



The Lion's Tale

*The monthly news letter of the
Stainland Lions Running Club, Aug & Sept 2007*



Comments from the chair



So much has happened since my last comment, I don't know where to start. Yes, I know the beginning is a very good place! However, to break with the Julie Andrews tradition, I think I'll try it from the other end (no smut, thank you!).



I write these notes in the afterglow of a revitalised and hugely enjoyable Stainland 7. I'm sure every one of you who attended on Sunday will join me in the praise of, and thanks to, Messrs Cole and Dodd. One of our admired qualities at Stainland Lions is that we always seem to be able to encourage and motivate (maybe not consciously though) different members to take up a challenge and, more importantly, see it through to a successful end. This was certainly the case here. Well done Damian and Gavin on your first race directorship – I'm sure there'll be more to follow. Of course our thanks also extend to all the other helpers: Joanne, Richard, Mary, Carol, Eileen, Colin and all the other aids and marshals too numerous to mention. It was also great to see the (thankfully vertical) Cathy Mellor shuffle. Well done too to all the runners who took part, particularly the ladies who took the prizes in their respective categories.

Sunday 16th September will also stay in my memory for another reason, of course. Thank you so much to everyone who signed my Birthday card and sang the traditional ditty – I was really touched. Naturally, with my oft-underused Columbo-esque powers of deduction, I knew something was afoot, especially when people kept wishing me 'Happy Birthday' a nano-second before they spotted the self-indulgent badge. However, it all added to my general feeling of well-being and contentment. Enough drivell, on with the road and fell show!

With pbs coming out of our proverbial ears, recent road race successes have been superb to hear about. I'm afraid I can't mention them all (mainly because they've passed me by) but Joanne Kitcher's sub 50 minute 10K at Trafford was a particularly good effort. Cutting your time down below such milestones is immensely satisfying and I'm sure Joanne will want to blow the next one away and set herself yet another pb. Joanne's performance, along with excellent runs from Mags Jordan and Lorraine Naylor enabled our impressive ladies to take the first team prize at the same event. This is an excellent achievement in such a popular race.

Despite losing his argument with a rusty nail, John Bassinder continues his good form; the highlight of his month must have been the first over 50 place in Alice's Run. Well done partner. John also finished as our second Stainland runner in the Norland Trail behind Mark Jones, who was 22nd overall in 50.28.

On the fells our champion ladies, Gayle and Naomi, have managed to maintain their exceptionally high standards. Gayle was 5th lady at Sedbergh Hills (14m/6000') and an excellent 3rd in the Yorkshireman Half. Naomi also performed superbly well with a first place in Holme Moss (16m/4000') and another one in the Yorkshireman Marathon. Not content to win this latter event, she also decided to slice a massive four minutes off the previous record. That's a fantastic performance, Naomi. All these races are obviously real tests of speed and stamina and our girls fully deserve the accolades they get.

Well done to all the other Yorkshireman runners. I certainly enjoyed watching you work so hard and smile so enthusiastically – I think they were smiles anyway!

There was another familiar face taking the honours in this race, of course. Our sometimes hero Ben took first place in the half marathon and would probably have set a new record too, had he been able to see anyone behind him beyond the first 2 miles! Stainland's newest resident is not content with thrashing the pants off mere mortals nowadays; he also thinks nothing of beating the occasional lump of metal that has the added advantage of running on rails!

Comments from the chair



Question: How does a quick dash up Ben Nevis and back grab you? 'Not really', I suspect for most of us. Well our intrepid Fell Grand Prix champion, Trevor, would apparently disagree with you. Trev, we take our collective hats off to you. You were obviously competing with particularly good (and somewhat crazy) fell runners but I'm sure you still felt incredibly satisfied when you reached the welcome finish line.

Keeping up with family traditions, Linda also turned in an impressive display at the Chipping Show to win 1st LV40. Rumour has it that Alan Gibson also ran this race and was spotted not only admiring the view of Morecambe Bay from the summit but even trying to impress his fellow athletes with his unquestionable local knowledge. Now there's a surprise!

