



The Lion's Tale

*The monthly news letter of the
Stainland Lions Running Club April 2007*



Comments from the chair



Hi Folks

So the clocks have gone forward at last and we've finally seen what some of our fellow runners look like in the daylight. If you originally joined the club in the winter months, like I did, you'll know exactly what I mean. It's so good to be able to get off road again and discover Calderdale's finest features; the numerous paths, trails, fields and, of course, livestock! If you're new to the club, then now is your chance to go and discover places you didn't even know existed. And with the current spell of dry weather, even the most ardent road runners might give it a try.

By the time you read this the long-awaited (or too-soon arriving, depending how the training's been going) London Marathon will be over once again and we now look forward to hearing your tales of success, especially from you first-timers. I hope you all achieved your own personal goals and that those of you who were running for various charities managed to meet your financial objectives too. I'm sure you all had a wonderful experience and were hopefully inspired to success by the many messages of support on the forum.

Talking of success, we've had a few notable ones again this month. Firstly, congratulations to Mags Jordan, Lorraine Naylor and Cathy Mellor for taking first ladies prize in the Wakefield 10K. Also to Toby Underwood who did superbly to win the shorter of the Calderdale Hike races. I say "shorter" well it was only 28 miles compared to the 38 that a number of our ladies (and Colin) competed in on the same hot day. We've also had a number of pbs, as usual. I'm sure there are others I won't mention here (and I apologise for missing anyone out) but of those to make it to my attention, Sue Barritt was no 'April Fool' in Knaresborough and Lorraine Naylor notched up no fewer than three pbs in a week. Well done ladies!

They say that life is full of ups and downs, well so too, it appears, is running. Just ask Ben Mounsey or one of our new runners, Paul Sandford. Firstly Ben, after his many successes over the last year had a very unfortunate and scary experience at Edale (I hope you're on the mend Ben and I look forward to hearing your tale, if you can remember anything that is). And then Paul, having completed one of the Littleborough 5Ks in an excellent 19.14, unfortunately lost an argument with a tree root on the recent away run in Ripponden. Again, Paul, I hope you're repairing well.

John Bassinder, having finally been surgically removed from Colin, managed to maintain his position at the top of the Grand Prix Division One table with a maximum score in the Meanwood Trail. This popular in-house league is again proving to be a pretty competitive affair with Cathy Mellor, Karen Thorne and Heather Brewer heading divisions two to four respectively. The Fell Grand Prix is now underway of course, so keep your eye on this one too for some challenging and interesting races.

At the time of writing, we're waiting excitedly for another crop of potential new members to join our popular Beginner's Course. Diane Rafferty has been working tirelessly over recent weeks, recruiting support, coaches and guest presenters to help ensure the course is as successful again this year as it has been in previous ones. I mention 'coaches'; our crop has now yielded two more Level 2s (well almost) in Damian Cole and Gavin Dodd and with three more Level 1s now added (myself, Penny and Richard), we are progressing nicely towards our aim of being self-sufficient in this important department, which is vital for our track sessions. On that subject, who hasn't been down on a Wednesday night as yet? You haven't, well you're missing out folks. These sessions have been excellent so far and I know I'm not the only one with this opinion, judging by the comments on the forum.

We're very quickly approaching our famous Bluebell Trail and the brand new Calderdale Charity Races. Alan Gibson and his team have again put considerable effort into the Bluebell and it's great to see so many of you volunteering and adding your names to the marshal list. If you haven't done so yet, then please contact Diane Waite or Alan as soon as possible. We need you! And we also need you for the Calderdale Charity Races, but this time to run, primarily. Don't forget this event has been organised in conjunction with the Harriers and we wouldn't want to be outnumbered, would we?

Finally, whatever you're doing over the next month, have a great time, give it your all and remember "If a man coaches himself, then he has only himself to blame when he is beaten", well according to Sir Roger Bannister anyway!

