



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 February 2024.

Various

Contributors

Maria - Ladies Update; Steve - Championship Update; Coaching with Colin; In the Lion's Den with Gav.

From the Chair

Paul Armitage



Well that first month has gone very quickly and I am back again with my monthly blurb. I hope the start of the year is going well for you all. I have had an interesting month finally taking the plunge and retiring from work after almost a year thinking about it. Not sure what the reality of that is yet as it still feels like a holiday, and I keep expecting a call from my employer asking where I am! So suddenly I have all the time in the world and yet none, how can I be so busy, binge watching TV series counts as busy does it not?

In the world of the Lions this month has been Cross Country month with the Queensbury, Pudsey and Stainland races on consecutive Sundays with the next Championship race the Red Hot Toddy hot on their heels the first Sunday in March.

Going back to our hosting of the WYWL race on the 25th February, it was another great event that received lots of praise from our visiting Winter League colleagues with over 300 runners on the day. Thank you to Lorraine Naylor for her organisational skills in putting together the race and to Catherine McHugh for pulling together our wonderful volunteers to marshal the race, park the cars and sell the raffle tickets, we cannot do it without you. Next up is our Blue Riband event The Bluebell for which Clayton Cutter is the Race Director and Helen Armitage has taken on the mantle of chief marshal, so please let her know which marshal position you can do.

Volunteers are the thing that keep our club going, the committee are all volunteers as are the coaches and run leaders who give up their time to ensure there are decisions made, sessions set and routes planned for you all to benefit from, without them there would not be a club. We do however need all of you to help us with these events. Without our volunteers the events would not happen, and they bring in vital funds that enable us to keep our fees as low as we do, the Bluebell being our largest earner. From the earnings we are also able to support local charities and over the years have given away thousands of pounds to local charities. Please let Helen know if you are available to help for the Bluebell on the 5th May, we need upwards of 100 people to make the race happen.

We are recruiting more coaches, with Karen Carless starting her journey recently, and Chris Hall putting his name in the hat too, but we also need more people to step up to lead runs so sharing the load. From personal experience I can tell you it is challenging to come up with a different route each week, if we can get a bigger pool of leaders, it will keep our current leaders fresh. Please drop me a message if you want to get involved in any way, especially if there are any budding Vice Chair's out there.

What is upcoming next month? The final Cross Country race of the season at Crossgates and our Ladies have an excellent chance of coming out on top, let's hope the main players can all make it, plus we have several runners in position to win age category prizes. Marathon season is fast approaching too and many of our runners are out getting their training miles in, I hope that all goes well as the big day approaches.

Until next month, have a good one.



2024 Championship Races:

- Sunday 28th April: Willow Valley Flyer.
- 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.

- 3k Track Race – First 3k Track of the year will be on Wednesday 20th March.
- Halifax & Huddersfield Parkruns – Every Saturday.

2024 Fell Running Championship Races:

- Sunday 16th March: Flower Scar (8.1 miles, 2165ft) AM
- Saturday 23rd March: Boulsworth Bog (7.2 miles, 1280ft) BM
- Monday 1st April: Trunce 1 (4 miles, 558ft) BS
- Tuesday 2nd April: Bunny Run 1 (3 miles, 328ft) CS
- Tuesday 9th April: Bunny Run 2 (3 miles, 328ft) CS
- Tuesday 16th April: Bunny Run 3 (3 miles, 328ft) CS
- Monday 22nd April: Trunce 2 (4 miles, 558ft) BS
- 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

West Yorkshire Winter League 2023/24:

- 10th March: Crossgates

Club Away Runs:

- 14th March: Sowerby Bridge: **Shepherd's Rest Pub, Bolton Brow.**
- 11th April: Ripponden (to be confirmed)
- 9th May: Orienteering with Jim Harris (venue to be confirmed)
- 13th June: Stump Cross (to be confirmed)
- 11th July: Will O Nats (to be confirmed)
- 8th August: Lord Nelson, Luddenden Village (to be confirmed)
- 12th September
- 10th October
- 14th November
- 12 December: New Inn, Sowood (Xmas Tree Run) (to be confirmed).

