



The Lions Tale

Stainland monthly newsletter



John Bassinder

From The Chair

A bit of rambling from our Chair, with a lowdown of what's been happening during October 2023

Debbie Grunhut-Hinds

Race Reports

A summary of race reports from October 2023

Various

Contributors

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

From the Chair

John Bassinder



Can't ignore it, it's definitely heading into the winter months now. Had it confirmed the other night when I was driving to a meeting at Heath to be greeted by an oncoming swarm of multi-coloured flashing lights, head torches and Hi-Viz. Still find that sight slightly surreal, not sure what other motorists feel when they first encounter it. So, winter is fast approaching but the fun carries on. The next Away Run is from the Wainhouse Tavern . . . food will be brilliant. If anyone recalls the memorable away runs years ago from the Tower House Hotel, they'll remember the quality. Sadly if we met there now, we'd be in the middle of an estate of posh new houses but thankfully the chef stayed local and moved just along the road to the Wainhouse Tavern . . . looking forward to it (any excuse to eat those pies).

On the racing scene, the first fixture of the WYWL season is set for Baildon on Sunday 19th November. Our own Stainland race is on Sunday 25th February and as always, we will need a full team of marshals and helpers to keep it up to our usual standard, so please look out for upcoming Facebook posts from Captain Lorraine.

Looking further ahead to December, the Christmas Tree Run will be on Thursday 14th December – JP has approached the New Inn at Sowood and they are happy to host us with food afterwards, again keep an eye open for Debbie's Facebook post.

The Children's Christmas Party at Heath is on Sunday 10th December from 3pm – 5pm. Heath ladies have organised it this year for ages up to 10 years old with a children's entertainer, followed by a visit from Santa, and of course . . . there'll be a Facebook post for this coming up. Incidentally, if you want to really get yourself and the kids into the spirit before the party, our friends at Leeds Lakers still have places in their 'Bah Humbug' race that morning – similar 10k trail route for adults as their Vets race and XC race and also a free fun run for children.

We're very grateful to Cat for taking on our Boxing Day Fun Run one more. Cat has again booked the Cricket and Bowling Club as HQ. This worked well last time and it was very fitting to be supporting them, a local cause, with a much appreciated financial boost as well as raising funds for Forget Me Not, a win-win situation. Cat will definitely welcome any offers of help with marshalling, registration and everything else that needs doing.

New Year then gets off to a flying start with XC at Stadium on the 7th January, the Winter Handicap kicking off our Championship on the 14th, and our AGM on Monday 15th.

AGM – and no apologies for mentioning all this again – as I said last month, Paul Armitage has agreed to take the Chair from next year, but he is still short of a full team with some key positions vacant. We're a fantastic club with a lot of lovely enthusiastic members and plenty going on, but we need a hard working team to do all the behind the scenes stuff. Whatever your view of committees the club simply can't run without one, so please have a chat with Paul or myself to find out what's involved. On the committee we need a Vice Chair, Secretary, Men's Captain, Ladies Captain (though Maria has possibly identified a person of interest, as the police would say).

In vital non-committee roles we are still lacking a Race Director for the Bluebell Trail and a Vets Captain. The Bluebell RD is an immediate concern as planning needs to start early in the new year or there won't be a race. You absolutely won't be expected to do this on your own, Clayton and the committee will help and advise wherever needed. I was RD for this a few years ago and found it a rewarding experience that taught me so much. Some runners do a race every week and think they know all about races but believe me you haven't a clue until you help to organise one. It certainly gave me an

insight into things I'd taken for granted, I found it an enlightening experience which led me onto my race adjudication and refereeing, helping with other clubs' races.

Talking of our Cross Country, just a heads up – there's always some hitch, and many of you may know that the grassy riverbank part of the route at Copley has had a short section closed since August which we'd hoped to get around with a minor detour. Things have moved on and I thought this may be of interest to anyone who runs along there – the whole of that riverbank section from the Wilson Bridge along to the back of the cricket club is now planned for closure from January for up to two years for flood defence work. Again, we'll find away around it for our race but I for one enjoy that section regularly on my runs as I know others do.



2023 Championship Races:

- Sunday 5th November – Guy Fawkes 10, Ripley Castle.
- Sunday 19th November - Clowne Half Marathon, Chesterfield.
- Saturday 28th December – Ambles Revenge, Waggon & Horses, Oxspring.