See you next month, Geoff

Captains Log - Results

Road

East Hull 18/03/07



247th Paul Wallis 3.20.07

Barnardo's South Leeds Stadium 5 mile 18/03/07

104th Cathy Mellor 38.27

Vera Hirst 5k, Littleborough 21/03/07

65th Paul Sandford 19.48
 92nd Lorraine Naylor 21.14
 105th Cathy Mellor 21.44
 106th Mark Preston 21.51
 120th Tony McManus 22.50
 187th Antonia Lum 28.47

Coniston 14 Road Race 24/03/07

320th Fiona Woodhouse 1.46.49
 695th Mick Woodhouse 2.00.16

Wakefield Hospice City 10k 25/03/07

65th Craig Geoghegan 00.38.16
 122nd Mags Jordan 00.41.07
 146th John Bassinder 00.41.52
 199th Simon Hogan 00.43.43
 203rd Mark Preston 00.43.49
 211th Alan Whiteley 00.44.04
 227th Lorraine Naylor 00.44.22
 230th Andrew Brewer 00.44.26
 253rd Warren Thomas 00.45.07
 266th Cathy Mellor 00.45.22
 366th Jimmy Smith 00.47.43
 400th Richard Fawthrop 00.48.19
 420th Jon Pridgeon 00.48.56
 436th Clive Aylott 00.49.19
 438th Tony McManus 00.49.23
 452nd Alan Gibson 00.49.52
 489th John Ingles 00.50.45
 520th Lesley Cresswell 00.51.26
 542nd Steven Crowther 00.51.50
 546th Eileen Hiller 00.51.55
 558th Melanie Rainford 00.52.11
 592nd Steve Boyer 00.53.09
 595th Jonathan Taylor 00.53.13
 711th Karen Thorne 00.55.49
 743rd Carol Lord 00.56.41
 859th Heather Brewer 00.59.25
 909th Alison Adams 01.01.08
 915th Helen Learoyd 01.01.14
 953rd Roy Henstock 01.02.56
 987th Joanne Hirst 01.05.04
 1058th Avril Smith 01.13.05
 1059th Debbie Boyer 01.13.05

Mags Jordan, Lorraine Naylor and Cathy Mellor won the ladies team prize, well done girls.

Oldham Mayor's Half Marathon

96th Paul Wallis 02.01.41
 113th Jonathan Taylor 02.16.23

Arkendale 10k 01/04/07

112th Cathy Mellor 00.46.54
 140th Karl Martin 00.48.34
 204th Sue Barritt 00.53.18

Salford 10k Road Race 06/04/07

110th Damien Cole 00.37.48
 225th G D 00.42.27
 237th Mark Preston 00.42.52
 285th Gemma Bradley 00.44.23
 322nd Cathy Mellor 00.45.58
 340th Paul Wallis 00.46.55
 447th Sue Barritt 00.52.51

Trail

Baildon Boundary Way 01/04/07



160th Helen Lambert 01.54.24
 187th Jimmy Smith 01.57.47
 211th David Waite 02.01.41
 220th Diane Waite 02.02.51
 221st Linda Murgatroyd 02.02.52

Guiseley Gallop 08/04/07

222nd Karl Martin 00.52.49
 270th Susan Gledhill 00.55.16
 274th Cathy Mellor 00.55.36

Meanwood Trail 14/04/07

74th John Bassinder 53.52
 101st Lorraine Naylor 56.11
 120th Mark Preston 57.26
 128th Simon Hogan 57.49
 146th Alan Whiteley 59.33
 162nd Jimmy Smith 60.17
 177th Cathy Mellor 61.24
 206th Tony McManus 64.14
 230th Richard Fawthrop 66.07
 277th Clive Aylott 70.40
 284th Eileen Hiller 71.35
 285th Jonathan Taylor 71.46
 310th Caroline English 74.40
 326th Carol Lord 77.38
 350th Roy Henstock 89.02
 355th Avril Smith 100.49



