



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
December 2016

Ramblings from the Chair

The last newsletter of 2016, and as we look forward to the Christmas break, seeing family, getting new running shoes and then the new year of 2017, which will also bring new challenges (which marathon shall we book).

All I can say is it's been another fantastic year in the club, and it's always a friendly club, but when you are injured or can't run because of illness I know people can feel cut off and feel that they are missing out. So if someone you run with is injured or you haven't seen them for a while could I ask you to send them a message to see how they are, I know some will already do this, but sometimes it does make a difference to someone to know that they are being thought of and missed.

The annual dinner will be with us sooner than you think, there may still be a few places left but you need to get your name down and money paid before the 15th Dec 2016. Before that we have our AGM on the 12th January where we will vote in the committee for 2017 of which Sandra will be Chairperson, I wish her all the very best in the role, it can be challenging at times but you are never alone.

The final race of the Championship will be the Winter Handicap on Sunday the 15th January 2017. So you will need to run fast if you need some points. It will also be the first race of the Championship for 2017 as well. You also have a chance of picking up a trophy if you guess the time you will finish the race in the nearest to their predicted time wins.

The Cross Country continues on the 18th Dec 2016 at Skipton, it's a three lap course so will also be good if you want to come along and spectate, it's been brilliant seeing all the Lions turning up to the Cross Country and giving it a go, Tim Walker has done a brilliant job as Cross Country captain as have Joanne and Karen standing there writing down the numbers as they come through.

That's it from me for this year, I just want to wish you all a very Merry Christmas and a wonderful New Year. I hope that you achieve your goals for 2017, but most of all just enjoy your running.

Simon X





STAINLAND LIONS NEWSROUND



By Sandra Robertshaw

December is a great time to be a Lion, not only do we have some exciting and challenging winter runs, but at this time of year we also have some great social outings which we are known for. It's also a time of change for the Club, as Simon Gadd skids sideways like a wild child towards the end of his year as Chairman and I limber up on the sidelines waiting to take over. This will therefore be my penultimate newsletter as I look forward to a new Press and Publicity Officer taking over in the New Year. So do enjoy this months round up of racing, as always excitingly without any reporting restrictions.

Guy Fawkes 10: A favourite for our Lions, this is a challenging and somewhat hilly 10 miler that always draws a crowd, and every year it continues to sell out very quickly. I was supporting on the day itself and was super proud to note that we had **60** Lions turning out for this cracking race, which started and finished at Ripley Castle and was led at the start by Guy Fawkes himself. Club Championship points were up for grabs and there was plenty of jockeying for position from all those in the heat of battle in their Divisional Races. First Lion home was "Fast" Ed Hyland who finished in overall 6th position in a fantastic time of 59:16, he was followed in by Stephen Hall and Jonny Cartwright. Our First Lioness was Sally Caton who finished overall in 153rd position in a time of 1:14:45, she was followed home by Rebecca Butler and Stefanie Hopkins. A quick mention here for our own Sharon "Stotty too Hotty" who was paced round by the lovely Joanne "Top Gun" Hirst and was able to knock a good few minutes off her previous time for this race. A brilliant result for our Shaz, and also yet again hats off to Joanne who not only continues to improve her own running but has also played a vital supporting role for some of our steady runners this year enabling them to improve their race times significantly. Too many runners to list this month so I have just noted the top 10 men and women. **Top 10 Stainland Men:** Ed Hyland (6, 59:16), Stephen Hall (23, 1:03:45), Jonny Cartwright (34, 1:04:56), Sean Thompson (52, 1:07:35), Craig Miller (55, 1:08:07), David Roberts ((59, 1:08:42), Chris Hall (61, 1:08:46), Clayton Cutter (138, 1:14:15), Adam Scratcherd (144, 1:14:28), Philip Moyles (151, 1:14:38). **Top 10 Stainland Ladies:** Sally Caton (153,1:14:45), Rebecca Butler (164, 1:15:25), Stefanie Hopkins (169, 1:15:45), Helen Fay (280, 1:20:59), Aileen Baldwin (330, 1:23:36), Rikki Hammond (367, 1:26:05), Tracy Mott (417, 1:28:10), Nicki Cartwright (426, 1:28:38), Angela Lee (464, 1:29:56) and Joanne Kitchener (485, 1:31:12).

BELOW LEFT
John Rushworth, Caroline Ford and
Graham Robertshaw at Guy Fawkes 10

BELOW RIGHT
Sharon "Stotty too Hotty" and
her pacer Joanne "Top Gun" Hirst at
Guy Fawkes 10.



