



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
February 2018

From the chair.....

Has it really only been only two weeks since I took up the role of chair? It seems longer.

My year in the role started at the AGM. Personally I thought that this went very well. The reports were well delivered and we were told of a plethora of successes throughout 2017. As a Club we had success in the WYWL, YVAA, Calderdale Way Relay and Bradford Millennium Way Relay, with individual performances aplenty along the way which the respective captains reported eloquently. There was a vibrant atmosphere in the room and a great turnout from you the members, which was great to see. I hope it was for the content of the meeting and not the Pizza.



What has been going on this month?

Andrew Falkingbridge has introduced Chase the Ladder to us. For those who have not yet joined it is a series of mini leagues based on runs downloaded to Strava and then building a league table. I am not techie enough to understand the mechanics but it is interesting to see the output. Some of you do more miles running than I do in my car and how much climbing does Ben Mounsey do? Nice to see Lions of all ability joining in and I can see that there will be some little personal battles going on. My one success was climbing 9 places in the climb per mile category when my coach decided that we needed to do some long hill reps up the side of a mountain. If you would like to get involved have a look at the post on Facebook or contact Andrew for more information.

I was going to mention Run Every Day January but I thought you might be worried that I spent my whole life looking at Strava. I don't honest but I did get a little bit hooked on this challenge and have run all but two days in January. To my surprise my legs have not dropped off and I actually was disappointed in myself over those two days

The Club Championship reached a conclusion with the final race the South Leeds Cross Country. Congratulations to all those that will collect an award at the Annual Dinner and thank you to all that took part. I enjoy this every year and despite saying that it would not be at the forefront of my schedule this year I already have five events entered, two completed and six on the horizon.

Two cross country races took place this month but I will leave Sue Cash to detail those. As always we had some fantastic efforts at these races and with three races to go at Skipton, our own and then the rearranged race at Queensbury there is still a lot to be raced for. Tim Walker put a call to arms out there after the last race so let's raise those Stainland numbers and roll out the big guns to show the other clubs what we have in reserve.

As I said at the AGM my vision of this year is that you the members are at the forefront and I am looking for more contributions in the Newsletter from you. Tell us about your marathon training journey, your first year with the club, how the club has changed in the last 10 years or perhaps that special run you have done and why. If you are happy to make a contribution please let me know. I would like to get at least one of these each month. Also are there any ideas for a regular feature? Perhaps PB corner, or a grumpy runner's blog?

Lastly for this month as I have already written more than I intended I wanted us to have a thought for those among us who are suffering from injuries. We all get a little involved in our own world when we are running discussing our races and the plans for the next one, or the long run on a weekend with our friends and this must be difficult for those that cannot join in those discussions. There was an interesting article in the Guardian last year on a running blog

<https://www.theguardian.com/lifeandstyle/the-running-blog/2017/jul/12/the-loneliness-of-the-injured-runner>

which came out when I had a small injury and missed a few races, or ran them injured and it resonated with me at the time as I am sure it will with some of you. At any one time we will have runners who are our friends at the club that are suffering injuries of differing levels, some minor and some more serious. In a club the size of ours it is difficult to keep up with all these but if each of you takes a little time to check on the ones that you are aware of then that club ethos of us caring will be followed.

Some of you may not be aware but Mark Preston had a fall at the last cross country and suffered an injury most people passing showed concern as we have come to expect from the running community however Ken Chilcott sacrificed his own race to assist Mark and ensure he got back to the start safely. To use Marks words "A totally selfless act in the true spirit of the Lions, thank you very much Ken I never felt prouder to be a lion" I think like me we all echo those comments and yes that is why this club is great.

Paul

Paul Armitage

Club Chairman

Club Publicity Officer

Sue Cash

Summary of Race Reports for Newsletter



The Hebden 22 and The Hebden 15

The Lions were out in force for the long distance Hebden races on Saturday, undeterred by the icy weather. In the twenty two mile race, John Allen was first Lion home. In the fifteen mile race, Ashley Cavalier finished in 3rd place, whilst Julie Field and Paula Statham-Drake were 1st and 2nd lady respectively.