Captains Log - Results

Fell

Liver Hill, Rawtenstall 27/03/07 

122nd Linda Murgatroyd 00.49.01
143rd Mary Cowling 00.52.12

Kinder Downfall 01/04/07

75th Gayle Benson 1.29.27 2nd lady
101st Darren Sugden 1.33.34

Midgley Moor Fell Race 31/03/07

Toby Underwood 46.14
Colin Hughes 52.01
Mark Preston 58.30
Trevor Murgatroyd 62.35
Tony McManus 62.59
Aileen Baldwin 71.14

Bunny Run 1 03/04/07

111th Mark Preston 22.16
165th Peter Ingham 27.32

Pendle Fell Race 07/04/07

146th Lorraine Naylor 48.30
172nd Mark Preston 51.19
177th Linda Murgatroyd 52.03
197th Mary Cowling 54.44
212th Richard Fawthrop 61.23

Bunny Run 2 10/04/07

112th Mark Preston 21.52

Grand Prix - Road

Standings after race 3, Wakefield 10k 

Division 1

1st John Bassinder
2nd Andrew Brewer
3rd Simon Hogan

Division 3

1st Karen Thorne
2nd Eileen Hiller
3rd Carol Lord


Division 2

1st Cathy Mellor
2nd Warren Thomas
3rd Clive Siddall

Division 4

1st Heather Brewer
1st Helen Learoyd
3rd Avril Smith

Grand Prix - Fell Handicap

Standings after race 2, Pendle Hill (AS) 

1st Mark Preston
2nd= Toby Underwood
Lorraine Naylor
3rd= Aileen Baldwin
Linda Murgatroyd

Race Calendar

25th April Dick Hudson Fell Race, Ilkley
28th April Rother Valley 10k, Sheffield
28th April Wardle Skyline, Rochdale BM 7m/1000ft
29th April Three Peaks Race AL 24m/4500ft
29th April Rothwell 10k **RACE FULL**
29th April Radcliffe 10k, Greater Manchester
2nd May John Carr 5k Race Series (1/3), Esholt
5th May Salford 5k Road Race
6th May Bluebell Trail
7th May Coiners Fell Race, Mytholmroyd BM 7.5m/1100ft
8th May Jack Bloor Race, Ilkley BS 5.2m/1150ft
8th May Saddleworth Fell Race AS 3m/950ft
9th May Tandle Hill Trot, Rochdale (Trail)
9th May John Carr 5k Race Series (2/3), Esholt
13th May Beverley 10k Road Race
13th May Mytholmroyd Fell Race BM 7m/1350ft
15th May Geoff Doggett Memorial 5k, Littleborough
16th May John Carr 5k Race Series (3/3), Esholt
16th May Blackstone Edge Fell Race, Littleborough AS 3.5m/1200ft
16th May Shady Oak Tough 10k, Cheshire
20th May The Simonstone Road Race 10k, Nr Burnley
20th May Windermere Marathon, Ambleside
20th May The Pulse Race 10k and fun run, Leeds
20th May Calderdale Charity 5k Road Run, Spring Hall Track, Halifax
24th May Apperley Bridge Canter, Bradford

As always, please check the above information on www.ukresults.net or www.fellrunner.org.uk for dates and times.

If you haven't already volunteered and you are able to help out at the Bluebell race 6th May please contact either Diane or Alan - Thanks

PB corner

If you know someone who has PB'd but who might be a bit on on the shy side please let me or Linda know - Thanks

Wakefield Hospice City 10k 25/03/07

Lorraine Naylor, 00.44.22
Cathy Mellor, 00.45.22.