Leeds Abbey Dash: Another favourite for our Lions, the flat and fast 10k course in Leeds attracted 15 Lions this year, slightly down on numbers but no doubt due to the large contingent at the Guy Fawkes Race. First to finish for Stainland was Derek Doyle, followed closely by Jan King and Tim Neville. And it was a newby one, two, three for our ladies, with Sherridan Gibson, Sarah Williams and Michelle “Rocket” Rushby all representing the Lions for the first time in this race. Michelle has been quietly carving her way through Division 7 and despite not being able to get enough races under her belt, it looks like Division 6 is clearly beckoning her! Also fresh from her exploits at York Marathon and the Bridlington Half, Steph Hull continues with her onslaught of the running calendar by entering the Dash and managed to knock a massive 6 minutes off her previous best time for this distance. Steph is just one of many of our runners who has had an outstanding 2016, she has trained really hard all year which has given her some fantastic race results.

Well done Steph!

RIGHT
Steph Hull



Leeds Abbey Dash Results: Derek Doyle (1121, 43:35), Tim Neville (2071, 47:09), Jan King (2004, 47:44), Ian Hamilton (2942, 48:20), Stuart Hardaker (3747, 51:09), Paul Butterfield (4878, 52:37), Sherradon Gibson (4745, 53:05), Sarah Williams (4839, 55:37), Michelle Rushby (5231, 57:00), Stephanie Hull (5690, 58:35), Gail Fawcett (7470, 1:02:53), Lisa Galvin (7533, 1:03:26), Anne-Marie Killeen (5352, 1:03:42), Patricia Hallowell (7579, 1:03:52), Jenny Hardaker (6845, 1:05:32) and Amanda Walker (8140, 1:18:19).



Clowne Half Marathon: Yes this is a real race, and nothing whatsoever to do with a circus or performing artists who wear a lot of makeup. Out of a field of 687 runners, the Lions managed to field a team of nine who undertook this rather undulating and windy 13.1 mile race round Chesterfield, which does actually have a town called Clowne! Simon Rawnsley was the first Stainland Lion to finish in a time of 1:28:35, and first Stainland Lady was the Club's answer to Forrest Gump, our forever racing Rebecca O'Neill who finished in a time of 1:53:46. **Results:** Simon Rawnsley (29, 1:28:35), Steve Hallam (205, 1:45:18), Sandy Gee (317, 1:53:05), Rebecca O'Neill (321, 1:53:46), Cat Daniel (336, 1:54:53), Sarah Lunt (452, 2:03:55), Claire Guest (453, 2:03:55), Nicki Cartwright (454, 2:03:55) and Paula Pickersgill (540, 2:12:04).

LEFT
Team Stainland at the Clowne Half Marathon

Conwy Half Marathon: Another challenging half marathon, this time starting along Conwy Quayside next to the river Conwy and in front of Conwy Castle. Our own Andrew “Hello Ladies” Earnshaw was the lone Lion brave enough to take this on. Andrew raced round this rather hilly course in his usual stylish fashion and managed to knock a massive 5 mins off his previous half marathon time, finishing 250th in a time of 1:36:55.

RIGHT
Andrew "Hello Ladies" Earnshaw
at the Conwy Half Marathon



And in the final week for November, only two races to report, first up was the second of our **West Yorkshire Winter League Cross Country Races**. This is a team event over six races during October to February each year. There are currently 13 clubs who participate.



ABOVE Ben Mounsey and wingman Gav Mulholland

This is serious racing involving mud, blood, hills, thrills and spills. This weekend the race was hosted by Pudsey Pacers and was won by our own Ben Mounsey, with Gav Mulholland and Mark “Potty” Pottinger hot on his tail. First to finish for our ladies was Lucy Collins, followed by Suzanne Patterson and Aileen Baldwin. After this race the team standings show that Stainland Men are first overall and Stainland Ladies currently running a close second behind Baildon. With four more races to go in the season, it’s a close call as to who will remain on top.

Finally, we had three plucky Lions who ventured over the border clutching their Yorkshire Passports to participate in the **Barnsley 10k**. The Winsome Waites were escorted by Gabby “Don’t take my photo” Ferris. First to finish for was David 243rd in 47:30, closely followed by Gabby 244th in 47:31, and finally Diane completed the trio finishing 334th in 50:20.

That’s it for this month. What an absolutely fantastic year of running we have had with some truly outstanding performances from runners of all abilities. It’s now time to move on to a different type of competition, who will enjoy their Christmas Parties the most! Am sure Facebook will be filled with lots of quality photos, and with one final report from me before the **AGM on 5th January** I will take this opportunity to wish you all a Merry Christmas and a Happy New Year! **Don’t forget the Boxing Day Fun Run from 1885**, we need you there either to run or to help out so if you have no plans other than to recover from Christmas Day excesses, then get yourselves up to 1885 for the morning and join in the fun (any unwanted gifts for our raffle would be greatly appreciated)!