



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
April 2017

Cheers from the Chair – I'll drink to that

You've Got a Friend: Just starting off by mentioning **Dave Hutchins**, as you may be aware at time of writing he is currently at Overgate Hospice undergoing treatment. He is responding well and has had plenty of visitors. Many thanks to **Steve Boyer** who is keeping us posted with regular updates. So many people in the club have been sending him good wishes and thinking of him, a great motivation for anyone doing their training at the moment, Hutchie would dearly love to be there, joining you on in on any runs. When you think you can't go on, then just think of Hutchie and how much he has persevered himself, continuing to run regularly despite his health issues and he has only stopped very recently. I hope its only temporary and we see him out and about again soon. Our love and best wishes to him and his family, he is always in our thoughts these days.

With a Rebel Yell! Well we are now in Marathon Season, so time for reflection and mulling over what a great bunch of people you are. The club is populated by fierce competitors at every level, we have our hard core members ploughing through their marathon training (despite the chuntering), lots of members getting up at silly o'clock at weekends to help their friends through their training and family members bike riding to keep them company, its really great to see such fabulous support and the canal has been overloaded with Lions running up and down, getting their miles in. And what a great weekend our Lions have just had in Manchester, truly awesome performances for no less than 22 Lions. Not only that but as always we had a fantastic support crew in operation, some of them even running part of the course to help cheer our runners on, and a couple of intrepid souls doing a championship race in the morning and then tearing across to Manchester to cheer our runners home. Supporting is such a rewarding experience, and our Lions truly appreciate it, in you're darkest hour when you think you can't go on it's wonderful to see a familiar face shouting and encouraging you. Personally, I can't wait for the Virgin London Marathon this month, am on the Support Team myself this year and really looking forward to cheering our Lions round as they do themselves and the Club proud ☺



Celebrate Good Times (come on): The best part of running, is getting together to celebrate afterwards. Don't forget that our Club Celebration Night will be coming up in June at Heath (watch out for further details on the Forum), so as well as preparing for your big races make sure you are getting your glad rags cleaned and pressed and your shoes polished/buffed ready to dance the night away!

Begin the Beguine: And just think, for most of us the above journey started with the Lions Beginners Course ☺ Low and behold, here we are again with this year's course now underway. I remember undertaking this 8-week jolly myself, I got talked into it by **Karen Thorne** when we were chatting at the gym one day, apparently she led "...the middle group..." – and I thought to myself, "ooooo, I've done a bit of spinning so am sure I can manage to keep up!". How wrong could I be, dressed completely inappropriately on my first night (wearing a cagoule no less) I recall whimpering silently as Karen trotted off with her "middle group" and I was left with a bunch of strangers as we were asked to run round the rugby pitch before we set off, I almost passed out by the time I got to the viaduct on the smelly mile – and that was just on the way out! I think we did about a mile on that first night, and boy did it hurt, with a face like a scorched tomato and the heat generating from it enough to boil a pan of potatoes I lumbered back down to the club, with my lungs fit to burst, my cagoule hanging off my back, my little running pouch thing tucked up under my boobs because it got bounced rather violently on the way round and managed to position itself completely inappropriately, and as I did a slow motion launch to cross the road back to the club, I remember **Diane Rafferty** reaching out and grabbing my cagoule and yanking me back on to the pavement before I got splattered under the wheels of the 503 West Vale to Halifax bus!!

My over-riding memories of the Beginners Course is the fantastic amount of support we all got, not just from members of the club but also from each other, in my case, memories of: **Diane Rafferty, Liz Forster, Avril Smith**, and being thoroughly impressed with **Abi Howarth and Sheena Miller** who managed to sweep at the back of the group each week, chatting away to each other all the way round. All I could do was pant like Deputy Dog and inwardly think to myself, "how on earth can they manage to run and talk..."! Memories of chuntering to **Wendy Fitzgerald**, as we attempted to undertake the fun run at the end of the course whilst poor **Steve Shepherd** tried to verbally encourage us, and then both of us moaning to **David Rushworth** as we queued up to join the club afterwards with "...we still can't run a mile without stopping...".