2023 Fell Championship Races:

- Saturday 9th December – Moors the Merrier (21.1 miles)

West Yorkshire Winter League 2023/24:

- 19th November: Baildon
- 3rd December: Queensbury
- 17th December: Bramley
- 7th January: Stadium
- 21st January: Lakers
- 11th February: Pudsey
- 25th February: Stainland
- 10th March: Crossgates

Club Events:

- Thursday 9th November 2023: November Away Run from The Wainhouse Tavern, Sowerby Bridge.
- Sunday 10th December 2023: Children's Christmas Party @ Heath (3pm – 5pm).
- Thursday 14th December 2023: Christmas Tree Away Run from the New Inn, Sowood.
- Friday 15th December 2023: Lions Christmas Meal, Syhiba, Sowerby Bridge.
- Tuesday 26th December 2023: Boxing Day Fun Run.
- Sunday 14th January 2024: Stainland Winter Handicap
- Monday 15th January 2024: Stainland Lions AGM, Heath Rugby Club
- Friday 9th February 2024: Stainland Lions Presentation Night & Party, Bradley Hall Golf Club.
- February 25th 2024 – Stainland hosting WYWL Cross Country.
- May 5th 2024 – Bluebell Trail.

Lions Publicity Officer

Debbie Grunhut-Hinds



Race Report for October 2023

Yorkshire Veterans' Athletics Association – Race 7, Ackworth (1st Oct):



It was a condensed team of 12 Lions at the final race in the Yorkshire Veterans' Grand Prix Series, held for the second year in a row by Ackworth Road Runners, comprising of two varying laps around Fitzwilliam Park. The ladies were led home by none other than golden oldie Aileen Baldwin, finishing in 12th place, 1st F70 and 1st F70 for the series – truly inspirational and motivating. In 14th place was Sally Caton, taking 3rd F50 honours on the day and finishing 3rd F50 for the Series. Coming home in 21st place was Helen Armitage with a respectable 3rd F55 and 1st F55 for the series. Also finishing in the top thirty was Helen Hudson (27th), with Paula Pickersgill achieving a top forty spot in 37th place. The ladies have retained the trophy (again) in the 'First Four To Count', by 245 points; 2nd place overall and 3rd in Rest to Count.

For the Men, Vets Captain Gavin Mulholland was first Lion back, only one second behind the winner. Gavin was 1st F50 on the day and the season. Mark Pottinger came in 19th place. In 28th place, having run every race this year, was Damien Pearson. Paul Patrick was 57th with running buddy Mark Preston right behind in 58th. Steve Hallam was 61st with Dave Hudson 83rd and 4th M65 overall, and Paul Butterfield came in 96th. Despite some fluctuation in entries the Men's team came 2nd place in all three categories overall.

Hopton 10k (1st Oct):

The Hopton 10k takes place on quiet roads and woodland bridleways in and around the small village of Hopton in Mirfield. Proceeds from the race go to support the local primary school. Two Lions competed with Danielle Hirst finishing in 53:48 (3rd FV35) and Paul Corns in 54:58 (3rd MV55).

Sheffield City 10k Charity Fun Run (1st Oct):

Held in the Rother Valley Country Park, the lapped course is fast and flat and the perfect place to chase a personal best. Sue Cash ran in 53:52, coming in 67th place out of a field of 227.

MBNA Chester Marathon (8th Oct):

Three Lions joined the thousands of runners at the Chester Marathon; one of the UK's most popular marathons, with a fast course through the historic city centre and out into the countryside through the beautiful Chester and North Wales villages. Gavin Foster led the pack home in 83rd place in 2:48:19. Two Lions were also representing England Masters – Jamie Westwood who finished in 2:53:04 and Margaret Beaver in 2:58:19.

**Morley 10k (8th Oct):**

Eleven Lions competed in the second annual Morley 10k, an undulating road race on closed roads around Morley town.

Results: Paula Pickersgill 57:04, Lin Devine 1:00:14, Wendy Goodwin 1:01:46, Carol Lord 1:04:12, Peter Cawdron 1:07:44, Lesley Henderson 1:08:24, Alan Gibson 1:17:37, Anne Cawdron 1:17:40, Chris Tetlow 1:17:40, Carol Heptonstall 1:17:40, Jackie Barker 1:17:40.

Williams BMW Rochdale Half Marathon (8th Oct):

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. Gaby Ferris was the 1st FV50 to finish in a time of 1:46:56, with Martin O'Brien clocking up a time of 1:50:37.

