



# The Lions Tale

## Monthly Newsletter - August 2017

### *Cheers from the Chair*

**Developments at Heath:** You may have noticed that there are some changes afoot at our Clubhouse. Heath Rugby Club, who we share the facilities with, have invested a significant amount of money making improvements to the clubhouse, car park and grounds. As a partner in the facilities Stainland Lions have contributed financially to these changes to the tune of £10,000. The improvements overall are costing something around £60,000, so the club are only funding a small part of these changes.

The benefits to our members will include the following:

- A new entrance at the front of the building, which will take you to the bottom of the staircase up to the bar area. The shower area has been blocked off so no need to avert your eyes when entering the clubhouse.
- The Stainland Lions Trophy Cabinet will be situated in the main entrance in a more prominent area.
- There will be improved/refurbished shower and toilet facilities. When the clubhouse is locked we will be able to access these via a keypad on the outside of the building.
- Additional lighting will be going in just underneath the balcony which will help to light the car park on darker nights and again will be able to access via a keypad on the outside of the building.
- A crossfit gym has been created near the canal at the edge of the pitch and is free to use by our club members. Work is currently being finalised and access will be available very shortly.
- There will be some light refurbishment of the bar area with new flooring/carpets going down.
- The car park has been resurfaced and sprayed with Bitumen which has got rid of some of those dreadful pot holes that had appeared (I fell down one of these myself some time ago, so what a relief!). Can I ask that we all take care when driving in and out and not be tempted to do any exciting wheel spins, we need to keep the surface in good condition so that it lasts as long as possible.
- The grassy area behind the goal posts that we currently use for over-spill car parking will also be re-surfaced once all the developments works have been completed.

Don't forget also, that as a fully paid up member of Stainland Lions you can book Heath for personal events as well. There is no charge for the room hire, you just pay the cost of bar staff. Please contact Paul Sutcliffe (the chap behind the bar) if you are interested in booking for a private event.

By the time you read this most of the re-development work should have been completed so please do get yourself down to Heath at some point during August so you can admire all the changes 😊

**Widdop:** It was a wild and woolly night up at The Packhorse for the annual fell race that everyone loves so much. As it was a championship race we had a great turnout from the club. Despite the weather deteriorating towards the end of the race, everyone survived apart from some lumps and bumps, scratches and scrapes on the way round. There were some great photographs of shoulder high ferns, knee high bracken and plenty of mud. As always there were some fantastic results for the club with outstanding performances and no doubt this has made a difference to the closely followed Championship Tables.



**Some of Team Stainland at Widdop Fell Race**

**Summer Handicap:** Our favourite race organiser was in his element for the final club-hosted race of the year, step forward **John Bassinder!** This is another annual club favourite, as the whole point of the race is to run without any timing devices and you have to guess how long it will take you to finish. Another interesting and challenging route, with cobbles and hills aplenty. This year John put a new twist on the race by providing runners with a choice of a shorter watery finish in the canal, or a slightly longer road finish. Some interesting choices were made and the challenge for the finish team was to record everyone as they came charging in from two different directions. This proved to be easy peasy for our finish team of **John, Karen Thorne** and **Joanne Hirst**, they are very experienced at this sort of thing and the entire finish area went smoothly. Am delighted to confirm that the lovely **Carol Lord** was the winner of this year's trophy, which will be presented to her at our Annual Dinner in February next year. **James Penson** and **Mags Beever** were first man and woman to finish, so well done to both of them. As always many thanks to all of you who supported on the day, including all the marshalls, the start and finish team, and a very special thank you to the lovely John who puts a lot of time and effort into all the races he organises for us, and is just generally an all round amazing man.



**Summer Handicap Winner – Carol Lord,  
escorted by Jenny Walker**

We have also had other races taking place this month, including the rather outrageous TR24 (see **Tracy Mott's** report), James Herriot Trail Race, Crow Hill Reverse Fell Race, Flat Cap 5, so well done to everyone who took part in any of these. **Mark Preston** has updated the Championship tables so hopefully you are all monitoring your positions and planning your next races.

Don't forget, the following dates for your dairies:

**10<sup>th</sup> August – Away Run, from The Lord Nelson Pub at Luddeden:** This is always a great evening of running, with some rather challenging runs, and great pie and peas at the pub afterwards. Parking is a bit of a challenge but if you do your research you will note there is a little car park a fairly short walk from the pub.

