



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
March 2017

Cheers from the Chair – I'll drink to that

Scarborough or Bust: well I am happy to confirm that I am one of the survivors of the Lions version of Tough Mudder that took place in February. Many thanks to **Jonathan Pybus** and **Rebecca O'Neill** for a really well organised and enjoyable weekend. Well, I say "enjoyable", I think it was safe to say that it was a very challenging route, unbelievable amounts of mud, screaming slippages, fence holding, husband hand holding and pirouetting like Torvill and Dean. Both myself and **Tim Neville** took it in turns to skid like mud surfers all the way round at the back of the pack, (watching in awe as **Tanya Blake** and **Craig Miller** passed us twice at a very impressive speed). We all collapsed in Farrar's Café for lunch, realising we had slogged out just under 10 miles. Well done to **Ray Mooney** who took our fasties off in a separate group, who all managed a change of clothes and were sat looking very pretty by the time I crashed through the café doors as the last runner with my small entourage (thank you to **Sharon Marlor-Gage**, **Steve Boyer** and **Graham Robertshaw** for sticking with me until the end – literally!). Special mention to **John Hirst** who kept tabs on me most of the way, but managed to have a well earned run in with the rest of the group for the last mile or so. Our club never ceases to impress me with the amount of support we all give each other, the club motto of "Never Leave a Lion Behind" proved to be very much the case that weekend and I was very grateful for that I can tell you. It was great to see some of our newer members dipping their toes into their first "away" social/running event, they all did really well with some impressive running round a rather technically challenging route. The evening meal at The Mount Hotel (albeit, without **Family McGregor**) was also well organised and enjoyed by all. Everyone also appeared to have survived Shots at Dickens Bar afterwards (by that I mean short, very strong drinks, not dodging bullets). And despite the horror stories on the Friday night (thank you **Steve Boyer**) before we arrived, everyone survived the night unscathed at The Grand Hotel. It's safe to say that we are all very much looking forward to the next Lions All Nighter, errrr I mean Weekender ☺



Graham Robertshaw, me and John Hirst spanking out a quick run in Scarborough



Stainland Lions Team photo just before the Dad Dancing started up in Scarborough

Annual Dinner – Berties was Bouncing: this was the final swan song for **Diane Rafferty and her Social Team**, as always the evening went like clockwork. Unfortunately Diane was unable to attend on this occasion so wasn't able to see how much we all enjoyed her efforts and that of her team. Sufficient to say everyone had a great time, lots of friendly chatter and banter, plenty of drinking, lovely food, a nice short speech and lots of well-deserved prizes. I must just mention the Lions own photographer, **Geoff Matthews**, who confirmed recently that it was his last appearance as Club Photographer at our Annual Dinner. Geoff has been a fixture for many years and we have some outrageous evidence to show for his photographic skills, and we thank him for all that he has done for the club in this capacity.

The theme for our President this year was "Unsung Heroes", and as always the club not only runs thanks to the efforts of some of its members but also to the unsung heroes, the husbands, wives and friends of members who come along whatever the weather to help us out, be it marshalling, driving about with support cars for marathon training, transporting equipment and water around for our races and just generally being there to help and support. This year one of our well-deserved winners was **Byron Thorne**, wife of the lovely Karen, who is always there in the background helping and supporting, we truly couldn't function without the efforts of Byron and others like him. A couple of other people I also wanted to mention, are two women who inspire in different ways. Firstly, **Sarah Lunt**, who despite a chronic health condition has consistently pushed herself hard over the past 12 months and improved her running massively, she is due to undertake two marathons this year (Manchester and Liverpool), she never complains (well I believe she chunters in a Tourette's kind of way), always out there running whatever the weather and however unwell she is feeling, supported by her loyal running buddies, and it was great to see her on stage accepting her trophy for Most Improved Female Runner. Secondly, it has been really wonderful over the last 12 months to see some of our new members from last years Beginners Course joining the club and also improving their running, another worthy mention is **Liz Hallam**, wife of the handsome Steve. Liz joined us last year and again has consistently improved her running to a truly magnificent level and now runs regularly at a 9.5mm pace, it won't be long before she will be in competition with Steve for fastest runner in the Hallam household, and again it was wonderful to see her as the Most Improved Female Beginner!