Holmfirth 10k (15th):

Sixteen Lions ran in the Holmfirth 10k, a counter in this year's Club Championship. Last year saw the introduction of a new course which shows off the beauty of the Holme Valley and surrounding areas. If you like flat, fast road races in urban areas then this might not be the race for you. If, however, you like running in stunning countryside surrounded by rolling hills and moorland whilst pushing yourself on what is a challenging yet enjoyable course, then this race had it covered!



Pic by Karen Carless

Results: David Farrar 46:00, Steve Hallam 48:00, Paul Patrick 48:35, Mark Preston 49:00, Helen Armitage 49:10, Michelle Rogerson 51:22, Ray Mooney 51:46, Laura Goodwin 54:27, John Carless 55:31, Joanne Kitcher 55:40, Tim Neville 56:12, Paula Pickersgill 57:34, Paul Butterfield 58:54, Heather Anderson 1:00:20, Wayne Underwood 1:03:03, Paul Armitage 1:04:28.

**Lakenheath Fen – Race for Wildlife 10k (15th):**

Moira Alderson finished first female clocking up a time of 49:48 in the Lakenheath Fen's Race for Wildlife. The route takes runners through varied terrain on the beautiful nature reserve, and all profits go directly into supporting the conservation work at Lakenheath Fen.

Yorkshire Marathon & Yorkshire 10 Mile (15th):

York was a buzz with excitement on Sunday as the Yorkshire Marathon Festival celebrated its 10th Anniversary, with over 10,000 fun-runners, fundraisers and club runners to the city's streets. The route took runners through the surrounding villages before heading back towards Heslington.

Marathon Results: Maria Chandler 4:14:00, Alex Whyte 4:56:06, Olivia King 5:27:04.

10 Mile Results: Lindsay Upton 1:17:50.

Manchester Half Marathon (15th):

The Lions were led home by Navinder Uppal in 651st place, as thousands of runners competed in the Manchester Half Marathon on Sunday. The North West's biggest half marathon saw runners of all ages and abilities take on the 13.1 mile closed road route, starting and finishing near Old Trafford. Claire Haigh ran her best half marathon time of 2:03:36, knocking 2 mins 7 seconds off her previous best.

Results: Navinder Uppal 1:32:10, Clayton Cutter 1:43:00, Gary Barnes 1:48:12, Rebecca Gvozdenko 1:56:22, Hayley Kelly 2:00:04, Claire Haigh 2:03:36, Christine Cliffe 2:06:38, Zoe Russell 2:06:38, Gavin Dodd 1:46:31, Trish Hallowell 2:34:46, Gail Fawcett 3:13:58.

**Withens Skyline Fell Race (15th):**

Three Lions tackled the Withens Skyline Fell Race, the 6.2 mile BM category race with 820 feet of climbing, started from Penistone Hill Country Park and circuiting The Stoop and Top Withens and returning by Bronte Bridge.

Results: Andrew Earnshaw 1:00:04, Martin O'Brien 1:06:23, Aileen Baldwin 1:09:24 (1st LV70)

Great South Run (15th):

Dick Spendlove was the solo Lion at this year's Great South Run, the south coast's biggest and best running event which took place in Portsmouth over a fast and flat 10 miles. Dick clocked up a time of 1:19:23 and taking 1st M75 age category place.

Leeds Abbey Dash 10k for Age UK (22nd):

Richard Crombie clocked up at time of 38:05 at the Leeds Abbey Dash, a flat and fast 10k starting from Millennium Square and following the line of the River Aire to Kirkstall Abbey before returning to the city centre.

Bronte Way Fell Race (29th):

16 Lions took part in the 7.5 mile Bronte Way Fell Race with 1,152 feet of ascent. The race was a counter in both the Club Championship and the Fell Racing Championship. The route started in Wycoller Country Park and meandered across the fells to Haworth, finishing with a short climb up Haworth's cobbled High Street.

Results: Paul Patrick 82:09, Lorraine Naylor 82:45, Martin O'Brien 84:12, Heather Moffat 89:00, Laura Goodwin 89:08, Steve Hallam 90:26, John Bassinder 90:44, Steve Crowther 91:41, Tim Walker 91:47, John Carless 98:53, Paula Pickersgill 99:36, Sue Cash 106:29, Alex Whyte 112:03, Jenny Walker 117:34, John Rushworth 128:30, Rebecca Hill 131:48.



PB Corner

Parkrun PB's

October 7th:

Halifax: **Moira Alderson** smashed out another PB of 23:51, knocking 1 min 8 seconds off.

