sue Cash ran a PB time of 28:34, taking 9 seconds off her previous best.

13th April:

Huddersfield:

Gavin Foster clocked up a PB time of 17:11, finishing 2 seconds faster than his previous best.

Penistone:

Steve Hallam ran a PB of 22:40, knocking 4 seconds off his previous best.

20th April:

Halifax:

John Carless knocked 8 seconds off his course time giving him a new PB of 25:40.

Sandall Park:

Ben Golding-Smith ran a course PB of 23:08, knocking 26 seconds off his previous best.

27th April:

Halifax:

Wayne Underwood clocked up a PB of 25:09 knocking 28 seconds off his previous best.

Penistone:

Ben Golding-Smith ran a course best of 23:16, taking 30 seconds off his previous time.

Stainland Lions'
Lioness of the Month

ANNE CAWDRON

April 2024

Amazing lady, always helpful and a great achievement at London marathon 2024.

Yes two new hips, she has amazing resistance and determination!

She ran her first London marathon, something which was on her bucket list after retirement. But this was running after having two new hips in recent years.

Her unstinting determination to run the marathon after finally getting a ballot place on her 13th attempt has been a joy to witness.

I've done some of her training with her, including some of her longer runs, she's been fab, she hasn't moaned, she's just quietly got on with the task.

She inspired all her training pals to go to London too to spectate including myself. I've no idea how she got through the pain to even think this was possible.



CONGRATULATIONS!

Stainland Lions'
Lion of the Month

CHRIS HALL

April 2024



Finally getting sub 3 after years of trying and injuries but never giving up!

He has worked his socks off and injury has got in the way a few times. I'm convinced he got through that on sheer guts and emotion!

Unbelievable determination, application & courage in tackling the Manchester Marathon and achieving his long time goal of the Sub 3.

Amazing performance to get his first sub 3 hour marathon especially in light of a less than ideal build up due to injury niggles. His race pacing was fantastic throughout.

With the injuries & setbacks he has had including in the immediate build up to the race he still didn't give up on it and gave it everything and got the result he truly deserved.

For finally getting the sub 3 he's deserved for so long after another bout of injuries.

CONGRATULATIONS!

Ladies Captain's Update - Maria Chandler



What a busy month we have had. Our Ladies have been out racing, from fell races to 10ks, half marathons, marathons and of course ultra marathons, and even competing internationally. It has been a busy time just trying to keep up. Modern technology with tracking apps at the big events means a lot of us have spent time tracking fellow lions, willing them to success and feeling like we are a part of it all. I know I for one was glued to the app and the TV on Sunday trying to catch a glimpse of Lions in the capital London especially, is always inspiring. It has also been fantastic to see Lions supporting Lions both in Manchester and in London. I am sure I was not the only one to have really appreciated the Lions support in Manchester.

Trish Hallowell ran the Manchester to Liverpool Ultra, Sally Caton and Tanya Blake-Miller completed the Lakeland Trail Hawkshead Race, Manchester Marathon saw five ladies take to the streets of Manchester, Maria Harron, Paula Statham, Karen Carless, Claire Haigh and myself, then London saw Clare Thomas, Laura Goodwin, Paula Statham, Manjit Ahir, Renee Comerford, Donna Nettleton, Anne Cawdron, and of course Mags running the famous Boston marathon. Half marathon runners included Gail Schofield, Dawn Medlock, Beverley Day in Blackpool and Michelle Rogerson the Sheffield Half. Alongside all of this, many have been working hard at Hills and taking the opportunity to work on improving themselves at Colin's Hill Block. I am sure we will see more fantastic achievements as the year progresses.

I forgot that April newsletter was going to be released early, so I am afraid we will all need to wait until next month to hear first-hand experiences of some of these races, with many very busy writing their experiences as we speak. If anyone wants to make a contribution to the May issue, get in touch.

Manchester to Liverpool Ultra with Trish Hallowell

You're doing what? Are you mad?" Pretty much the response from everyone when I told them that I had signed up for the Manchester to Liverpool 50 mile ultra. I've done 6 marathons, but since having covid in 2022 I've really struggled to get my speed back to what it was, so figured that long and slow was the way to go. After quite a lot of research and reading reviews, I decided to go with GB Ultras, and I'm so glad that I did, the support from them is brilliant. From Facebook pages dedicated to the event that you're doing, to training runs and quick answers to any questions you might have, they are fantastic. After watching all the videos on their website I ordered all the mandatory kit and hydration vest & bottles before I could change my mind, then found a training plan that would, hopefully, get me through it.