I now look back at how far I have come with the help and encouragement from so many truly awesome Lions: running the Stainland Trail in my first year, joining the Club Championship, joining the Cross Country Team (**Steve Boyer** was my Saviour that year), and at my first Annual Dinner being the joint recipient of the Most Improved Female Beginner with **Mel Shaw**. I ended up being one of the few steadies at the time to go to track regularly, much to the startled amusement of the outrageously fit, **Mark Pigford**. I remember the joys of having **Stephen Hall** growl encouragement at me at hill training sessions, **Tony Mott** sweeping at my first winter handicap and saying at one point that I sped off down a hill and he thought he had lost me, not bad considering he is about 20ft tall and can probably see for miles. My first attempt to undertake the Bluebell was another memorable experience, fuelled on nothing more than two slices of toast, I managed to finish the race but it then ended badly in the back of an ambulance. I was totally looked after and encouraged in my second year with the club by **Stephanie Hull, Helen Whitworth, Emma Aveyard, Mel Shaw, Karen Appleyard, Tony Pinnington, Colette Croft, Alex Whyte, Cheryl Hill, Simon Zoledziejewski, Richard Lambert, Ginny Rushworth** and have very fond memories running with **Cam Rushworth** who used to escort and encourage all us mature ladies before he suddenly realised he was about 30 years younger and could run a lot faster.

After the nightmare of my first Bluebell race, my second nightmare was the horrendously hot Helen Windsor Race of 2015, about a mile into the race **David Rushworth** pulled up in his car and asked if I wanted to get in, apparently I looked rather ill and he was worried. David did two more passes in his

car, convinced I was about to collapse before eventually he launched **Stephanie Hull** out of his car, who promptly ran a mile with me in flipflops to keep me going – what a woman!! I then thought I had peaked with my running when I got invited out one Sunday morning to run with **Sally McGregor** and **Simon Gadd**, and well chuffed that my split times were marginally faster than Simon's (he reckoned my iphone was playing up – it turned out, much to my annoyance, that he was correct, but nevertheless a memorable run for me).

My last official parkrun PB was courtesy of a Marcel Marceau escort by **Simon**, and still stands (32:56, I think) – although I still dream one day of going sub-30. I remember my excitement at my first 10 mile race when I got a PB at the 2015 York 10 of 1:45, only 10mins behind **Sally McGregor** who scored a PB herself on the same run. Last but not least, my amazing husband **Graham Robertshaw**, who hardly saw much of me in my first year with the club. He ended up joining himself just so we could see more of each other, we talk and laugh about our first running experiences, in Graham's case he joined in early 2015 and got taken out for chatty six mile run with **Abi Howarth** and **Sheena Miller**. This was a man who suffers with flat feet, didn't like walking and hadn't run since he was at school! Graham still remembers **Sheena** encouraging him along the canal, and also remembers his first couple of runs trying to keep up with **Karen Thorne** and her 1885 group. Now he is Vice Captain of Beginners, is a qualified Run Leader himself, won Division 7 and Most Improved Male Beginner in his first year, came third last year in Division 6, and has now worked his way in to what is going to be a super-competitive Division 5 this year! What a truly fantastic testament to the club and its members, that two complete non-runners like myself and Graham have ended up where we are today.

I finish off this "little" story by doing final thanks to **Diane Thornley**, **Caroline Ford**, **Joanne Hirst** and **David Rushworth** who have all helped me so much this year, and most amazing of all our newbies from last year's beginners course, all faster than me, but so encouraging and supportive, as true Lions always are (**Helen Shenton**, **Liz Hallam**, **Lin Divine**, **Catherine McHugh** to name just a few).

The never ending support and encouragement from club members is absolutely outstanding and the people noted above are just the tip of the iceberg for me, am sure there are lots more still to thank! Not only that, but Graham and I have both made some wonderful friends who have made such an amazing difference to our lives in ways they can't begin to imagine. I have dropped in a few photos below which really show how much we all love our running and how we also enjoy celebrating! How could you not want to be part of somebody else's dream of learning to run!





In Da Club: As always, I like to remind everyone about the club itself, the continuing hard work of the Committee who give their all to ensure that the likes of the Bluebell, Stainland Trail, Cross Country, Downhill 10k, winter and summer handicaps, the Hare and Tortoise, all go smoothly and that you all enjoy yourself. In particular, and as always, never ending thanks to **John Bassinder** and **Colin Hughes**, giant pillars of our club who are always beavering away in the background undertaking all sorts of jobs that most of us don't even realise need doing. And, as I am also currently Chairman of the Club, I am being very well supported and guided by **Eileen Hiller**, who has been the Club Secretary for the last 10 years or so, is a fountain of information and, like John and Colin, quietly goes about her club tasks without which we would struggle. Lastly, that silver haired fox himself, **Paul Armitage**, who is our current Vice-Chairman and is supporting me during my year as Chair. He is the recipient of my very long emails, and he tells me he always knows when I have been in touch as it usually causes his mobile phone to start smoking ☺ What can I say, not only is it a fantastic club but it's a great team to be involved with. So if you are interested in being part of this hard working group, keep your eyes peeled towards the end of the year when we advertise for the next committee for 2018.