Oakwell Hall: **Laura Goodwin** ran a PB time of 26:26, taking 41 seconds off her previous best.

October 14th:

Brighouse: **Steve Boyer** smashed his course best by 4 mins 6 seconds giving a PB of 31:24.

Huddersfield: **Richard Crombie** knocked 16 seconds off his previous course best, giving him a PB time of 18:18 – and his fastest Parkrun time overall.

Karen Carless smashed her course best by 1 min 39 seconds giving her a PB of 24:14.

October 21st:

Brighouse: **Mags Beaver** ran a PB time of 18:59, knocking 1 second off.

Lowestoft: **Moira Alderson** ran a PB time of 23:55, taking 1 min 14 seconds off her previous best.

York: **Karen Carless** ran her fastest Parkrun overall, knocking 4 seconds off her previous best time.

October 28th:

Brighouse: **Karen Carless** ran a course PB of 23:58, taking 1 min 33 seconds off her previous time and also knocking 12 seconds off her overall best Parkrun time.

Heather Anderson took 13 seconds off her course time giving her a PB of 28:45.

Huddersfield: **Sarah Wannerton** knocked 9 seconds off her course best, giving her a PB of 28:26.

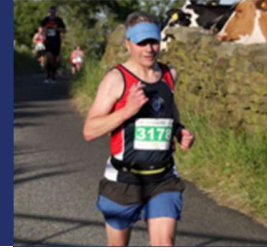
Selby: **Laura Goodwin** ran a course best of 25:36, taking a massive 9 min 30 seconds off.

Other PB's

Manchester Half Marathon: Claire Haigh ran her best half marathon time of 2:03:36, knocking 2 mins 7 seconds off her previous best.

Championship Update

- Steve Hallam



Championship Update – October 2023

With only a handful of opportunities left to affect your Championship scores this year, it is now time to finally consider how we want the 2024 competition to look.

Having given the “Any UK Parkrun” event more thought, I’m looking to discontinue this for next year. However, Huddersfield / Brighouse and Halifax Parkruns would still count as two separate events as we had previously. The key reason for removing this event being the unpredictable results that it tends to throw up! Which leads me nicely onto another key point:

The Scoring System:

Several people have approached me to request re-introducing the old-style of scoring, which some seem to find more understandable and know exactly what they need to do at each race to gain their optimum score. For those of you who don’t know who the previous system worked (the last time we used it was in 2019) – it was a simple format whereby the first Lion over the finishing line in each division scored 30 points, 2nd place would get 29, 3rd place 28, and so on. The main problem with this is that there were many instances where only a single Lion turned out for a given event in their division and simply gained maximum points regardless of their time and position. Indeed, in this scenario, that person could, in theory, walk the entire course, be the very last finisher in the entire race and yet still collect 30 points! (Nobody actually did that but hopefully, you get the point!).

So, whilst I recognise that the current scoring system is far from perfect, it does at least mean that you need to apply some effort to gain your points!

All things considered then, I have an alternative idea, based on the old system but done in such a way that the above scenario would be eliminated or at least drastically reduced. The way it would work, if implemented, would be to award the LAST finisher in each division say 20 points. Then, each person finishing in a faster time would gain an additional point than the previous Lion, meaning that the more people you beat in your division the more points you would score. For example, in each division, the last one finishing would get 20 points, the next fastest 21, then 22, and 23, etc. In other words, additional points would be awarded for each Lion that you beat in your division!

It would also mean that the more Lions entering each event in your division would actually provide MORE points to play for, thereby adding a more competitive edge to some races.

I will be holding an online poll on our club Facebook page in the next week or so in an effort to see how popular this would be, therefore, can you please start to consider your preference to either continuing with the current scoring system or moving to the above proposal for next year. We will go with the majority. Any questions at all, please give me a shout.

The other possible change for next year being considered is the introduction of an age-graded league. If implemented, this would run alongside the main competition where points would be awarded based on your performance related to your age. Before you all get too excited though, it is only an idea at this stage and needs some input from you club

members to ensure that it would compliment and add value to the overall Championship competition. Again, please let me know your thoughts.

Finally, remember to propose any events we could add for next year, either local or a bit further afield.

Catch up again soon.



Ladies Captain's Update - Maria Harron



October was a busy month and many miles were run due to the half marathons and marathons that take place at this time of year. Well done to all ladies that raced and thank you to everyone who has contributed reports to this Newsletter.