**9<sup>th</sup> August – Vets Race from Spring Hall Track, Halifax:** the next in the Vets Race Calendar, a nice easy flat course along the canal and back on the riverbank. Remember everyone counts, doesn't matter who is fastest, the bigger the turnout the more chance the club has for pulling in as many points as possible.

**17<sup>th</sup> August - Extraordinary General Meeting at Heath Clubhouse:** we have two positions that have become available on our Committee, and some interested members who have put their names forward to fill them. The meeting will be held after the usual club runs, so hope to see as many of you as possible in the bar afterwards. There will be a bit of a chat and explanation and then an opportunity for members to vote to fill the two positions. So do come along and join us!

Happy Running Everyone!

*Sandra*

## Montane Lakeland 50 – fifty miles for fifty years



Over the past 5 years I have been so inspired by fellow Lions Aileen, Sandy, Jimmy, James and others achieving great things with their Ultra long distance races that my forthcoming 50<sup>th</sup> birthday seem the right time to have a go at doing one for myself. I'd already heard a lot about the Montane Lakeland 50, so decided that it was a good place to start.

Getting into the race when entries opened on 1<sup>st</sup> September 2016 was the first hurdle, but probably the most straight forward of them all. After a tentative wait, I was overjoyed to find out that Aileen and I had both been successful in securing a place for the race on Saturday 29<sup>th</sup> July 2017. (Editor's note: The 650 places become available on-line at 9:00am and all are gone by 9:05am).

The New Year dawned and I set about researching the training regime I would need to follow. Although I couldn't find a specific week-by-week, blow-by-blow training plan, most write ups suggested doing hills, strength training, runs with a pack on, and long runs (anything from 3½ up to 9 hours long). The first long run of the year was a no-brainer – it had to be The Hebden (a Lions' favourite). What better way to achieve time on your legs than running along beautiful local trails with delicious cake every 8 miles or so?

The spring weeks whizzed by and my running buddy Aileen and I started to clock up the miles doing fortnightly/monthly LDWA challenge events. After The Hebden came Rombald Stride (23 miles), Haworth Hobble (32 miles), Heptonstall Fell (15 miles), Calderdale Hike (26 miles), Three Peaks (23 miles), Ingleton Marathon, Wharfedale Half, Settle Saunter (23 miles), Upper Wharfedale Three Peaks (22 miles), Denholme Duddle (29 miles) with a smattering of cross-countries and Vets races.

We were making good headway with training so at Spring Bank set off to recce the last 16 miles of the Lakeland 50 which we would potentially be running in the dark. Oh my days! – I had forgotten just how steep the Lakeland hills are. Panic set in. Had I really done enough hill and strength training? Was this 50 miler going to take me a lifetime to complete? A fall during a night-time run resulting in badly bruised ribs two weeks before the event didn't help dispel pre-race nerves.

Finally, the big day had arrived. As I lined up with Aileen ready for the 11:30am start, I still didn't know if I had an Ultra in me. The last 7 months of training was about to be put to the test. Anyone who's seen me racing will know I get far too excited at the start of a race, shoot

off far faster than I can maintain and inevitably slow down at the halfway point whilst others whizz by me. Given the rocky terrain and overall climbing of 2965 metres I needed a game plan. The pre-race advice had been “*don't go off too quickly just keep going at steady pace*” – so I decided to try and stick to 15 min/mile race pace, stomp up the hills and run downhills and along flat bits and hope for the best.

The countdown began, the horn went and we were off. Despite the rain we'd had all morning, spirits weren't dampened. The atmosphere was electric as 600+ runners, all wanting to achieve the same goal, snaked around the Dalemmain Estate and onto Pooley Bridge. As I made the first checkpoint at Howtown (11 miles in) I was buzzing and feeling strong. This gave me the confidence to push on up the first big climb – Fusedale (765 metres). With plenty of like-minded people to talk to, gain encouragement from and offer help to, the miles began to tick by. Rather than worry about the enormity of it all, I focussed on one small section at a time, enjoyed the stunning scenery; took a few selfies; put one foot in front of the other and started to bag the checkpoints.

The checkpoints were crazy places filled with brilliant marshals. As past Lakeland 50 or 100 milers themselves, the marshals were so helpful and couldn't do enough to help you, filling water bottles, getting sandwiches, soup or cake, offering kind words of encouragement and words of wisdom. At Ambleside, one lovely marshal quizzed me, “*Have you done the 50 before?*” As my answer was no, he smiled encouragingly offering me the advice he hoped would push me onto the end - “*Now the sofas at Chapel Stile checkpoint look comfy, but don't sit down because you might not want to get back up. Keep going and when you get to Tilberthwaite you're nearly there – it's just a park run and you're home.*” Well I know Halifax has a hilly park run but can you really call 283 metres of climb in 3½ miles a park run?