Don't forget that supporting your club is just as much fun as running for it, so check your calendars and if you aren't heavily involved in training, or giving the Championship races some stick, then try doing a bit of supporting and helping at races, its great fun and all our runners totally appreciate it.

Until next month, happy running everyone!

Sandra



The Club's Publicity Officer:

CAT DANIELS

It has been a fantastic month with PB's and trophies galore for the Lions. On more than one occasion we have been the best represented club by a long way which is something to be massively proud of.

Midgely Moor Fell race

Three of our Lions tackled the wind and rain and took on the challenging Midgely moor fell race across trails and heather covered paths.

Results: Andrew Earnshaw 0:55:48, Martin O'Brien 1:05:35, Aileen Baldwin 1:08:01

The Carsington Water Half Marathon

Dave Culpan led the Lions home in 01:44:58 through the undulating trails of the Carsington water reservoir. It looked like it was all over for Rebecca O'Neill when she had to pull out of the race after 3 miles due to injury but her Lions spirit shone through when after 6 minutes rest and some help from one of the marshals she re-joined the race finishing in 1:56:31.

Huddersfield 10k

Mark Speight led the Lions pack home in this undulating course with a fast finish in 50:40.

Mark Speight 00:50:40,
Jan King 00:53:15,
Diane Waite 00:53:26,
David Waite 00:53:43,
Sandy Gee 00:53:45,
Gail Schofield 00:56:59,
Paula Pickersgill 01:01:52,
Lesley Henderson 01:03:15,
Judith Greenwood 01:06:15,
Susan Cash 01:08:13

PHOTO: Lions rock chicks
Judith Greenwood and
Lesley Henderson



Ilkley Moor fell race

Not content with just one freezing fell race Martin O Brian took on the steep and slippery slopes of Ilkley moor on Sunday finishing in 69:29.

Harewood

Steve Boyer and Moira Alderton stormed around the tough trails and muddy terrain of the Harewood House 10k.

Results: Moira Alderton 52:11, Steve Boyer 1:03:24.

Photo: Steve Boyer



Snake Lane 10 mile

Stainland stormed to victory despite the horrendous windy conditions at Snake Lane 10 miles winning trophies galore.

Ed Hyland, Stephen Hall & Mark Pottinger took home the men's first team trophy coming in in 5th, 17th and 24th respectively and Tanya Blake came back from injury and took home first Vet 40 female.

Results: Ed Hyland 00:57:00, Stephen Hall 00:59:47, Mark Pottinger 01:00:56, Craig Miller 01:03:38, Tanya Blake 01:04:54, Chris Hall 01:05:26, Richard Hand 01:05:53, Mark Pigford 01:06:01, Anthony Mott 01:09:08, Andrew Laird Boldy 01:10:52, Andrew Baird 01:11:35, John Bassinder 01:13:05, Steve Hallam 01:20:11, Roy Lunt 01:23:40, Paula Statham 01:25:02, John Hirst 01:26:14, Rochelle Drake 01:26:14, Mhairi-Clare Luke 01:28:02, Mel Shaw 01:40:17, Richard Lambert 01:46:07, Alex Whyte 01:47:52, Jackie Barker 01:49:51

7th March

Irwell 20

The Irwell 20, a run on trail paths with very little undulation, quickly became puddle filled and freezing. An awesome effort from all saw Anthony Mott lead the Lions home across a brutal 20 miles that saw some competitors, luckily not Lions, contend with acute hyperthermia.

RESULTS: ANTHONY MOTT 2:35:38, CLAYTON CUTTER 2:46:10, DAVID CULPAN 2:56:21, TRACY MOTT 3:07:17, REBECCA O'NEILL 3:07:17, ANDREW FALKINGBRIDGE 3:28:10, CLAIRE GUEST 3:28:12,

Hot Toddy

As part of the Lions championship calendar the Hot Toddy is always a well attended and popular race and this year was no exception. Despite the weather there were 36 Lions in attendance and some standout performances. Starting in centre vale park the 10k hilly course climbs to Sourhall, before heading back into Todmorden and finishing in the park. Leon Severn led the Lions home in 44:13. The Stainland ladies Helen Fay, Jodie Manning and Julie Field were on fire taking the first ladies team prize home and the race saw category wins for Andrew Earnshaw, Julie Field, Helen Fay, Michelle Rushby and Aileen Baldwin.