Altogether the dinner was truly enjoyable, a chance for us to celebrate the achievements of everyone in the club, from division winners, to individual race winners, and as with all things in our club we all help and support each other. You may not have a trophy to show for it, but ultimately we are all winners - we all get out and run, either in groups, on our own sometimes, or representing our club in races. It doesn't matter what speed you go at, but always making the effort is what counts, if you motivate yourself to get out of

the door and run however long or short your route, you are the real winner! In the meantime take note of these two ladies, because their inspiring story could be yours!



Liz Hallam – Most Improved Female Beginner



Sarah Lunt – Most Improved Female

VETS are Go! A big congratulations for all those members who participated in the Vets Season over the past 12 months, unfortunately there is no Presentation Night this year to celebrate their fantastic performances, so I wanted to make sure that they got a mention for their achievements. Overall our Stainland Men came first in all categories – well done chaps!! Our Stainland Ladies came second in all categories, so well done to all and something to look forward to for the forthcoming Vets Season – our Ladies taking that top spot. Meanwhile, in the individual categories, well done to the following Lions: **M40: Gav Mulholland 1st, M45: Mark Pigford 2nd, M50: David Roberts (Costello) 3rd, F40: Sally Caton 2nd, Emma Forrester-Thompson 3rd, F50: Helen Fay 1st and F60: Aileen Baldwin 1st.** Our new Vets Captain, Emma Forrester-Thompson has already posted on the Forum about the upcoming Vets Season, so do feel free to get involved. The races are usually short 5-6 miles, really pleasant little routes and always well attended. As our Ladies came second this past year, it would be good to have more ladies turning out for these races so that we can try and nab the top spot next time, so please check out Emma's post on the Forum and get your name down – every point counts for the team!

Beginners Course: We have our Beginners Course coming up in April, so please do get your name down to help and support **David Rushworth** and **Graham Robertshaw**. It's always a huge task and commitment to the club to help and support for eight weeks, but the rewards in watching everyone running and enjoying themselves can't be underestimated. David and Graham will need LIRF qualified run leaders, run supporters, help for the Away Run and the always enjoyable Fun Run which takes place at the end of the course. Please check out David's information below and his post on the Forum/Facebook, this is your chance to give back to the club and support somebody as you have been supported yourself!

That's it for this month, don't forget to get in touch if you would like to contribute an article. In the meantime, as always, happy running everyone!

Sandra



STAINLAND LIONS

BEGINNERS COURSE 2017

It's almost here again, the 2017 Beginners Course, and your help is very much needed to make this year's event a success. The format for this year will be changing slightly:

- We will be reducing the numbers to 100 (27 booked already in the first week).
- The runs will be pre-planned for each level and signed off by the coaches.
- We will be allocating helpers to groups to give some consistency for our beginners.
- Run Leaders will be given coaching to get the most out of the first night session.
- After the 3rd week we will encourage the beginners to come to the Thursday club night runs to help with their stamina, some shorter than normal runs will be required here.

Regular items like the away run, fun run and possibly a river crossing for the brave will also be included.

As usual we require people to help with registration, car parking, helping the run leaders throughout the course and just as importantly, as we cannot run the course without them, LIRF qualified Run Leaders.

We have reduced the numbers back to 100 this year primarily because of the number of Run Leaders we need. This year we want to keep group sizes to around 16 so we will need 6 and a bit leaders 😊. We have lots of qualified run leaders but not all have a valid DBS check and this is required to validate your licence. We know it is a big ask and a huge commitment for 8 Mondays but if you can get your DBS up to date (it's foc please speak to Karen Thorne) and offer your services for as much of the course as possible (we can sort out odd weeks) it would really be appreciated.

We managed to keep a large number of the Beginners from the class of 2016 running throughout the year and it is because of your help, encouragement and dedication to the Club that this was achieved, and we would dearly like to improve on that in 2017.

Please see the post on the forum to offer your help. Graham and I will sort the rest out and inform everybody of the roles they have been allocated.