Nevertheless, his advice did the trick– I pushed on through the last two checkpoints even though my legs were tiring and I was struggling to run the flat bits. I worked with other runners around me to get up the last hills and used gravity to push on the downs. As we came over the top of the last hill to descend into Coniston I checked my watch - it was 11:12pm. If I pushed on could I finish before 11:30pm and under the 12 hour mark? The rocky track turned into tarmac and I could hear the crowds in the town cheering runners home and cowbells ringing; this spurred me on. Support from members of the public at various places along the route had been superb. Their smiling, waving, cheering and words of encouragement had been very moving, and now at the last corner the familiar faces of Adrian and Cynthia shouting *you can do it Helen, keep going* made me sprint the last 400yards even though my quads were burning but I did it. Home at 11:25pm with a finish time of 11:50:52 and 157<sup>th</sup> out of the 662 runners that finished the race.

My Lakeland 50 experience was tremendous – a weekend full of memories I'll treasure because who knows if I'll do another one. And to anyone who might be thinking of having a go at an Ultra I'd say give it a go. You'll never know if you have it in you if you don't give it a try.

But none of us can reach our running goals alone, and so I need to say a huge big thank you to my running buddy Aileen for spurring me on to enter this Ultra then coming out on the trails with me. Also I have really appreciated the support and encouraging words Lions have offered me during my training and for those who have made a donation to my fundraising page for Alder Hey Children's Charity. It will be remaining open of another couple of months if anyone would like to donate:

<http://uk.virginmoneygiving.com/HelenHudsonTheBig50>

Thank you – Helen Hudson 😊

**"You only have to do one lap", she said. "It'll be fun", she said.**

I just love running. But what has made it even better is the friends I have made through running. Nothing demonstrates this more than TR24 - a 24 hour running event. In 2013, I joined a team as a last-minute substitute for an injured runner and I only knew one of the 6-person TeamCrazy. We had an absolute blast even if Thunder Run did live up to its name with thunder, lightning and torrential rain. Our neighbour's tent flooded (so they shared ours!), there was more mud than Pudsey but team spirit was incredible. We are all now firm friends, meeting up for all sorts of adventures, and I have returned to TR24 every year because I just love it!

So, this year two Stainland Lions teams took part with Little T and Motty as team captains. And what a weekend!! If you want to see true team spirit, camaraderie and digging deep - then this is it!



After 3 years of super weather, the weather gods threw a curve ball. We arrived on Friday for a weekend of camping. 4 of us did a short course recce while the others were spoilt by Byron - who continued his role of camp support crew until we left. Quite simply, he was incredible and I've no idea how I managed previous years without him!! We offered him a running place for next year.... the answer ended in 'off' 😊

By teatime it was raining ... until the following morning! So we hid in tents drinking gin and beer and generally misbehaving!

Saturday morning dawned and - gasp! - it had stopped raining! Byron had breakfast on but several of us decided to do Rosliston Parkrun - clearly thinking a 24 hour race is not enough!! Big Red paced little Dom Mc round his 10th Parkrun 🏃🏃🏃 while the girls enjoyed a nice chatty run!



Back to camp to agree a team order as the race started at noon. In the mass start, Big Red stepped up for TeamStainlandLions & I bagsied the spot for TeamCrazyLions. It was brilliant - atmosphere was buzzing, off-road route in good condition, weather hot & humid. Big Red was first back in a smashing time to hand the baton over, I tootled in a wee bit later having stopped to chat to friends en route (I know- not like me-talking 😊). And so the baton started to pass round as the clouds began to form and it started to rain....and just continued to rain!

The course changed from dry fields and woods to a slippery-slidy bog-fest as light started to fade & rain continued to fall.



The night laps are quite simply THE BEST. It's eerily atmospheric out there and you feel so connected to your surrounding as you glimpse head torches bobbing through the trees. Or (this year) runners sliding across your path 😊

It came down to the right footwear, confidence in those conditions and reducing speed for safety. There were many many falls. Our Katie got felled by another runner & had to withdraw after her second lap with a knackered knee and we heard about several falls resulting in broken bones. On the flip side, Simon managed to save another runner sliding towards him and they both stayed upright - awesome work!!

I have to say that my Solomon Fellraisers did me proud as I too stayed on my feet!