RESULTS: LEON SEVERN 44.13, ANDREW EARNSHAW 45.25, DEREK DOYLE 47.21, JOHN BASSINDER 47.46, ANDREW MACKRILL 47.51, PAUL MCCORMICK 47.53, MARTIN WOOD 48.23, JOHN INGLES 48.44, JULIE FIELD 48.52, GERRY BANHAM 49.10, HELEN FAY 49.19, MARK PRESTON 50.20, JODIE MANNING 50.49, STEVE HALLAM 50.59, AILEEN BALDWIN 51.02, HELEN HUDSON 51.08, RIKKI HAMMOND 53.24, ROY LUNT 53.41, TIM WALKER 54.02, MHAIRI-CLARE LUKE 54.05, MICHELLE RUSHBY 56.15, DAVID RUSHWORTH 57.46, PAUL ARMITAGE 58.51, CAROLINE FORD 59.14, PAULA PICKERGILL 59.20, ALISON AUDSLEY 59.24, LIZ HALLAM 60.13, MARTIN CARR 60.34, GRAHAM ROBERTSHAW 61.20, MICHELLE ROGERSON 62.27, JENNY WALKER 63.52, JAMES DAVEY 64.02, MEL SHAW 64.35, SUSAN CASH 65.11, ALEX WHYTE 66.49, RICHARD LAMBERT 67.49.

Photo: Lions out in force



Stan Bradshaw Pendle round

It was a beautiful sunny day over in Pendle for the Stan Bradshaw Pendle Round and the Lancastrian Hospitality was excellent with soup and cakes galore. The race itself began with a steep climb to the top of Pendle Trig which saw even some of the most experienced fell runners slow to a walk. Kevin Jagger led the Lions home across 10.4 miles and 1800 ft + of climbing and the final fast dash across the fields to the finish.

RESULTS: KEVIN JAGGAR 01:40:33, MARTIN O'BRIEN 01:50:10, RAYMOND MOONEY 1:57:11

PHOTO: Martin O'Brien, Raymond Mooney, Kevin Jagger



17th March

Haworth hobble

The Howarth Hobble was as usual a fantastic race with great scenery and even greater hills (around 5000ft overall) Starting from Haworth the 31.7 miles took competitors over the moors to Todmorden, up and over Stoodley Pike to Hebden bridge, up to Heptonstall then back to Haworth. James Penson led the Lions home in an awesome 06:09:37 followed by Helen Hudson in 07:16:11. A sterling effort was made by Aileen Baldwin who unfortunately fell and had to pull out of the race, being the amazing runner that she is though the fall didn't stop her competing in the WYWL v PECO relays the next day.

Spen 20

There was no stopping Sean Thompson who finished Spen 20 in 25th place beating the club record for MV50 20miles in 2:17:54.

Photo: Sean Thompson



WYWL v PECO relays

This year saw the turn of Northowram Pumas to host the WYWL v PECO relays, a competition between the best runners from two of West Yorkshire's best cross country league teams. The tough 3 mile course took competitors from Northowram fields Cricket Club through the fields and woods to Hipperholme before climbing back to Northowram.

The PECO league managed a clean sweep this year with the final score standing at 6-0. But in the club competition Stainland Lions took home the prizes: Paula Statham, Rochelle Drake and Louise Pottinger won the Ladies team prize in a combined time of 1:25:36 and Tim Walker, Jonathan Collins and Gavin Mulholland took the men's team prize in a combined time of 1:13:09. Gavin Mulholland also put in the fastest leg of the competition in an impressive 18.55.

Bradford 10k

Jonny Cartwright lead the Lions home in the Bradford 10k, a fast and flat course through central Bradford perfect for beginners and those chasing PB's.

Results: Jonny Cartwright 00:37:46, Simon Rawnsley 00:40:22, Michael Greer 00:47:26, Tim Neville 00:48:15, Jan King 00:48:25, Michelle Rushby 00:53:21, Linda Devine 00:57:40, Catherine McHugh 00:57:50, Diane Thornley 00:57:56, Sarah Williams 00:58:43, Valerie Nicholson 00:59:53, Colette Croft 01:04:35, Helen Whitworth 01:11:39

Thirsk Ten

The unseasonably warm but windy weather in Thirsk didn't put off the Lions. Suzanne Patterson stormed round this flat picturesque road race in 1:10:30 to lead them home.