Results (22 mile course): John Allen 3:48:00, Aileen Baldwin 5:22:00, Laraine Penson 6:10:00, Sandy Gee 6:45:00, Catherine Bednall 7:10:00

Results (15 mile course): Ashley Cavalier 2:21:03, Julie Field 2:54:08, Leon Severn 3:08:00, Paula Statham-Drake 3:08:00, Andrew Earnshaw 3:15:00, Ray Mooney 3:23:00, Jim Harris 3:29:00, John Ingles 3:32:00, Rikki Hammond 3:41:00, Moira Alderson 3:47:00, Michelle Rogerson 3:47:00, Helen Hudson 3:50:00, Paula Pickersgill 3:59:00, Andrew Falkingbridge 4:01:00, Angela Lee 4:01:00, Steve Boyer 4:09:00, David Culpan 4:10:00, Liz Norman 4:14:00

The Four Villages Half Marathon

Two Lions travelled to Cheshire for this popular road race on rural roads around Helsby.

Results: Clayton Cutter 1:33:55, Martin Carr 2:18:35

Inskip Half Marathon

A large contingent of Lions crossed the border to Lancashire for this undulating half marathon, taking in the lanes of the Fylde & Wyre countryside. There were several personal bests scored despite exceptionally cold conditions.

Results: Ed Hyland 1:16:22, Chris Hall 1:24:52, Jamie Westwood 1:25:16, Andy Baird 1:34:13, Steve Ashworth 1:36:11, Steve Hallam 1:49:13, Rebecca O'Neill 1:50:46, Caroline Ford 2:11:16, Claire Guest 2:11:17, Graham Robertshaw 2:11:41, Manjit Ahir 2:19:59

Mytholmroyd Fell Race

Derek Parrington braved freezing conditions on the tops at this great winter race over typical tough Pennine terrain with 1,640 feet of climbing. Derek completed the 6 mile course in 1:03:01, finishing 1st M50.

RIGHT: Derek Parrington at Mytholmroyd Fell Race (taken by Mick Fryer)



Northowram Cross Country

Sunday saw the third race of the 2017/8 West Yorkshire Winter League cross country series. A huge pride of Lions tackled the hilly course in a full blizzard, working hard and putting in a solid run for Stainland. Gavin Mulholland was first Lion to finish, crossing the line in 4th place.

The consistently impressive Mags Beever was 1st lady, her second win out of three races this season. Sean Thompson also had a great race and was 3rd in the Super Vets Category (Over 50's). The remaining 44 Lions showed fantastic commitment to race round in the snow and contribute to the points totals for the ladies', men's and veterans' teams.



LEFT: Gavin Mulholland at Northowram Cross Country (taken by Graham Halstead)

BELOW: Mags Beever, 1st Lady at Northowram Cross Country



Team OA Urban Night Series

Adam Scratcherd and Jim Harris triumphed in the 2017/18 Team OA Urban Night series. They were named the overall winners of the series of orienteering-style races. The event combines night running with locating checkpoints using only a very basic map, with the aim of collecting as many points as possible.

Adam and Jim performed strongly in all three events, winning race one and finishing runners up in races two and three. They amassed a total of 220 points, putting them almost 60 points clear of their nearest rivals for the series win.

RIGHT: Adam Scratcherd (left) and Jim Harris (right) win the Team OA Urban Night Series



Meltham 10K

Ten Lions completed the Meltham 10K on Sunday. The race follows a hilly route over beautiful Yorkshire country roads, with fantastic views over the hillside and reservoir. A classy run from Aileen Baldwin saw her win her age category, finishing first F65. Other age category honours went to David Roberts (third M50) and Lesley Henderson (third F65). Holme Valley Mountain Rescue team did a fantastic job marshalling the route and keeping the runners safe.

Results: David Roberts 43:15, John Ingles 49:07, Aileen Baldwin 50:06, Martin O'Brien 51:29, Paul Corns 52:15, Jan King 54:03, Paula Pickersgill 59:25, Sandy Gee 60:57, Carol Heptonstall 66:51, Lesley Henderson 67:55

RIGHT: Lions at Meltham 10K



When I'm 64.....

John Bassinder



New year, New Chair, New idea; "How about a monthly article introducing the committee members". Great idea we thought. "Right, who's going first?" Much mumbling turned to silence, everybody admiring the ceiling and carpet. Eventually I offered to kick it off mainly [and regretfully] because I don't get chance to do club runs very often nowadays so may seem a stranger to some members, though after reading this I may seem stranger still.