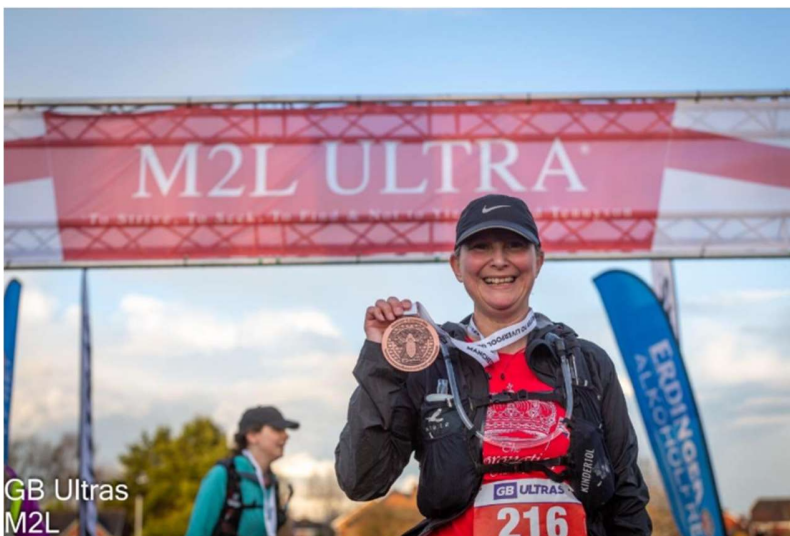
So, along came October and it all began, 6 months of training over winter, with a boozy weekend in Poland, Christmas and a very restrained birthday day out thrown in. The plan was quite intense, getting to 18 miles within 5 weeks, and into the mid 20's by the end of the year, with all the shorter runs during the weeks I was doing around 50 miles a week. In mid-January it was time for the organised training runs, the full course over 2 days, 23 miles on Saturday, 27 on Sunday, the furthest I had ever run in one go, I was now into uncharted territory! Amazed at how relatively good I felt afterwards, I started to think that maybe I could do this after all (I will admit to having more than a few tears at this realisation).

February came and went with me running around 60 miles a week, it should have been more, but I started having a few issues with my left leg and hip so took it easy and dropped the Friday runs to save myself for the Sunday long runs. My

longest training run was on 3rd March, 31 miles. I had been avoiding eye contact with the calendar for a while because the thought of running that far filled me with dread, but the day came and my amazing hubby Nick bundled me into the car yet again and dropped me off at Sandbrook Park in Rochdale to run back to Sowerby Bridge. I've done this route so many times, it's 20 miles to The Moorings, so when I got there I had to keep going towards Brighthouse before turning back to finish. This was now 2 unofficial ultras I had done, no medal, but a renewed confidence that I was going to be able to do the 50.

After a very welcome taper it was time to head to Manchester for the race. Staying the night at Media City, a 4am alarm woke us up on Good Friday, and after forcing down some porridge we made our way to the start line on the Piazza. Surrounded by all these amazing looking athletes, I felt quite nervous and total paranoia set in. What if I didn't make the checkpoint cutoffs? What if my tracker stopped working and they didn't believe that I had done it? What if my body crumbled and turned to dust and blew away in a breeze? But my biggest concern was that my leg wouldn't be up to it and I would have to drop out at some point, all that training and preparation would be for nothing. At 6am we set off, the majority of us just hoping to finish within the 14 hour cutoff time.

All was going well, I got to the first checkpoint at 6 miles feeling really good, grabbed a couple of pretzels and set off again towards checkpoint 2 at 15 miles. We had agreed that Nick would be at checkpoint 3, Latchford Locks, and after 23 miles he was there waiting for me with a huge smile and a big hug. Grabbing some more pretzels and the famous GBUltras salted boiled potatoes I set off again to Spike Island at 32 miles, checkpoint 4. Following the River Mersey to get back on the Trans Pennine Trail I headed to checkpoint 5, 38 miles. I hadn't really thought about my time until now, so when I asked Nick how I was doing I got the shock of my life when he told me that the cutoff time there was 4.21pm and it was only 2.40pm. In theory, I could walk the remaining 12 miles and still be within 14 hours!



One more checkpoint to go, at 44 miles, and that's when the weather took a turn, we had glorious sunshine with a few spots of rain up until now, but every season hit during the next hour, from sunshine to hail and everything in between. I finally reached checkpoint 6, and with just 6 miles to go began the long uphill slog to Aintree. All I wanted to do when I signed up was finish within the 14 hours, I thought around 13 hours would be fantastic, so to cross the line in 11:59:41 was incredible, in hindsight I probably could have been faster, but I had such an amazing experience with no pressure on myself that I'm more than happy with that. I can honestly say that this was one of the hardest but best things I have ever done, and I'm so unbelievably proud of myself for doing it.