Club Events:

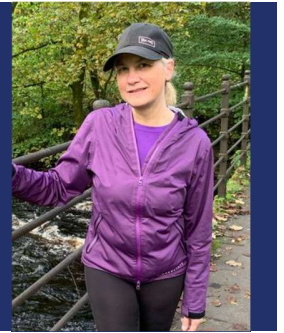
- May 5th 2024 – Bluebell Trail.

Other Races:

- Sunday 19th May: Calderdale Way Relay

Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for End of January / February 2024



The Hebden 22 & Hebden 15 (27th Jan):

The Lions were out in force for the long distance Hebden races in January. This popular and hilly event, which caters for both walkers and runners, has a choice of distances. The demanding 22 mile route has over 4,000 feet of climbing, while the 15 mile route is optimistically described as “less demanding, with a leisurely return along the canal to Mytholmroyd”, giving no hint as to the actual difficulty of navigating across 15 miles of unmarked trackless moorland in the cold in January!

Mags Beaver finished 2nd place on the 15 Mile route with a time of 2:28:47, followed by Andrew Earnshaw 2:58:49, Paul Patrick 3:12:17, Ray Mooney 3:23:51, Tim Walker 4:09:08, Paula Pickersgill 4:21:17, Joanne Cahill 4:31:09 and Alex Whyte 4:31:14.

Four Lions tackled the 22 Mile race, with Aileen Baldwin leading them home in 6:01:54, along with Helen Hudson 6:01:57, Genevieve Thompson 6:10:20 and Rikki Hammond 6:24:36.





Pendle Way In A Day (3rd Feb):

Two Lions took on the Pendle Way In A Day – a winter ultra in East Lancashire. The route is a fully waymarked trail challenge in the gritty but beautiful trails and moorlands of the South Pennines, the race started and finished from Barley Village Hall and consists of a full circular of the Pendle Way, approximately 45 miles with 6100ft of ascent. Jim Harris finished in 61st place in a time of 10:30:43, with James Penson in 83rd place with a time of 11:23:24. (Jim & James were joined by Darren Graham of Todmorden Harriers who finished in 10:40:19).

Dewsbury 10k (4th Feb):

Richard Crombie led the Lions home at the Dewsbury 10k. Starting and finishing in Dewsbury Town Centre, the straightforward out and back route is on flat roads and is popular with PB hunters; the race attracted a field of over 2,400 runners. There were lots of PB's on the day, including John Carless 47:50, Karen Carless 49:42, Heather Anderson 54:31, John Rushworth 54:52 and Abi Howarth 56:34 who all celebrated their fastest 10k times.

Results: Richard Crombie 39:40, Phil Moyles 40:03, Paul Corns 42:56, Andrew Baird 45:36, Lorraine Naylor 46:03, Steve Hallam 46:09, John Carless 47:50, Ben Golding-Smith 48:35, Karen Carless 49:42, Gail Schofield 50:33, Maria Chandler 50:55, Sue Cash 51:55, Heather Anderson 54:31, John Rushworth 54:52, Zoe Russell 55:57, Abi Howarth 56:24, Claire Haigh 56:32, Lin Devine 59:09, Beverley Day 1:00:13, Dawn Medlock 1:01:02, Gail Fawcett 1:26:31.



Harrogate Hustle 35 Mile Ultra Trail Race (9th Feb):

Lindsay Upton took on a huge challenge – to complete her first ever Ultra! But this wasn't a normal ultra, it was 35 miles off road in some of the muddiest conditions we've ever seen! The Harrogate Hustle had it all, hills, mud, stiles, a little bit of road and all of the snacks that ultra races have! Lindsay had a big injury last year and thought she might not be able to run again, so for anyone looking for some inspiration look no further.

Results: Lindsay finished in 40th place in a time of 7:44:08.

We caught up with Lindsay to get her take on the event.