Results: Suzanne Patterson 01:10:30, Rebecca O'Neill 01:20:57, Cat Daniel 01:23:59, Rikki Hammond 01:26:09, Mark Preston 01:34:24.

Wolf's Pit

Raymond Mooney and Kevin Jagger travelled to the Peak district to take on 5.8 miles and 1500 ft of climbing in the Wolfs pit fell race. The sun, cloud, rain and even sleet made for an interesting race and culminated in a perfect rainbow across the valley.

Results: Kevin Jagger 1:00:16, Raymond Mooney 1:08:47

Firefighters 2UP Duathlon

A pride of Lions ventured over to Lancashire to take part in the UK firefighters 2UP duathlon in Bolton. The route took in two undulating 5.6km trail runs and a 37.2 km bike ride. Its unique format required the route to be completed in pairs with neither partner being more than 50 yards apart at any one time.

Overall times :Mike Dunning 03:04:01.25, Cam Rushworth 03:04:02.45, Claire Guest 03:25:34.95, John Hirst 03:25:34.95, Paula Statham 03:42:36.45, Jim Harris 02:50:21.95

PHOTO: Lions ready to compete at Firefighters 2UP Duathlon



Cartmel

Just 4 Lions, Jenny Walker, Tim Walker, Moira Alderson and Steve Boyer completed the Cartmel 18K (11.4 miles) trail race from the popular Lakeland Trails series. The weather on the journey up to Cumbria didn't look good but the rain luckily stopped before the start. However, the tough undulating course was left very wet and extremely muddy. Jenny & Steve were competing in the Challenge version of the event for steadier runners and walkers so were set off an hour earlier than the rest of the field. Although Steve led the Lions home in 2:24:31 followed by Jenny in 2:32:29, Moira was actually the fastest Lion in 2:02:05 with Tim close on her heels in 2:03:24.



Photo: Moira Alderson, Jenny Walker & Tim Walker

Heptonstall

This beautiful but challenging 15 mile route took competitors across every kind of landscape from steep-sided wooded valleys and upland pastures to pathless moorland.

Results: Jonathan Collins 2:16:34, Andrew Earnshaw 2:46:55, Helen Hudson 3:05:25, John Ingles 3:08:38, Paul McCormick 3:09:03, Aileen Baldwin 3:28:09

Wilmslow Half Marathon

It was success all round at Wilmslow half marathon with multiple PB's for the Lions and yet another first ladies team win, this time for Margaret Beever, Danielle Hirst and Tanya Blake. There was also a category win for Margaret Beever in the FV35's. Ed Hyland led the Lions home in 1:14:48 and in 28th position overall.

Results: Ed Hyland 01:14:48, Stephen Hall 01:19:32, Mark Pottinger 01:19:41, Craig Miller 01:22:27, Margaret Beever 01:23:56, Tanya Blake 01:26:59, Stuart McCormick 01:30:46, Leon Severn 01:34:17, Danielle Hirst 01:34:41, Emma Thompson 01:38:36, Andrew Mackrill 01:41:01 Steve Hallam, 01:47:19, Tara Sherwood 02:23:16, Abi Howarth 02:23:18, Emma Taylor 02:43:30

Photo: Abi Howarth one of the Lions PB'rs and Tara Sherwood in her first timed half



Monsal Trail Half Marathon

Gerry Banham stormed home in the **Monsal trail half marathon**. Starting from Bakewell station the route took runners along the old railway line, over Monsal viaduct and through 3 long underground tunnels which provided some relief from the scorching hot yet beautiful weather. He finished the race in 74th place (from a field of 351) in a time of 1:48:52.

Brean Down

Carol Heptonstall headed to Somerset to take on the challenging and undulating Brean Down 10k route taking home first place in the VF50 category finishing in 1:24:38.7.

Coniston 14

Helen Fay led the Lions home in the Coniston 14. Organised by an enthusiastic committee of volunteers from Coniston village and described as one of the most beautiful road races in Britain, the undulating route circled Coniston water with breath-taking scenery throughout.

RESULTS: Helen Fay 1.53.15, Paul Armitage 2.20.50.