With April nearing the end, we still have a lot to look forward to. I hope you have all got your entries in for the Vets Races so we can have a large and strong ladies team, the first of these is Sunday 28th, but if you are missing that as it clashes with a championship race, there are still lots of races to enter. Also don't forget if you have been inspired by all of these achievements and Aileen's article in the March newsletter, the entries for Blackstone Edge Fell Race are now open, with 3 Lions already entered, so get yourself entered and have a go.

Away Run - April 2024

Jonathan Pybus

April Away Run – Thursday 11th April – The Club, Ripponden



This was a repeat of last year's venue and once again with great food – it was really nice to have a good chilli with all the added extras and plenty of second helpings! It was great to see so many people down for the run and some old faces popping up now that it's daylight!

The medium and steady group did a very similar route that took in the hills of Ripponden and scenery around Soyland.

Ripponden is a really nice place to run, if you haven't done it already plan out a route and have a go as it's really nice countryside.

So all in all a very enjoyable event. The next away run will be Jim Harris' Orienteering run.

May's Away Run – Thursday 9th May – Jim Harris' Orienteering Run

Where: **Fourth Fiend Taphouse, Meltham, HD9 5NN**. (The Taproom has no carpark, so it's on-street parking).

When: **Thursday 9th May 6.00 – 6.30pm**. (Jim will be there from 5.30pm and happy for you to set off whenever. The pub has a quiz at 8.00-ish, so ideally be back from run by then to get into our bit of the pub – i.e. no later starts than 6.30 please).

To be followed by a meal from their regular menu (they get rotating caterers in and it will be RadBurgerMCR). Food must be pre-ordered – please use the form link on the Lions Facebook page, which also has details of which account to pay to. The last date for food orders is by **6pm on 6th May**, by which date all food must be paid for (we can only place orders once payment is received).

In The Lion's Den with Gav Dodd



Lorraine Naylor



How long have you been running and how did you first start?
I have been running for over 20 years now! Though I did originally run when I was a young one, funny enough I used to love Cross-Country (it was a great excuse to get out of school) I ran with Ardee Running Club back in the day. Forward on a few years and it was the "Race For Life" at Greenhead Park that I caught the bug.
What made you join the Lions?
It was Alison Adams who ran at the time for the club who suggested I should try this as I did a bit of running on my own. I remember it like yesterday, it was a bit daunting not knowing anyone, but everyone was so welcoming. I was always terrified I would be left behind, but it was the motto for Lions that – "No Lions Gets Left Behind". Steve Newall used to take a group of us from Brighouse, he always told us we would get a 10k in 45 minutes, and I did!
What's been your best running experience/race to date?
I've had a few good runs, but the ones that stick out were way back when I did a PB at Sheffield Half in 2008 – 1:28:56. It was just a perfect race! Another one was the "Garburn Trail", again my year 2008 where I was 2 nd Lady. Also the Pudsey 10k when I was 1 st Lady!
Do you have any advice for a beginner?
I would say anyone new to running try and be consistent, you need to be running at least three times a week to keep up your fitness, and also by doing a track / hill session a week will definitely improve your running. Build it up slowly within 5k then 10k in the beginning.
What's your go to running shoe?
I am a lover of anything to do with Brooks – especially the Hyperion shoe as it's so light!
What do you do for work?
I work from home as a Credit Controller for a Books Company called BEBC!
Favourite Meal / Restaurant?
Anything Greek, especially like Meze in Brighouse.
Favourite tippie?
Would have to be Prosecco with elderberry and soda – to die for!
Favourite holiday destination?
Nowhere in particular, but I would go back to Majorca and Kefalonia again.
Any running or non-running bucket list items:
To walk the Yorkshire 3 Peaks (plan to do this the end of May) also Ben Nevis and Scar Fell.
Any non-running related hobbies:
I like a bit of gardening (when the sun is out). I enjoy a good suspense/thriller book! Also getting more into my Yoga and enjoy a splash in the pool.
What's your desert island disc (fav group, album, concert)?

I've a few favourites, including Prince, which was one of my best concerts, and U2! I really like dance music including Scooter. Also like a bit of Jack Savoretti!



WE WANT TO KNOW ABOUT YOUR ACHIEVEMENTS FOR THE NEWSLETTER - SMALL OR GREAT, THEY ARE ALL IMPORTANT. PLEASE ALSO LET US KNOW WHAT YOU WOULD LIKE TO SEE IN THE NEWSLETTER GOING FORWARD