“The back end of last year saw me trying to up my running miles and get back to fitness, but conscious of impact of road running and coming back from injury, I decided to take up a bit of trail running. Managing to up the distance without being too worried about speed, it's more just about completing and eating cheese sandwiches seemed quite appealing and the miles seemed to go quickly, so I had the ridiculous notion to have a bash at my first ultra marathon!

After a wet few weeks and the fact it had recently snowed made it an absolute mud fest on the day but it was genuinely brilliant and fun and somehow the 35 miles flew by, so much so that I've now decided to take on Hardmoors 40 in June (you get “free” miles with Hardmoors too so this is actually 47!) It's a massive achievement but I totally believe if I can do it then anyone can. The day of my ultra was such a laugh and the support and friendliness and advice from the other experienced ultra runners on the day was amazing and getting to the end and having a few fellow Lions to see me finish was absolutely uplifting and made my day!”

Lindsay has also won a Club place for the London Marathon and is training for yet another Ultra! We will hopefully be hearing lots more from Lindsay in future newsletters.



Windy Hill Fell Race (11th Feb):

Three Lions competed in the first race of the Club's 2024 Fell Championship; with 11.8 miles and 2,100 feet of ascent, the route started from the Rams Head in Denshaw, with a fast downhill towards Piethorne before heading towards checkpoints at Rakewood and Lydgate, then climbing to Blackstone Edge and following the Pennine Way to the last checkpoint by the Windy Hill Mast; runners then headed back down to Piethorne and up to the finish at the Rams Head.

Andy Earnshaw was the first Lion home in a time of 1:48:49, followed by James Penson in 1:51:14, and Aileen Baldwin in 2:18:21 (1st F70).

**West Yorkshire Winter League – Race 5: Queensbury (11th Feb):**

Queensbury did not disappoint on the mud front, it was “pure slop and proper deep!” – definitely one of the muddiest ever cross-country routes. Gavin Mulholland did the Lions proud coming in 4th place, Mark Pottinger had a strong run – clearly the mud suiting him to be 2nd Man home. Third was Bill Johnson who had recovered well from a recent injury. Other scorers for the men on the day included Phil Moyles, Jim Harris, Paul Corns and Damien Pearson.

Mags Beever never disappoints the team, coming 2nd Female. Stefanie Hopkins was 2nd Lioness; she seems to just skim over the mud. WYWL Captain Lorraine Naylor zig-zagged her way to 3rd. place, Danielle Hirst was 4th for the ladies, with Heather Moffat taking 5th, although it was a very close call between Helen Hudson, Helen Armitage and Michelle Rogerson.

Finishing Positions – Men: Gavin Mulholland (4), Mark Pottinger (35), Bill Johnson (50), Phil Moyles (77), Jim Harris (94), Paul Corns (141), Damien Pearson (150), Paul Patrick (153), Martin Wood (154), Ray Mooney (164), Steve Crowther (179), Martin O’Brien (214), Ian Hoskins (225), David Culpan (232), John Ingles (264).

Finished Positions – Ladies: Mags Beever (44), Stefanie Hopkins (106), Lorraine Naylor (109), Danielle Hirst (127), Heather Moffat (187), Helen Hudson (188), Helen Armitage (191), Michelle Rogerson (193), Maria Harron (197), Joanne Kitcher (211), Heather Anderson (278), Linda Hayles (319).

To date Lions are in 5th place overall, with the Men in 7th, Ladies in 1st, Vets in 6th and Super Vets in 1st.



Run Newcastle Valentines 10k:

New Lion Eddie Martin finished 8th place out of a field of over 300 runners with a time of 36:21 at the Run Newcastle Valentines 10km. The course is two laps of flat and fast mainly tarmac paths around Newcastle Town’s traffic-free moor.

West Yorkshire Winter League – Race 6: Pudsey (18th Feb):

It was a lovely spring like day for Race 6 of the West Yorkshire Winter League hosted by Pudsey Pacers. Gavin Mulholland ran as consistently as ever, taking 5th place overall. Mark Pottinger was 2nd Man home for the Lions, with Bill Johnson 3rd and Daniel Sykes in 4th. Other scorers for the Men included Andrew Earnshaw, Damien Pearson and Paul Patrick.