Vera Hirst 5k, Littleborough 21/03/07

Lorraine Naylor, 21.14
Cathy Mellor, 21.44

Arkendale 10k 01/04/07
Sue Barritt, 00.53.18

Salford 10k Road Race 06/04/07
Paul Wallis, 00.46.55





Name **Lorraine Naylor**
 Age **36**
 Occupation **Senior Credit Controller for Halifax Estate Agents**
 Status **Married**
 Kids / pets **2 spoilt Cats (Itchy & Scratchy)**
 Years running **2 yrs (though I did run when I was young a good few years ago)**
 How/ why did you start **The race for Life in Huddersfield, then I got the bug**
 When did you join the Lions & why **2 yrs this summer, got bored of the Gym, and found the Stainland Lions a great way to meet people.**
 PB's (all of them!) I'm on a roll at the moment? **Wakefield 10k 44.22 and Littleborough 5k 20.57**
 Favourite race distance **Definitely 5 and 10K's**
 Whats your ultimate race **Perhaps the London Marathon some year ???**
 Running or other fitness goals for next 12 months **Go for PB's also want to try the Yorkshire half in September as I've never ran any more then 10 miles.**
 Long term goals / aims / dreams **My dream to win the Lotto so I never have to work again**
 Any top tips **To be consistent**
 Favourite post run / race food **I love the country side best (either on and off road)**
 Who would be your ultimate running partner **My shadow**
 Hobbies / what do you do when you're not running / training **I like to do a bit of gardening find it very therapeutic.**
 What holidays have you got planned – **Cruise of the Nile in June, it was suggested I run by the cruise ship!**

New members

Name **Paul Sandford**
 Age **30**
 Occupation **Police Officer**
 When did you start running & why?
At school with cross country & track events. Have continued since then but on & off to be honest!
 Tell us something funny, embarrassing or secret about yourself
I'm from London I'm afraid
 If you could pick anyone in the world (apart from your nearest & dearest) who would you most fancy?
Jane Danson the actress
 What is your worst habit, behaviour or vice?
I go to Huddersfield Town!
 Favourite Food **Roast potatoes**
 Drink **Bitter**
 Film **Star Wars**
 Music **Queen**
 Book **Lord of the Rings**

Pastime (apart from running)

Name **Jo Waites**
 Age **35**
 Occupation **PE Teacher**
 When did you start running & why? **Age 13**
 What made you join the Stainland Lions?
To take part in cross country & for the club - & road races
 Favourite Food **Risotto**
 Drink **Ribena**
 Film **Love Actually**
 Music **Morrissey**
 Book **Travel writing**

Pastime (apart from running)

Eating cake
 What are your running plans for the coming year?
Mainly fell races, some 10k's & half marathons

Name **John King**
 Age **41**
 Occupation **Senior Project manager**
 When did you start running & why?
Started when I was 18, lasted til I was 21. My friend talked me into fell running, seemed like a good idea at the time
 What made you join the Stainland Lions?
Looking for a friendly bunch of people to go running with, as running on your own is a bit boring, plus my brother in law was a member
 Tell us something funny, embarrassing or secret about yourself
Can't think of anything I can tell you!
 If you could pick anyone in the world (apart from your nearest & dearest) who would you most fancy?
Kylie Minogue
 What is your worst habit, behaviour or vice?
I worry about most things
 Favourite Food **Curry**
 Drink **Red wine**
 Film **Pretty Woman**
 Music **Deacon Blue**
 Book **Not a big reader**

Pastime (apart from running)

Junior football coach for Greetland
 Talents & skills (own up to what you're good at)
Electrics & DIY
 What are your running plans for the coming year?
To get fit & improve my 10k times. Trying to do a 10k per month & turn up to training on a Tuesday night

Runners rambles & race reports

ULTRA RUNNING – Mary’s ~~Mistakes~~ Rules (so far.....)

1. Never Listen to Idle Chit Chat

If someone mentions an interesting website which features a series of races varying in distance from 30-60 miles, put your hand over your ears and sing “la, la, la, I’m not listening!” VERY LOUDLY.



Don’t log on to said website, register your interest in the series and enter the first two races just to “see how it goes”.

2. Prepare Well for Your Race

Many people use 12-16 week training plans for marathons so probably the same amount of preparation should be applied to Ultras.

Don’t skip the first 11 weeks of your preparation because: a) you hadn’t really planned that far ahead, and, b) illness/injury laid you low for a further few weeks. Your body will not thank you for going straight into the “long runs” phase of training, complete with hills.