If you have already volunteered, and lots of you have, thank you. If you are still contemplating helping out then I can thoroughly recommend it, seeing all the people improving week by week and becoming new members is quite heart-warming and shouldn't be underestimated, go on you know it makes sense.

Thanks in anticipation of another fun packed, awesome Lions event.

David & Graham

Away Runs Co-ordinator

LEON SEVERN

Hello all you wonderful Lions,

As mentioned in the last newsletter I have been asked to organise the Away Runs for the coming year. Being a fairly quiet chap, you might not have noticed me around and I'm not very tall, so I just blend in to the background mostly... In all seriousness, I have been with this awesome club since 2011 so it is my time to get involved a little more and I do like a social occasion, so this is a marriage made in heaven – running, food, drinking and some decent company.

We have had our first away run for the year, which was held at The Volunteers Arms and it was a great success – plenty of grub, with seconds and thirds for some! I hear the Gin was also a hit with some of our runners too? Chris, from the Volunteers, passed on his thanks and said the door will always be open for a return, which is the feedback we want.

So, many of you will know what the away runs are and when they are (usually the second Thursday of the month unless stated otherwise) but if not, in a nutshell, they are a great opportunity for us to vary our Thursday night club runs, see new areas of Calderdale/ Kirklees that you might not be familiar with, find new pubs, try a pint of the local hand-pull, sample (hopefully) decent food, and most importantly, the opportunity to spend an hour after your run to chat and socialise with your running mates (new and old).

We are known for being one of the friendliest running clubs around and it is for monthly events like this that makes it so. If you're new to the club or even if you have been away for a while then this little monthly get together is the best opportunity to come along and get to know people, and if you are a regular then you know the drill – just embrace everybody that comes along and continue to champion the Lions in the local district.

Details for the away run in March, which is to be held at the Golden Fleece, Blackley on Thursday 9th March, are already on the forum, so if you would like to come along (for the first time or to get back involved) then place an order and we will see you there. As host, I like a pint of Wainwrights if you are offering... 😊

And just a little on future events, we are always open to suggestions on new locations and new ideas. Currently looking at a few summer possibilities that might involve BBQ's and a little bit of cricket... I'll keep you posted. Plus, following on from the success of the Scarborough Lions excursion, there might be a few weekend away days on the cards. Plenty of notice will be given for these but if you have any suggestions or want to be involved in organising something just let me know and we can get planning.

That's it from me! See you at the future Away Runs.

Leon

Club Publicity Officer:

CAT DANIELS

It's been another busy month of racing which has proved a Lion isn't beaten by anything including snow, rain, hills or even frostbite!

Dewsbury 10k

This fast and flat 10k route is perfect for anyone on the hunt for a PB, some confusion this year meant that our four PB hunters had to run slightly further than usual to the tune of 200m but still some fantastic results. **Results:** Stuart McCormick 40:23, David Waite 47:29, Diane Waite 50:11 and Ellie Pierson 50:28.

Liversedge Half

Despite the snow and sub-zero temperatures a huge pack of Lions turned out to tackle the Liversedge Half Marathon. Jonathan Collins led the Lions home in 1:23:02 with Lucy Collins leading not only the female lions but also the ladies field home in an outstanding 1:27:16. Margaret Beever followed closely behind also topping her age category crossing the line in 1:29:00. **Results:** Jonathan Collins 1:23:02, Sean Thompson 1:26:36, Lucy Collins 1:27:16, Margaret Beever 1:29:00, David Roberts 1:29:03, Derek Parrington 1:29:22, Stuart McCormick 1:34:47, Andrew Laird Boldy 1:39:07, Andrew Baird 1:41:17, Mark Speight 1:48:13, John Ingles 1:48:59, Jan King 1:51:25, Paul Corns 1:56:10, Tim Walker 1:58:24, Gail Schofield 2:01:45, Andrew Falkingbridge 2:02:10, Paula Pickersgill 2:11:27, Martin Carr 2:14:37, Alex Whyte 2:23:58.0, Sharon Stott 2:29:27.0, Emma Aveyard 2:30:01, Mel Shaw 2:30:01, Anne Cawdron 2:34:01, Stephanie Hull 2:35:23, Renee Comerford 2:36:23, Helen Whitworth 2:44:42, Abi Howarth 2:45:53, Karen Appleyard 2:45:53, Colette Croft 2:49:04.