Mags Beever did amazing as ever for the Ladies, taking 2nd overall. Stefanie Hopkins was the 2nd Lioness home, followed by Danielle Hirst in 3rd, WYWL Captain Lorraine Naylor in 4th, and 5th place went to Heather Moffatt.

Finishing Positions – Men: Gavin Mulholland (5), Mark Pottinger (42), Bill Johnson (58), Daniel Sykes (71), Andrew Earnshaw (87), Damien Pearson (132), Paul Patrick (140), Martin Wood (162), Steve Crowther (179), Ray Mooney (185), David Culpan (195), Ian Hoskins (210), John Bassinder (225), John Rushworth (252), John Ingles (265), Sandy Gee (271).

Finishing Positions – Ladies: Mags Beever (51), Stefanie Hopkins (108), Danielle Hirst (120), Lorraine Naylor (126), Heather Moffat (181), Michelle Rogerson (209), Linda Hayles (314), Beverley Day (315).

Snake Lane 10 (18th Feb):

Lindsay Upton finished in 1:17:48 at the Snake Lane 10 on Sunday. The popular and well-established race is based at Pocklington. It’s a fairly flat, fast pace 10 miler and, as its name suggests, the course has a winding stretch that “snakes” its way through the East Yorkshire Countryside.

West Yorkshire Winter League – Race 7: Stainland (25th Feb):

On the day Pudsey Ladies stole the show, despite the Lions Ladies having 5 in the first top 12 scorers, including the magnificent Mags Beever, Stefanie Hopkins, Danielle Hirst, Anne Johnson, and Captain Lorraine Naylor.

For the Men Gavin Mulholland had such a strong performance finishing 4th, other men scorers included Bill Johnson, who boosted our Super Vets points, Daniel Sykes, Andrew Earnshaw, Phil Moyles, Jim Harris and Martin Wood.

To date Lions are in 5th place overall, with the Men in 7th Ladies 2nd, Vets 6th and Super Vets in 1st place.

Finishing Positions – Men: Gavin Mulholland (4), Bill Johnson (45), Daniel Sykes (53), Andrew Earnshaw (61), Phil Moyles (69), Jim Harris (126), Martin Wood (130), Ray Mooney (136), Steve Crowther (145), Andrew Baird (161), David Culpan (184), John Ingles (233), Sandy Gee (279), Paul Butterfield (315).

Finishing Positions – Ladies: Mags Beever (41), Stefanie Hopkins (95), Danielle Hirst (99), Anne Johnson (101), Lorraine Naylor (106), Moira Alderson (147), Aileen Baldwin (155), Amanda Zito (160), Helen Hudson (166), Heather Moffat (171), Maria Harron (174), Helen Armitage (186), Heather Anderson (257), Linda Hayles (288).

Hoppits Hill Fell Race (25th):

James Penson was the solo Lion at race two of the 2024 Club Fell Racing Championship (unfortunately this clashed with our own Cross Country Race). The race is a 5km BS Category Fell Race with 689ft of ascent. James finished in 28th place with a time of 27:23.

South Pennine 24 (24th Feb):

Three Lions took on The South Pennine 24 on Saturday. This 24 mile route has 3,900ft of ascent and is a great foray into the Dark Peak and South Pennine Moors. Starting from the headquarters at Dovestone Sailing Club, the route has a variety of terrain from wild moorland to well graded footpaths and bridleways. Jim Harris finished in 5:00:00, Sarah Lunt in 8:54:00 and Karen Thorne also in 8:54:00.