It was with sadness we said farewell to Moira Alderson as she starts her new journey but she will stay in contact and I'm sure we will be seeing her socially or at races in the future. She went off on a high and sent this report:

The Race for Wildlife Lakenheath Fen 10k – Moira Alderson

After contemplating where I would go for a run at the weekend, feeling I needed a bit of company for my run I decided to look at the possibility of finding a race that was still open for entries. Fortunately, I came across *The Race for Wildlife Lakenheath Fen 10k* on Sunday 15th October. It was one of those perfect beautiful autumnal sunny mornings which just enhanced the setting.

The 10k route is a single lap course around the Lakenheath RSPB. Although it was mainly flat the trail did get quite uneven at times and there was some variation in the terrain. Trail shoes were required, so perfect for me!



The scenery was great, you get to enjoy views into the reedbeds, views over the river and into Norfolk and views into some of the grazing marshes.

It was well signposted with friendly marshals and an overall fun and friendly atmosphere. Getting to run along the riverbank footpath, following the river to the wild and wonderful Botany Bay, an area teeming with wildlife and a popular haunt for cranes.

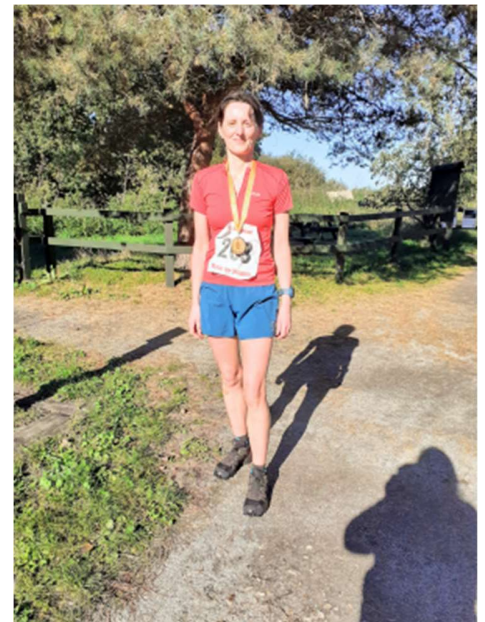
Once you are in Botany Bay you diverge from the river and head down the gentle bank again through Shepherd's Fen and New Fen South; we were told both these areas are not usually open to the public so I felt quite privileged to have the opportunity to run in this area.

Down here it is wild and beautiful and on the briefing pre-race we were advised that we may bump into cranes, marsh harriers and bitterns if you are lucky! I really had no knowledge of what bird life I ran past but the sound and sights of wildlife, cows and countryside were wonderful.

Towards the end you run through a roughly mown meadow and then through the wooded and peaceful Brandon Fen, crossing the finish line near the Visitors Centre.

Back at the Visitors Centre there was a good range of donated homemade cakes, tea and coffee and all the profits from the race entries go back into supporting the conservation work at Lakenheath Fen.

I had a great race and was really pleased with my finish time of 49 minutes and 48 seconds. Being the first female back.



Moving on to the marathons and half marathons with so many amazing achievements, well done all. Here are a few reports to inspire you

Manchester Half Marathon – Rebecca Gvozdenko

What a fantastic day! The early start was tough going but shout out to Clayton for being the designated driver and another shout out to Claire H for organizing us all and getting us there.

The event itself was brilliantly organised. This was my first *big* race and it was superb. The atmosphere, the crowds and the route really kept me going. I especially enjoyed the DJ under the M60 bridge. Had I not have been running for a time I definitely would have stopped for a dance.

It was a cold, cold morning for the start but the bin bags were a game changer. The sun soon appeared and we couldn't have asked for better running weather.

I loved seeing all the Lions out in their club vests. It's so nice to be part of the team. There were even a few cheers from people who knew the club and reminded us about Trooper.

At the end of the race it was nice to finish it off with a Greggs pasty and a cuppa tea. All in all, a super day, with cracking people. Cheers everyone! Oh, and the PB was pretty good too.



Manchester Half Marathon – Christine Cliffe

So after the Rob Burrow Marathon in May unfortunately I've not run very much at all due to a persistent pain in my Achillies. With Manchester looming and very little miles in the tank I went for it with the *running wife* by my side. A pitch-black morning and 2 degrees, to say it was a shock to the system is an understatement, especially being fresh back from sunny Ibiza! However as soon as we met up with the *Pride* and the camaraderie began I knew I was in safe hands. The morning was just truly a pleasure. No PBs for me but pleased with my time and thankfully the ankle held out. Plus me and Zoe added another shiny medal to the collection.