3. Choose Your Friends Wisely

Usually a friend is someone who will look shocked, and maybe try and talk sense into you if you were to mention to them that you’d entered two Ultra races within four weeks of one another.

If your friends are as crazy as you, this spells danger! For not only will they appear genuinely enthusiastic at the mention of reccy runs during the depths of winter, they are also likely to enter the races, run with you on race day and may even start suggesting future races. This is where you have to be particularly careful, as you could end up enjoying yourself far too much. Before you know where you are you are agreeing to all kinds of adventures.

4. Listen To The Weatherman

When that weather guy on the telly starts pointing his stick at bright red circles dotted around the British Isles with numbers like 21 on them, spouting quotes such as: “Don’t forget to slap on the sun cream.”, and, “Definitely shorts and t-shirts for today.”. Put your shorts, t-shirt and sun cream on. THEN STOP! Collect your sunglasses, pick up the newspaper and go into the garden for a nice relaxing day. When the sun gets too hot, move indoors, or find a nice shady section in your garden to retreat to.

Don’t fill a backpack with enough survival kit to see you safely to the North Pole and back, squeeze in a hydration bladder (containing 1.5l of liquid), then set off on a 38 mile journey around Yorkshire’s moors with approximately 6,000ft of climbing involved.

5. Listen to your Body

If you are pushing your body further than it wants to go it will inevitably start to tire and at some point will start screaming for you to give up. Your mind may also start to ask questions such as: “CAN I REALLY DO ANOTHER 20 MILES?”, or “WHY AM I DOING THIS?????”

Of course you are not going to answer such questions, and your body will naturally just keep moving forward. It helps if you have a favourite mantra which can push any negative thoughts aside; “I’ve started, so I’ll finish!” is one of mine. And finish you will!

(If you are wondering why I’ve changed the title from Mistakes to Rules, it is simple, people are expected to learn from their mistakes and I clearly do not learn from mine, whereas rules are made to be broken aren’t they? I so enjoy breaking the rules!).

Social Events

Fri 27th Apr

Post London marathon get together

Su Manning would like you all to join her for a night around Halifax town. Meeting at the Goose Pub, town centre. 7.30 - 8.00pm. Maybe



Sun 13th May

“Ancient woodlands in spring”

Second of our guided walks. Meet in Almondbury village centre at 10.00am. Easy - Moderate, appx 7 miles+. Bring a snack



Sat 26th May

“Il Divo in concert”

7.30pm Manchester MEN arena. For tickets tel box office on 0870 1908000. Will travel in a group if desired, have a pre show drink and meet up in the interval. Some members are travelling from Sowerby Bridge station



Fri 22nd June

Summer dinner party & dance

Please get your ticket requests and deposits to Judith ASAP. You will also need to make your menu choice

Runners rambles & race reports

Race April Fools 10K, Arkendale, North Yorks
Runner Cathy Mellor & Sue Barritt
Terrain Road & Trail
PB Potential 7 / 10 but Sue managed it anyway
Scenery 9 / 10
Atmosphere 10 / 10
Organization 7 / 10

Beginner friendliness 9 / 10

Would you run it again Definitely!

Course description Mostly on winding, quiet country lanes, with a small section of trail and about a mile through fields towards the end. Was described as 'undulating' but it was North Yorkshire – what small hills there were are nothing for any Lion to worry about!

What made you pick this race Sounded like a lovely, scenic countryside route, wasn't too far from home and I wanted to support them in their first race.

The Highs It was a beautiful sunny day, the scenery was as fantastic as I'd hoped and it was a great turn out for the organisers.

Sue and I both received a spot prize of a bottle of Stella (we must have looked like we needed it!) and the finishing souvenir was a medal rather than the usual t-shirt.

A professional photography firm had been taking photos throughout the course (some of which looked fantastic as taken with lovely views) and at the end these were on a large TV screen viewing as a slide show.

The race finished with a tea, coffee, home made cakes and a barbecue in the sunshine – what more could you ask for!

The Lows The organisation wasn't fantastic but then it was their first race. It started a little late and there were just three portaloos for about 350 runners!