Club Awards

2023 Club Championship Trophy Winners:

Division 1: 1st Place: **Gavin Foster**, 2nd Place: **Richard Crombie**, 3rd Place: **Phil Moyles**
 Division 2: 1st Place: **Jim Harris**, 2nd Place: **Lorraine Naylor**, 3rd Place: **Paul Patrick**
 Division 3: 1st Place: **Marin Wood**, 2nd Place: **Heather Moffat**, 3rd Place: **Laura Goodwin**
 Division 4: 1st Place: **John Carless**, 2nd Place: **Sue Cash**, 3rd Place: **John Rushworth**
 Division 5: 1st Place: **Jonathan Taylor**, 2nd Place: **Paula Pickersgill**, 3rd Place: **Claire Haigh**
 Division 6: 1st Place: **Annie Killeen**, 2nd Place: **Jenny Walker**, 3rd Place: **Richard Brewster**

2023 Club Fell Running Championship Trophy Winners:

1st Man: **James Penson**
 1st Lady: **Aileen Baldwin**
 1st V50: **Paul Patrick**
 "Spirit of Fell Running": **Andrew Earnshaw**

In addition to the Club Championship & Fell Running Championship, the following very deserving people were among the prize winners announced at our Presentation Evening:

Hare & Tortoise: **Michelle Rogerson & Jennifer Town**
 Dave Hutchings Downhill 10k Men's Winner: **Gavin Mulholland** (In a time of 32:06)
 Dave Hutchings Downhill 10k Women's Winner: **Gaby Ferris** (In a time of 41:17)
 President's Cup – Summer Handicap: **Phil Richards & Gordon Murray**
 Winter Handicap 2024: **Roz Sykes**
 Men's Most Improved Runner: **Chris Hall**
 Women's Most Improved Runner: **Karen Carless**
 Most Improved Beginner: **Kate Wilson**
 Roy Spencer Founder's Trophy: **Debbie Grunhut-Hinds**

Special Achievement Awards

Roy Lunt – for completing the 'Escape from Meriden' – Running 55 miles in 16 hours.
Genevieve Thompson – for completing the 230k Peruvian Amazon Jungle Ultra.

Parkrun PB Corner

Parkrun PB's

17th February:

Huddersfield:

Kate Wilson ran her first sub-30 parkrun with a PB time of 28:54, taking a massive 6 minutes 30 seconds off her previous course best.

Halifax:

New member **Vinny Atkins** finished in 2nd place with a PB of 19:26, knocking 1 second off last week's PB time.

Bernadette Rowland celebrated her 87th birthday at Huddersfield Parkrun.



Stainland Lions'
Lion of the Month

LORRAINE NAYLOR

February 2024

She's done such an amazing job with the race today and with the XC season as a whole.

She's a fabulous ambassador for the Lions and is very supportive of the whole team and other individuals despite leading in her own category.

She's amazing and does so much organising, coordinating and liaising for our X Country.

An all-round super-lovely awesome Lion - we're lucky to have her!

Lorraine as XC captain has had a massive month of organisation with 3 consecutive events, including our own, to sort out instructions and arrangements for.

She's also just a lovely person who makes us all smile!

CONGRATULATIONS!



Ladies Captain's Update - Maria Chandler



Ladies Captain's Update – February 2024

Well what a month it has been. I am writing this after our Stainland Cross Country race. What a fantastic morning it was. Lorraine did a superb job setting up the race, leading many recces to help the marshalling and to get the route safe from fallen trees and branches. The latter with the help from Steven Crowther and a turkey! (For those of you not on Facebook, here is a picture of the said Turkey). Think the dog fancied some fresh meat or a friend to play with.



Things like Sunday and the lead up to it show what a great club we are. Thanks to Lorraine Naylor for all her hard work setting up and making sure all clubs were informed of all the necessary details, etc. She even had to do her warm-up run with me to get me to a different marshalling post than what I was expecting to do. The ladies team again did fantastically, with five ladies in the first top 12 scorers, although despite this, Pudsey ladies still managed to sneak ahead on points. Mags Beever, Stefanie Hopkins, Danielle Hirst, Anne Johnson and Lorraine Naylor getting the points, backed up by Moira Anderson, Aileen Baldwin, Amanda Zito Helen Hudson, Heather Moffatt, Maria Harron, Helen Armitage, Heather Anderson and Linda Hayes all completing what is a tough course. And also a mention to Beverly Day who unfortunately needed to pull out due to turning her ankle. Hope the recovery is going well Beverley.