Anyway, here we go. I'm John Bassinder, 64 yrs old and a Lion since 2004. I've filled one of the four "Committee positions" for the past five years, having previously been mens Vice Captain, Captain, Vice Chairman, Chair, was the press officer for four years and I'm also the EA race adjudicator for the club. There are no free rides on the committee, everyone works hard behind the scenes and my contribution includes helping to sort out the club races, Handicaps, H&T etc. and (as it's January again) ordering the presentation night trophies, praying I've spelled everyone's name correctly and hoping the engraver realizes we're not the Stainland Loins. All this still feels bit odd for someone who avoided exercise for 30 odd years, didn't start "jogging" until nearly 50 and was absolutely never going to join a running club. In the late 50s and 60s my childhood was spent in Southowram as a free-range kid exploring the fields and woods with my mates and dog, sport holding no attraction whatsoever. Rastrick Grammar school in the late 60s, and the most effort I put into exercise was in strenuously avoiding it. Rastrick was a good education, totally wasted on me. At 16yrs old in 1970, I couldn't leave school quick enough to start as a motor mechanic and from 16 to 20yrs old my fitness came from pub crawling (For once I'd found something I excelled at.)

At 20 I left Halifax to hitch-hike around Europe, returned and at 21 moved to Lowestoft to become a ship's engineer on trawlers and oil-rig standby boats. Still no thought of exercise or interest in sport. At 22, a break from sea, into Lowestoft college to take my chief engineer's exams and met a young Suffolk girl. Forgot all about the sea and took a job in a BMW garage in Norwich so I could get to know the girl better. Norwich college in the evenings, took my "Institute of the motor Industry" finals, became a member of the IMI and moved on to Lotus cars, based near Norwich, working in engine research and development. Loved the job, but worked silly hours, sometimes travelling away, had got to know that local girl pretty well by now, happen as well as we were married.

By 1981 I realized that if you're going to work silly hours you may as well do it for yourself so I became a self-employed motor trader. Before anyone says the usual "All motor traders are dodgy", believe me, where cars are involved you've never dealt with members of the public. I avoided them if I possibly could, just dealing with garages and auctions. Often meant 12hr days, usually sustained by pie and chips in the auction cafe. Moved to a house in rural Norfolk, bought some land, built a workshop, 2 kids by now. Good times but head down working, no exercise, increased worries, increased waistline. Then one day in 1986 I was diagnosed with cancer and everything changed. I've always considered myself very, very lucky. Prompt diagnosis was followed by immediate operation, speedy radiotherapy, a full recovery...and a wake-up call, things needed to change. When my son, then 5, started karate, dad joined in too and after avoiding exercise all my life I was soon training 3 times week, getting to "Brown belt" by the time we left Norfolk 7yrs later.

1993, time to change lifestyle completely, back to Halifax and a natural career progression from the motor trade to looking after 40 elderly residents in two Almshouses for a Charity. Joined Halifax Karate centre, different style so started again as a white belt before, eight hard years later, myself, son and daughter all became black belts. Incidentally, here I had the "pleasure" of training with one super-fit instructor in particular whose legendary warm-ups (before the actual training even began) were 40 minute non-stop sessions of burpees, squats, press-ups, star jumps, tuck jumps, sit-ups etc. A strict disciplinarian but a real gentleman who became a good friend. I absolutely loved Hal Lepic's lessons and it's interesting to see how, in his new life, he has found other ways of inflicting pain on us in the interest of keeping us all fit.

2001, Teaching/training 4 times week, started supplementing my training by jogging to the club and back. Jogs got longer, in 2002 did the Great North for the 1st time and by 2003 running had taken over. Still not joining a running club though, they're for the elite, just do my own thing. In July 2004 I saw the "Helen Windsor 10K" advertised. I'd now jogged along in two GNRs, happy in my comfort zone with Mr Blobby and the 6' teddy bears, skillfully avoiding the proper runners. Turned up that summer evening for the HW in my old shorts and cotton t-shirt, everyone else in designer gear and club vests. Shock - proper race, proper runners. First instinct was to get back in the car and go home. Started at the back thinking I'd achieve something if I just managed to get round before the rest had showered, changed and gone home. Steady away, "Hang on...I think I can go quicker than this" overtake one or two, then overtake quite a few, then "I'm actually really enjoying this". At the finish, feeling really chuffed, all the runners being cheered in and one particularly raucous lot in their red, white and blue standing out with their team spirit, their enthusiasm and their volume...mainly their volume. By the time I'd driven home I knew exactly what the next step was and the following night I was stood in Heath car park absolutely panicking (sound familiar?) listening to someone standing on a bench shouting out while everybody chatted and formed into groups, me trying to work out what ten minute miling means and wondering how far eight miles was.

As that first club run finished I knew the new chapter had started. I'd found something I loved as much as karate. As my mum used to say "As one door closes another one shuts" so I Joined the Lions the following week, but after becoming too involved in karate this was just going to be for fun, no volunteering, just running. But how can you not get involved in club like this!

John

John Bassinder