As the sun rose, the rain finally started to stop. I experienced deja-vue as Byron was making breakfast again! and I fully indulged once I'd done my last lap.

I am hugely proud of every single team member. Our last minute substitutes - Roy & Dan - were incredible (esp Dan whose training consisted of one run with the Mischievous Elf himself!); newbies John & Joanne Hirst & Catherine O'Shaughnessy who had a hell of an initiation!; 3-lap McGregor buried her title having knocked out more laps in heinous conditions; Simon stayed upright; Timbo & Motty overcame injury; Big Red whooshed round at super-speed; Karen managed to escape her new dry robe to put in an epic performance having not run off-road all year; Katie was flying (until being taken out) and me .... I was busy taking photos on all my laps, stopping to hug & chat with friends and well, generally, having a ball. And did I mention that Byron was AWESOME support crew?!?

There also has to be a big shout out for some other clubs: Redditch STARS for the noise at 1km (and the hugs from my pal Dave); Biddulph for lending Karen a head torch with no questions asked! She had set out on her night lap but rounding the first corner her headtorch failed 😞 So she poked her head into the nearest tent and Biddulph came up trumps!; Chorley for the life-saving gel & water at 9km on my last lap when I was either going to throw up or pass out! Their generosity & kindness sums up how fab the running community is! So we were able to pack away our tents in dry weather ... and Byron was on hand to tow all our cars off the field before driving home via some dirty food (KFC)! I don't bother with the results but if there was a prize for having the best time, we'd win HANDS DOWN!!! 🏆

Now it's all over for another year 😞 and I have TR24 blues ... I keep spotting team members on a run and want to hand over a baton 😊 So I will keep myself distracted with other great events until next year ... although there's a similar event in September (Equinox) if anyone's interested.

Whatever you do, run happy 😊

Little T xxx





# **CAT DANIELS**

## **CLUB PUBLICITY OFFICER**

It has been a lovely race filled summer season (that often feels like Autumn) so far with Lions travelling far and wide taking on new challenges and hunting pb's.

A compendium of this month's Courier Reports are as follows:

### **Halifax Half Marathon**

The Halifax half marathon route certainly lives up to its description 'It's challenging, it's hilly and it's very much a taste of Halifax, with urban, upland, woodland and industrial heritage all mixed together!'

Results: Jonny Cartwright 1:42:00, Nicki Cartwright 2:08:23

### **Eccup**

Eleven Lions travelled over to Leeds to tread the undulating rural roads of Eccup. Paul Hiley lead the Lions home coming first in his age category in 1:05:17

Results: Paul Hiley 1:05:17, Derek Parrington 1:06:42, Jan King 1:18:19, Steve Hallam 1:21:33, Lesley Hodgson 1:26:31, Sandy Gee 1:28:11, Rikki Hammond 1:28:32, Joanne Cooke 1:29:35, Liz Norman 1:35:40, Diane Thornley 1:40:26, Alison Pearson 1:48:47

### **Triathlon**

Tanya Blake took part in Ripon triathlon completing the open water swim, 40k bike ride and 10km run in just 2:30:53.

### **Leeds 10k**

The Leeds 10k route winds its way through one of the UK's biggest and arguably best cities finishing at the town hall.

Results: Andrew MacKrill 00:45:11, Jan King 00:48:07, Anne Cawdron 01:05:15, Rachel Lawton 01:11:19, Peter Cawdron 01:19:52, Amanda Walker 01:29:01

## **Helen Windsor**

A huge pack of lions tackled the Helen Windsor 10k around the moorland Greetland and Norland. The undulating route treats runners to beautiful views across the valley. Stephen Hall narrowly beat Jonny Cartwright to lead the lions home.