So now the Cross Country season is nearing a close, with only one more race to go at Crossgates, we can turn our attention to the Yorkshire Vets Grand Prix races. Having intended to run them last year and then not making any and with the full intention of entering this year, I am hoping to get a big ladies team to join me. I asked Helem Armitage to write some words to inspire us all to enter and let us know a bit more about it.

From Helen Armitage:

If you are lucky enough to be over 35 (and let's face it, that must be nearly all of us) then you are eligible to take part in the Yorkshire Vets Grand Prix races, which generally start around April time. (First race 28th April 2024). If you have not taken part in these races previously then let me tell you what you have been missing!

Rather like the Cross Country races, a number of Clubs offer to host a race, usually between April and October, and they are between 5-6 miles. Generally no mud in sight for these as they are mainly trail and road and are held on a Sunday morning or a weekday evening.

You compete within your age category and pin a tag on the back of your Club vest to show which category you are in, e.g. M40 or F55, etc. and prizes are awarded on the day for the first 3 in each category.

Every runner counts in the Vets races, so not only are you running for yourself but also for your Club, as there are category such as First 4 to Count, Rest to Count and All to Count, so the more runners we have taking part the more points we will score as a Club. It's a great incentive in the race when you see someone in front who is in your age category. I have had many a battle with a lovely lady from Horsforth.

Now back to the prizes. In the past the results have been done on the day with the first three in each category receiving a prize. A bottle of wine, socks, chocolates, etc., plus a big round of applause and hopefully a few cheers from your Club members as your name is called out.

The races are great fun to take part in and the terrain is easier than the cross country events. If you're now tempted to give these a go then have a look at the YVAA Facebook page, where you will find the link to enter the Grand Prix Series, or their website – www.yvaa.org/events/grand-prix

As you can see below, there are 9 or 10 races this year, and in a 10 race series, your best 6 scores will count; in a 9 race series your best 5 scores will count. And the best news, compared to other races these are cheap. It is £10.00 for your first race, which includes a registration charge to cover your race number with timing chip, and £6.75 for subsequent races. When you register for the series you'll be able to pre-enter any races in the series at a discounted rate of £6.00 each. So why not commit now and get the discounted rate. All 9 races currently on the calendar could cost you just £58.00 (cheaper than many of the big half and full marathons, and a lot more enjoyable with less pain).

Event	Host	Venue	Date
Race 1	Holmfirth Harriers	Honley	28 April 2024
Race 2	Kirstall Harriers	Kirstall Abbey	28 May 2024
Race 3	Morley RC	T.B.C.	11 June 2024
Race 4	South Leeds Lakers	Middleton Clearings	19 June 2024
Race 5	Pudsey Pacers	Post Hill	30 June 2024
Race 6	Northowram Pumas	Northowram	11 July 2024
Race 7	Stainland Lions	West Vale	21 July 2024
Race 8	Slaithwaite Striders	Slaithwaite Cricket & Bowling Club	11 August 2024
Race 9	Ackworth RR	Fitzwilliam Country Park	6 October 2024
Race 10	T.B.C.	T.B.C	T.B.C.

Thank you Helen for that, and let's get those dates in your diary. Although Helen drew my attention to the team wins last year, she didn't mention the individual successes, including her own. Last year Helen Armitage was 1st F55, Helen Hudson 3rd F55, Sally Caton 3rd F45 and the awesome Aileen 1st F70. On top of this the ladies won the First 4 to Count – which Stainland have won 7 times in the last 8 years, and also won the Rest to Count. From the Men's side of things, our Vets Captain Gav Mulholland was 2nd Male overall and 1st M50, great running Gav and thanks too for sorting the Vets side of things. Some great individual results, well done all. If you are not yet convinced, the ladies have a lot to live up to, and in this series everyone counts. Well done all. So this year can we get a big team and add the everyone counts prize?



Please let me know of any of your individual achievements so we can all celebrate them here. Whether this is a PB that you have been working hard towards, a distance you haven't achieved before or anything else that has made you proud.