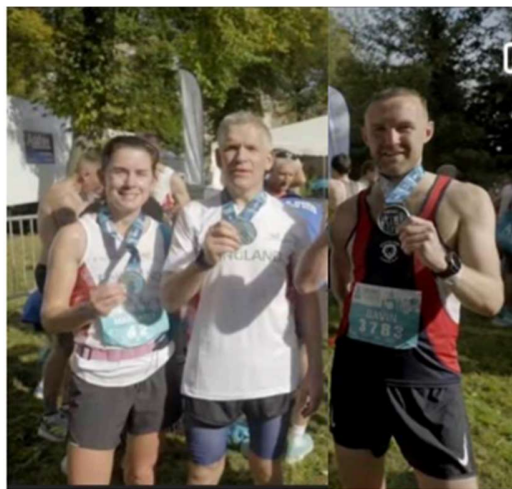
Oh ad on the back of it we booked Liverpool for next March 🏆



Chester Marathon – Jamie Westwood

An usually warm sunny day greeted the 7,000 or so runners at the racecourse start line. A big city race with loads of quirks, charm and character. A town crier starter! Well organised, marshalled and a great location. Definitely one to consider for runners Autumn 2024 schedules (10k & Half options also available earlier in the year 😊)

After a cheeky uphill first mile or so we wound our way through the city streets. Turning away from Chester and onto less well-known B roads, 3-4 miles in the course followed country roads / lanes crossing into Wales and back into England. The course format was slightly undulating and continued pretty much until the end of the race. At mile 18 Chris Hall and Wingman Richard Crombie provided much appreciated extra support and feeding station, thanks lads. The next 10k or so was to be honest a bit of a blur. However mile 24-25 was unforgettable with a steady climb back to the city centre although this set us up nicely for a final mile of downhill / flat and a finish in the glorious sunshine at the side of the river Dee.



All in all a great experience, representing the club at England Masters, racing with Gav and Mags and being supported by fellow Lions on the day.

Well done Mags on being 3rd category finisher in England Championships and Gav on being first Lion in 2.48. Special shout out for Chris Hall for supporting us enthusiastically throughout the weekend despite missing the race through injury.



Yorkshire Marathon

Alex Whyte

Yorkshire Marathon and a bonus medal for completing the Yorkshire Double (at Leeds and York) this year. 6th streaking marathons!

Yorkshire Marathon – Maria Chandler

A beautiful day in York, although very cold first thing, even needed to scrape ice off the car windows, but the sun was shining, which is always a good start.

This was my second marathon. After the amazing atmosphere in Leeds, this was always going to be different and it certainly was extremely quiet in comparison. A few areas with crowds, but long stretches with no one apart from other runners. Did I enjoy this one? I think I can say a no to that. Will I do another? Yes, the next day I managed to get an entry to Manchester in April. I learned a lot on this race, which I hope will make me a better runner in the future. One of my highlights was when I got to the end of the 2 mile out and back, there just setting off on the start of her out and back was Alex . . . it was so great to see a smiling face and another Lion.



Coming back from injury or from surgery is hard. It shows determination and patience to get back to where you were and here is an example of just that.

Morley 10k – Lin Devine and Friends

It certainly was an example of “season of mists” as we made our way to Morley that October morning – fog being the order of the day. Having gathered the troops at the beautiful town hall we made the (somewhat long) yomp to the start line. A minute’s silence to reflect on the life of a local man before the race served as a poignant reminder of the club’s chosen charities MINT and Team Daniel.

This was a very special race for several of the Lions running it, with Carol, Anne, Chris and Alan returning to racing all having been recently under the surgeon’s knife – an absolute inspiration to us all. Also, many of us hadn’t been anywhere near a race since our marathon experience in May.



Photographer Philip Bland's comment, "You didn't do this last year then?" followed by a slightly demonic laugh made us wonder what he knew and we didn't. The race had been billed as *undulating* and it certainly didn't disappoint on that front – there seemed to be a good deal of up and not much down! That said, the support along the whole route was amazing and definitely helped to pull us round. The added incentive of racing a dinosaur en route added to the fun.

An uphill finish, in sunshine (passing a statue of a famous comedian with short, fat, hairy legs) led us to our medals and bags of sweets.