Results: Stephen Hall 37:39, Jonny Cartwright 37:48, Paul Hiley 39:02, Jamie Westwood, 39:15, Sean Thompson 39:31, Margaret Beever 40:49, Damien Pearson 40:51, Craig Miller 41:01, Andy Baird 41:49, James Harris 42:37, Andrew Laird Boldy 43:18, Derek Doyle 43:30, John Ingles 43:55, Andrew Earnshaw 44:42, Stefanie Hopkins 45:12, Andrew Mackrill 45:18, Mark Preston 46:02, Gaby Ferris 46:24, Gerry Banham 46:40, David Farrar 47:10, Martin O'Brien 47:13, Aileen Baldwin 47:29, Gareth Duckworth 47:27, Paul Corns 47:42, Jodie Manning 47:53, Michael Dunning 48:40, Cat Daniel 49:14, Ian Hoskins 49:52, Jan King 50:09, Steve Hallam 50:17, John Hirst 50:28, Michelle Rogerson 50:35, Joanne Kitcher 50:43, Joanne Cooke 54:14, Gail Schofield 54:22, Sandy Gee 54:43, Dawn Medlock 55:05, Dave Hudson 55:11, Paul Wallis 55:46, Simon Gadd 56:20, Diane Thornley 56:23, Paula Pickersgill 57:01, Linda Devine 57:54, Carol Lord 58:20, Sally McGregor 58:29, Susan Cash 59:49, Lesley Henderson 60:03, Catherine McHugh 61:03, Judith Greenwood 62:51, Alan Gibson 64:30, Alex Whyte 64:59, Manjit Ahir 65:24, Anne Cawdron 65:35, Helen Shenton 66:20, Jackie Barker 66:51, Julie Goddard 66:44, Carol Heptonstall 67:17

## **Castle Howard Trail Race**

The Cartwright duo headed across to Castle Howard for the beautiful 10k trail race. The route enjoyed breath-taking views of the Castle Howard estate, taking in glorious scenery and a variety of architectural gems along the way.

Results: Jonny Cartwright 00:43:56, Nicki Cartwright 01:02:06

## **Snowdon Race**

The 42<sup>nd</sup> annual Snowdon mountain race takes in over 15km and 994m of climb. Starting at Padarn Park, Llanberis runners made their way to the summit of Snowdon and back. Despite the wet conditions and poor visibility at the summit Andrew Earnshaw finished in 01:43:22 and Andrew Falkingbridge in 02:15:08.

## **Bramham 10k**

Margaret Beever lead the lions, and in fact the female field, home in the Bramham 10k. The countryside route takes runners across a multitude of terrain with a nice descent to finish.

Results: Margaret Beever 00:40:30, Andrew Baird 00:43:06, Mark Preston 00:46:12, Ian Hoskins 00:52:01, Michelle Rogerson 00:52:52

## **Windmill Half**

Sarah Williams travelled to Lytham St Annes to take on her first half marathon, the undulating Windmill half finishing in 2:03:13.

## **Widdop Fell**

A mighty pack of lions tackled the hills, moorland, ferns mud and tussocks above Hebden Bridge in the beautiful 7 mile Widdop fell race.

Results: Jonny Cartwright 1:03:10, James Penson 1:04:43, Andrew Earnshaw 1:06:46, 51 Phillip Moyles 1:07:02, James Harris 1:08:01, Derek Doyle 1:08:24, Will Rushworth 1:09:03, Chris Hall 1:10:18, Paul McCormick 1:12:48 85, Gerry Banham 1:13:45, Leon Severn 1:15:18, Martin O'Brien 1:15:26, John Ingles 1:16:05, Andy Baird 1:16:48, Aileen Baldwin 1:19:20, Ray Mooney 1:24:33, Cat Daniel 1:24:54, Ricki Hammond 1:26:21, Andrew Falkingbridge 1:31:33, Paula Pickersgill 1:32:25, Sandy Gee 1:34:14, Sally McGregor 1:37:55, John Rushworth 1:38:52, Sarah Lunt 1:39:15, Nicki Cartwright 1:39:18, 134 Steve Boyer 1:40:02, Graham Robertshaw 1:47:17, Diane Thornley 1:47:41, Alex Whyte 1:49:26, Judith Greenwood 1:49:42

**The Conti Thunder run** is certainly not for the faint hearted but that didn't put off 2 teams of lions. Held at Catton Park in Derbyshire competitors run this off road 24 hr relay race against the clock. The teams were battered with rain and faced with rivers of mud as they took on their laps but their stamina and mental toughness shone through particularly on the night laps.

Results: . 'Stainland Lions' Richard Crombie, Dan McGregor, Joanne Hirst, John Hirst, Tony Mott, Tim Walker and Roy Lunt - 22 laps in 24:20:48

'Crazy Lions' Tracy Mott, Karen Thorne, Sally McGregor, Simon Gadd, Catherine O'Shaughnessy and Katie Philips - 20 laps completed in 24:20:48.

## **Bingley 10k**

Margaret Beever once again put in a phenomenal performance at the undulating **Bingley show 10k** leading the lions home and taking the 2<sup>nd</sup> lady prize. The race is a scenic trail/fell race around Bingley and St Ives estate.

Results: Margaret Beever 50.32, Andy Baird 55.31, Kevin Jagger 56.33, Ray Mooney 1.07.24