Championship Update - Steve Hallam



Championship Update - February 2024

So far, so good:

To date 72 of you have signed up for this years' competition (37 ladies, 35 men). Whilst this figure is down on last year, the encouraging thing is that many more of you who HAVE signed up are turning up to race the first few events!

- 46 for the Winter Handicap
- 29 for the Meltham (Tough) 10K
- 26 for the Red Hot Toddy 10K

Great numbers, keep 'em coming!

By the time that you read this, the new Championship tables should be ready to be published. The format of 6 Divisions will be unchanged from last year using my usual skill and judgement to decide who should be in which division! What will change is the new scoring system whereby the last placed runner in each division will be awarded 20 points, with each faster finisher gaining an extra point over the one below them. e.g. if there are 5 Lions taking part in your division for any particular race, the lowest placed will receive 20, the next up 21, then 22, and so on. As previously stated, let's see how this works out and if successful, we may retain it for next year. Either way, we can review it later in the year to consider alternatives if that makes the most sense.

It will still be your best 9 results to count for a top 3 trophy position. However, you can still complete as many or as few as you wish but finishing in the top 3 without completing 9 events will mean you won't get a trophy.

However, it's not just about winning trophies but having the most amount of fun with your club-mates at other clubs' races.

The only parkruns to count will be Huddersfield and Halifax, with your best time of the year to count. We did start the year with Brighouse, but as that has now been curtailed for a couple of years due to major flood prevention work, the only results included for Brighouse are up to the end of February.

NEW for 2024:

In addition to the usual divisions, I have introduced a couple of **Age-Graded leagues** which will give you a separate result related to your age. Calculating these results has taken a bit more work, not least because there are different factors for both men and women and also for different distances! Fear not though, I have all the required numbers at hand to enable an accurate table to be developed (thanks for providing this Mark Preston).

Consequently, when the new tables are launched, you will see separate tabs for **Age Graded Male** and **Age Graded Female**. Everybody signed up to the Championship will get their respective result in a single table for each gender. Whilst we have fast, medium and steady runners taking part, the age grading will provide at least some degree of levelling.

The whole idea behind this new initiative, is to provide an additional reason to take part. i.e. you may not be near the top of your division in the standard competition but being age-graded gives you a second chance to do well for yourself and maybe even improve your racing by having an additional target.

Again, it's not necessarily about trophies, therefore, to avoid a mass breakout of "trophy-mania" I am proposing to only have trophies awarded to the actual winners of each gender table. We could also offer a smaller trophy to each runner up. (All still to be agreed with the Committee).

Apart from all that, how about seeing how far up these tables you can climb? Top ten, top 5? It's an extra target you can set yourself if you wish. Hopefully, it could help you to get more from being involved! There will be 35+ lions in each table, therefore plenty of opportunity throughout the year to progress and improve.

Again, it will be your best 9 results to count. The only results that won't be regularly updated are for the two parkruns. This is simply due to the colossal amount of extra work involved. Instead, I will add all your best times at the end of the year directly from the Halifax and Huddersfield parkrun websites, which will make my life marginally easier!

Hope this all makes sense but as always ping me a message for anything related that you need help with.

Next up:

- 3K Track Race Wednesday 20th March

Coaching Corner with Colin Duffield

Five Most Common Mistakes in Training Plans

1) **Training plans should be based around mileage:**

Not usually. Your body understands and adapts to effort and time. If you run for 2 hours over a hilly route and cover 10 miles you get the same (or better) adaptation and improvement than another run on which you run for 2 hours on a flat route and cover 15 miles.

2) **Training is practicing for your event/race:**

It isn't. It's building a body that adapts you to be able to do the event. If you're training for a half marathon and training at your HM aspirational pace, don't. The point of training is to make you capable on race day.

3) **The more often you train the fitter you get:**

You won't. Training works by adaptation, both from musculo-skeletal and cardio/respiratory point of view. You disturb your 'systems' in order for them to adapt. So actually rest days help us recover. In that recovery comes adaptation.