Windy Hill

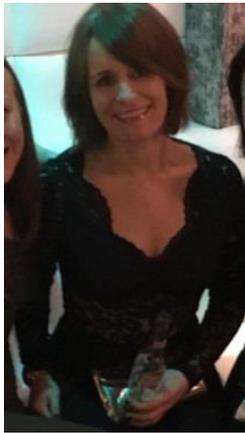
Taking place on the surrounding hills of Hollingworth Lake, The Windy Hill Fell Race is made up of nine miles of fast trails, runnable fells and one all-mighty climb. Paul McCormick led the pack and stormed home in 1:28:41. **Results:** Paul McCormick 1:28:41, Martin O'Brian 1:32:29, Aileen Baldwin 1:33:08, Helen Hudson 1:34:49

West Yorkshire Winter League

The final instalment in the West Yorkshire Winter League Cross Country series was a huge success seeing the Lions win not only the home race but also the entire series. After the 6 race series Stainland came first in the men's, first in the ladies, first in vets and were the top team overall leaving their team captain Tim Walker a very happy man. We hosted an exceptional event putting runners through their paces across a technical 5.7 miles of undulating terrain including mud, hilly trails and even a stream. Gavin Mullholland won the race but was pushed hard all the way by team mate Ed Hyland who finished hot on his heels in 2nd place. Lucy Collins showed what a tough competitor she is as despite falling twice she still managed to win the Ladies race crossing the line covered in mud and blood. Out of a field of 317 runners, 64 Lions took part, with the majority of other Lions marshalling or making sure everyone was fed and watered. Stainland won 1st and 2nd place in the Mens race (Gavin Mullholland and Ed Hyland respectively), 1st and 2nd place in the ladies race (Lucy Collins & Margaret Beever), 1st ladies team (Lucy Collins, Lindsey Oldfield, Danielle Hirst and Margaret Beever), 1st Vets team (Gavin Mullholland, Mark Pottinger & Margaret Beever), 3rd Super Vets Team (David Roberts, John Bassinder and Aileen Baldwin), 3rd Men's team and top team overall.

The Great North West Half Marathon

Two of our pride travelled to The Great North West Half Marathon in Blackpool covering a fast and flat course across the costal front. Paul Hiley was the first Lion home and led the vets field in an amazing time of 1:19:34. Leon Severn completed the distance in 1:34:18.



Club Social Secretary:

REBECCA O'NEILL

A successful trip over to Scarborough at the beginning of February was well attended by 49 brave lions. The weather was slightly unkind to us and made for interesting terrain underfoot. There were lots of laughs and colourful language at our ability to stay upright in parts. And lots of incredulous looks came from fellow hotel patrons as we all met up in the hotel foyer. A big thank you must go to Jonathan Pybus as he took time out way back in December to go and figure out the route with fellow lion Ray Mooney. Whilst another new lion, Debbie Hines sensibly stayed in Scarborough to hammer out some competitive deals in The Grand Hotel so we had somewhere cheap and cheerful to rest our weary heads. A lovely three course silver service meal was then enjoyed by us all in the evening before a few drinks to showcase the dad dancing of Creaky Knees Conroy who was fully encouraged by Steve Boyer and gang!

The general opinion was that it was great fun! Where are we going next time! So with such positive feedback we will look into repeating an away run in a few months time. Watch this space!

The Social Team were in charge of refreshments at the X Country event that Stainland hosted. We would just like to say a big thank you for helping us raise £165 just in tea, coffee and cake alone. This has been donated to Overgate Hospice.

We have just had the annual dinner last weekend, which is the final swan song for the old social committee. Thanks for another flawless annual dinner and I speak on behalf of my team to say a big 'Thank you' for all they have done for keeping the club members of Stainland entertained. I hope we deliver as good a job as they have done and look forward to carrying on their good work with lots of events to compliment old favourite events with new ideas also.

Please go onto the forum for details of Andrew's cricket trip. Yorkshire v Lancashire T20 cricket on Friday 11th August (18:30 start). Log your interest if you would like to go.

Rebecca