Back at the car park, we were treated to an Aladdin's cave of treats courtesy of some of our lovely ladies – a sweet end to a fun and emotional morning.

Full credit to the people of Morley for such a well organised event.





Marathon season is always an exciting time of the year and great to have heard from so many Lions about their racing experiences, not just marathons. Keep going and I hope you feel inspired to get a race booked or to get those trainers back on for the next training run!

Men's Report

XXXVIII Mojácar Popular Race – Jonathan Pybus

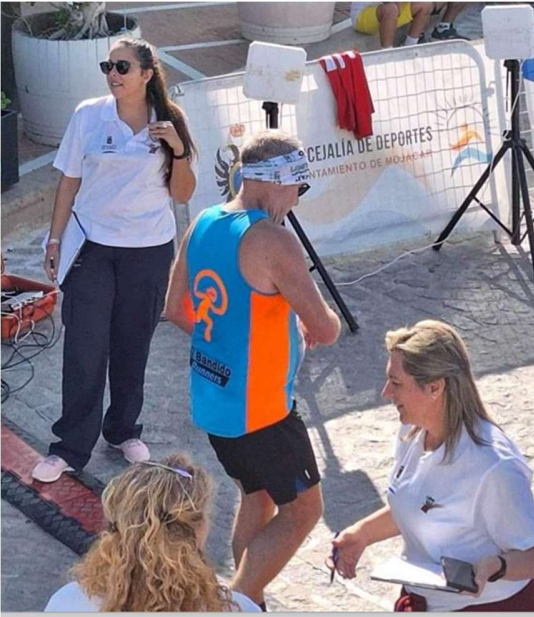


On Sunday 15th October I took part in the 38th annual Mojácar Popular Race that sets off from Mojácar Village and ends up climbing back up to the village, a nice five-and-a-half mile race.

On the day of the race the temperature was about 26 degrees and getting warmer all the time, as I like the heat it wasn't a great problem. The main problem was coming back into the village, it was just brutal. They altered the route to go to the steepest hill for miles around. I had to grab onto a handrail just to get to the top only to become confronted by another hill to get to the other side of the village.



All in all it was a fantastic race, but only 60 people took part because of how hard it was to run the hills. This meant all the competitors were hardcore. At least I didn't finish last and finished about 54:00 in the end so it was not too bad.



Well recommended for anybody who wants a nice sunny run in the wintertime with undulating terrain!

Stainland Lions'
Lion of the Month

MARIA CHANDLER

October 2023



Fantastic attitude to training! Always smiling.

A great attitude to training, works hard and consistently at track.

Always very supportive of other runners and club events. Another good marathon at York!

She works really hard, is always very supportive of the club events and willing to help out.

Maria has worked hard and shown great consistency to smash her goals.

She's so determined and always very supportive of others.

CONGRATULATIONS!

Coaching with Colin Duffield

Baby Bears Porridge

It's a term I use a lot.

I'm sure you remember Goldilocks and her housebreaking adventures, so you'll know what I'm talking about and here's how I understand the term might apply to runners.

I've been around competitive runners for long enough to understand the tendency to believe that more is always better. More miles, more hill repetitions, harder and harder intervals etc. The truth is that maximum benefit comes from a balance of the right effort balanced with the right adaptation. In Taoist martial arts we talked about the 'Middle Way', that's the idea of ideal balance between hard and soft, yield and resistance. If you'd prefer to think about it like that then do. It's Baby Bear's Porridge with a slightly mystic, eastern slant.

An example of what I'm talking about . . . Physiologically the benefit from three sets of ten hill reps as opposed to three sets of six is as close to zero as make any difference. However, those extra reps could mean you take more time to recover and adapt. They will increase your injury risk by putting strength demands on your body that it can't cope with. Your running form may suffer. Too often this leads to fatigue, injury and a never ending plateauing in improvement.

This example could just as easily be running at 90% of maximum in a track session instead of 80%, pushing forty miles a week instead of thirty, whatever. I'm sure you get the idea. It's Daddy Bear's Porridge. It'll burn you. Don't be tempted by Daddy Bear's Porridge.

Conversely, you don't want Mummy Bear's Porridge. Doing half a dozen half-hearted reps or lazy mileage. That doesn't work either. Too cold. Nobody needs tepid oats.

Stick with the middle way.

The simple truth is that improvement isn't about over or under training, it's about patience, listening to your body, consistency, staying healthy and trusting the process.

Be like Goldilocks!