4) **The harder you train in each session the fitter you get:**

See above. If you do too much damage in any given session you won't be able to adapt. It's baby bears porridge.

5) **A training plan is a training plan. They're all the same:**

They shouldn't be. We used to think that anyone could take an elite training plan and just make it easier, this would make it suitable for anyone. This has been roundly disproved. Age, current fitness and capability, aspiration, all mean this is frankly rubbish and not only the intensity, but the core elements will be different depending on any number of factors. Marathoners take note, especially those that keep getting injured.

Away Run - February 2024

Debbie Grunhut-Hinds

February Away Run – Thursday 15th – Mamil Café Bar, Brighouse

Well it wasn't the best start to the Away Run year – we unfortunately had to cancel the Away Run on Thursday 8th due to the snow and horrible driving conditions. It was unbelievable really, as the year before we also had to cancel the first away run at Mamil's because of the snow. It was with great thanks to Evie @ Mamil who happily re-arranged to have us the following week.

We had four groups out on the night:

- Clayton Cutter took Helen's group on a 7.5 trek.
- Tim Walker stepped in and took JP's group on a 6 mile route.
- I took a steady group on a 5.5 mile route.
- Paul Armitage took a return to running group on a 3.5 / 4 mile route.



Despite doing a recce of my own route a couple of weeks beforehand, it was slightly muddier than expected, especially trying to get through the woods near Brookfoot 😊

March Away Run:

The March Away Run is being held on Thursday 14th March (providing it does not snow!) from the Shepherd's Rest Pub, Bolton Brow, Sowerby Bridge, HX6 2BD.

The food options are:

- Meat Pie, Chips and Peas
- Cheese & Onion Pie, Chips and Peas

For the bargain price of £3.50.

In The Lion's Den with Gav Dodd



Will Rushworth



How long have you been running and how did you first start?
Running for about 8 years now. My dad joined the Lions to do a marathon and it flowed from there.
What made you join the Lions?
Same as above – Dad joined, brother joined, so I was dragged along. It's become an addiction ever since.
What's been your best running experience/race to date?
A few ultras have made my running time brilliant, Calderdale Way and Blackpool Tower to Overgate to help the club raise money were highlights. My favourite race must be Crow Hill Reserve Fell Race, just a classic 4 miler up and down. Can't fault it in any way – or according to Gav Foster, "Only events in the HX4 area".
Do you have any advice for a beginner?
Not much in honesty, don't do too much too early, listen to your body (something I never do) for injuries. Enjoy it.
What's your go to running shoe?
I pronate a fair bit, so my go to are the Nike Air Structure shoe, recently invested in carbon ASICS – verdict to be decided. Off road shoes – tough one, I can't wear Salomons due to fat feet, INOV8 TerraUltra I have found great, but don't last long and are I think cruelly expensive for what they are. Currently using Saucony Peregrine, which I'm finding great, yet to be in deep bogs but so far so good.
What do you do for work?
Pure rock star type of work of being the Finance Manager at an Arborist/Agriculture/Landscaping Company based at Greetland.
Favourite meal / restaurant?
Lasagne, hands down – either from The Lion or Da Sandro. Curry a close second – Shyiba.
Favourite tippie?
Guinness and more Guinness or ale-wise, Vocation Bread N Butter – easy going, excess is advised!
Favourite holiday destination?
Bratislava – 10/10 party city. Off for 3 weeks travelling the eastern states of the US this year, Nashville, country festivals, etc., and then a wedding in the Philippines in late November my favourite could change.
Any running or none running bucket list items?
A few – I'm doing Frankfurt Ironman in August, like to do a Half-Spine in 2025, Bob Graham in years to come. Maybe some longer trail races in 2025 too. Who knows.
Any none running related hobbies:
Pub. Cycling, (currently doing a lot of swimming but by no means a hobby), sailing/kayaking (coaching and participating) or anything rugby or cricket related.

What's your desert island disc (fav group, album, concert)?

Courteeners/Stone Roses, anything indie band or relaxed house related I'm easy for, especially 90s dance.

Best festival?

Primavera in Barcelona that was amazing.

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