Anything else Sue and I have both said we'd love to run this again next year so now we're just looking for other lions to join us...

Race & date Salford 10k – Friday 6th April
Runner Paul Wallis & several other Lions
Terrain Road
PB Potential 9 / 10
Scenery 5 / 10
Atmosphere 8 / 10
Organization 8 / 10

Beginner friendliness 6 / 10

Would you run it again For a PB yes!

Course description A two lap course on road or path, that is completely flat but not traffic free. It is obviously a fast course but be warned the start can be a bit frantic and scenery not up to much.

What made you pick this race I didn't – Mark Preston talked me into it the night before! (Glad he did though).

The Highs Setting a new personal best of 46 minutes 55 seconds, nearly two minutes off my previous best. Not slowing down as much as I thought with marathon training.

The Lows Only race memento (a coaster) to the first 350 home and in such a large field I thought this a bit mean!

Anything else A very popular race with a real 'clubby' feel to it. If you are chasing a personal best then this is definitely the race for you. Saw one lady crash into a bollard on lap 1 so lesson learnt to look where you are going. Thankfully both bollard and lady were fine!

Race & date East Hull 20m – Sunday 18th March
Runner Paul Wallis (only lion!)

Terrain Road

PB Potential 8 / 10

Scenery 8 / 10

Atmosphere 8 / 10

Organization 8 / 0

Beginner friendliness 7 / 10

Would you run it again Yes if marathon training, not sure otherwise!

Course description Flat, flat, flat! Sorry not quite true, there was a hill of sorts at mile 8/9 but nothing to worry a Stainland Lion.

The course is all road and country lanes with a steady rise all the way to 10 miles in one direction before turning back on yourself for home. This of course means the fastest runners are coming back for their prizes before you've really left Hull!

Overall an enjoyable and very scenic (if open to the elements) 20 miler around East Hull. Ideal training for a Spring marathon and a good test of your training.

What made you pick this race I was starting to worry about the longer distances in the marathon training schedule and knew that without the organisation of a race I would struggle to run them. It was either this or the Spen 20 and I think I chose correctly (I was warned off attempting the Spen hills on numerous occasions!).

The Highs I exceeded my own expectations and finished in a creditable 3 hours and 20 minutes (I'm discounting the 7 seconds!). I was even more pleased that there were another 40 runners behind me.

It's no word of a lie that I wanted to pull out of the race on the Friday before and even emailed the race organizer asking him if they swept the course of 'slow'runners, I was that worried about it!

The Lows Not many lows to speak of other than the horrible gale-force headwind that had to be confronted at mile 10 to 12ish. Everyone I spoke to agreed that this was like a wind tunnel with the field hedgerows at either side doubling the force. At one point I swear I was actually not moving.

Another low, I was a lonely lion, and even my partner Amanda had deserted me that day. I'm told there are only so many times you can stand in the cold with nothing to do!

Anything else One for the marathon schedule, so I may not be rushing back but a very worthwhile race if you want to push your limits.

Hopefully the new Q&A format for race reports will encourage a few more of you to send some in! Until I have sorted myself out and got this on our website please email me for a copy. Of course you don't have to follow this format, I will happily work with whatever I get sent.

Another hectic month means our news letter is once again rather late. I had planned a big pre London build up but as you all ran it yesterday this would be rather pointless. Instead I would like to say a huge well done to you all and I am looking forward to hearing all about it. Next months moveable deadline is May 14th.

- Thanks, Helen

PS Bike training is going OK but am very worried I will soon have forgotten how to run



Stainland Lions Running Club

SUMMER DINNER, PARTY AND DANCE



Friday 22nd June 2007
At the Rock Hotel, Holywell Green



Members £10 per head, non members £12 per head.

Friends are welcome. £5 deposit required to secure the venue. Cheques payable to Stainland Lions.

Please complete & detach and return to any social sub committee member



Members, number of tickets.....£.....

Non members, number of tickets£.....

Please add names below.....

.....

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Total £.....