Away Run - October 2023 - Jonathan Pybus

The Shears Pub, Paris Gates, Halifax

We returned to this old favourite for the start of the winter running schedule of away runs. It's probably a favourite amongst a lot of runners as the food is fantastic and you're guaranteed to put on two stone!

We had a good turnout as usual, with three groups taking in various routes around the area. Again the weather was good to us and a good night was had by all.

Thanks to the Group Leaders for taking everybody out and coming back in one piece.



I'm looking forward to the November away run from the Wainhouse Tavern in Halifax. We ran from this pub when I organised my first ever away run years ago. Lots of good routes from this pub, plenty of parking available – with a car park next to the pub.

New Racer Vest Opportunity - Gavin Foster

I have been in touch with Paula the 'Kit Queen' recently about getting a higher quality vest for the club that doesn't hold sweat or chafe as much as the current vests and is more of a lightweight option.

Therefore, over recent weeks I have been working with a contact at Soar Running, with Paula's blessing. Some of you may have heard of them or already own some of their products as they make high end running gear.

After showing them the current club vests and producing the necessary artwork for them they have now produced a Stainland Lions race vest design for us.

'At 44g in size medium – the ELITE Race Vest is seriously light – but that's only half the story. It fits cut-throat close so that sweat transfers efficiently away from the skin for effective cooling, and unlike many fabrics – the open-weave Italian mesh retains very little moisture. That means that even when it's entirely saturated with sweat – the Race Vest remains enviably light and comfortable.'

The slim fit and bonded seams don't just help in the battle against body heat – they help reduce aerodynamic drag and virtually eliminate chafing – to the point that you might find yourself double checking you're actually wearing a vest. Light – tight – and proven on the elite racing circuit – the SOAR Race Vest is a marginal gain you'll barely feel'



After the recent Committee Meeting, the Committee are happy for me and Paula to try and get this off the ground with your help. Soar Running have provided us with sample club vests of various sizes. Paula or I will try to fetch these along to as many club nights as possible so that you can see the quality of the kit and try them on for size.

Seems too good to be true. Well the only catch at the moment is that these vests aren't cheap at £75 each, but I am in the process of trying to get discount. The amount of discount they will give is entirely based on the size of the order. For example, they will reduce to £70 per vest with an order of 25 vests.

The minimum order is 20 vests. I have 7 people interested so far and 2 maybes. Money would need to be paid up front to the club account before the order is placed.

If you are interested, then please could you let either me or Paula know.

In The Lion's Den with Gav Dodd



Karen Carless



How long have you been running and how did you first start?
I started running 4 years ago. It started with the occasional Parkrun and built up from there. It took months of determination to get under 30 mins, then I had the bug and went from hating running to loving it.
What made you join the Lions?
I kept seeing the events advertised. We did the Boxing Day Fun Run and just loved the atmosphere. It's such a welcoming, supportive club. Everyone is genuinely helpful and kind.
What's been your best running experience/race to date?
I love trying different Parkruns, and the Great North Run last year was such a buzz. But a recent 5k at the end of a triathlon will be hard to beat. It felt so good as I was running as though I was being rewarded for my work and love of the sport.
Do you have any advice for a beginner?
Join a club and listen to others. The motivation, advice, and company make a huge difference to that sense of keeping going with it. You are definitely less likely to give up. And the social side is a huge bonus!
What's your go to running shoe?
I absolutely love my Vaporflys for speed work and recently got some Asics Gel Nimbus 25 for distance / easy running.
What do you do for work?
I work at a couple of companies as an office / finance manager. After using my brain all day, exercise is my therapy.
Favourite meal / restaurant?
I prefer home cooked, healthy stuff. I absolutely love cooking. No. 1 meal would be salmon, Jersey Royals, and a huge pile of any veg followed by a cuppa and a packet of biscuits!
Favourite tippie?
Southern Comfort and Coke. Although Baileys at this time of year.
Favourite holiday destination?
Mallorca the triathlon island!! So much opportunity to swim / bike / run, rest, take photos, and eat. A beautiful island.
Any running or non-running bucket list items
An Ironman. 70.3 and a marathon. Oh, and the European half marathon majors. And getting a Team GB for Age Triathlon place one day. Lots of bucket list things!!
Any non-running related hobbies?
Swimming, cycling, writing, photography, reading, music, and family time.
What's your Desert Island Disc (favourite group, album, concert)?
I love music, and we go to loads of gigs, but the Kane West and Jay Z one would be hard to beat.

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