Finally at the back of this newsletter you will find an easily detachable questionnaire. As has been previously introduced by Linda and Joanne, the idea of this is to find out about some of our habits – not all of them of course! We feel the only way to truly reflect and act upon the interests of our members, is by finding out what we do, what we want to do and what we want to do about it. Please, therefore, participate in this short fact-finding exercise by completing the questionnaire and returning it to any member of the committee as soon as possible. You can remain anonymous or alternatively identify yourself as you wish.

I have a slightly unusual quotation this month, but with all the forthcoming Great North Runners and Berlin Marathoners firmly in mind, try this: "Begin at the beginning and go on till you come to the end, then stop". There's a prize for the first literary genius to come to me with the book and author.

Happy running, Geoff

Photos from The Yorkshireman

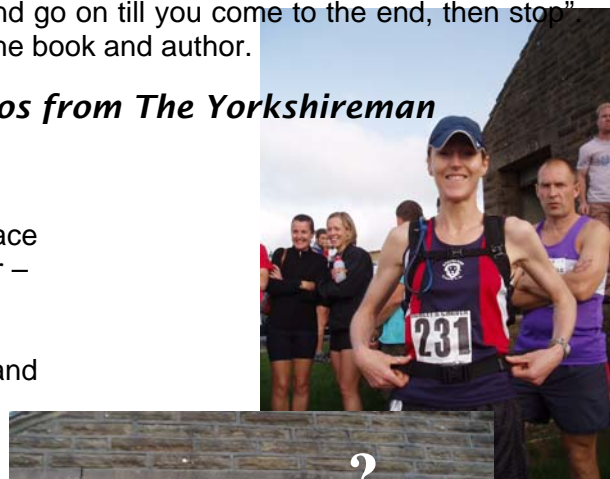
Important Announcement

Those of you who attended the last club meeting can neatly place me on the bedside table now and drift off into peaceful slumber – assuming you haven't already, of course.

For the rest of you, I am delighted to announce that we, Stainland Lions Running Club, have won an award. Well actually we came Runner-up (but let's be satisfied with that for now) in the recent England Athletics Regional Club Awards. Having submitted our nomination to the Yorkshire & Humberside Region, I was delighted to receive notification of our selection in the Club Inclusivity Category. This is a brand new award for 2007 that, and I quote from England Athletic's literature, "This Award is to target activity at club level that proactively challenges how a club engages with and reflects its audience locally and effects positive change – e.g. – disability, ethnicity, gender, deprivation, etc".

I hope you'll join me in giving ourselves a collective pat on the back and continue to do the good things we do, then next year... who knows!

Geoff



Captains Log - Results

Road

Eccup 10 15/07/07

186 th	Diane Waite	1.17.43
238 th	David Waite	1.21.23

Doncaster Town Centre Race 18/07/07

100 th	Alan Gibson	23.55
129 th	Penny Fleming	28.58

Doncaster Town Centre Vets Race

58 th	Geoff Matthews	20.25
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Walkington 10k Road Race 20/07/07

213 th	Melanie Rainford	50.17
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Harrogate 10k 29/07/07

23 rd	Lee Buckwell	37.15
31 st	Damien Cole	37.43
69 th	Louise Cavanagh	41.13
155 th	Lorraine Naylor	45.05
228 th	Gemma Bradley	47.35
261 st	Gavin Dodd	48.33
336 th	Steve Boyer	50.50
406 th	Cathy Mellor	53.29

Wagon & Horses 10 05/08/07

148 th	Eileen Hiller	1.32.16
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Saddleworth 6 08/08/07

22 nd	Damien Cole	35.51
124 th	Mark Preston	44.08
175 th	Helen Fay	48.36

Ulverston Summer 10k 15/08/07

85 th	Mark Preston	44.31
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Askern 10 12/08/07

132 nd	Diane Waite	78.31
152 nd	David Waite	80.09

Tholthorpe 10k 02/09/07

106 th	Cathy Mellor	49.39
164 th	Jonathan Taylor	54.29
168 th	Sue Barrett	55.17

Trafford 10k 09/09/07

100 th	Mags Jordan	41.24
121 st	Warren Thomas	43.30
131 st	Lorraine Naylor	43.53 1 st L35
135 th	Mark Preston	43.57
137 th	Alan Whiteley	44.05
140 th	Jon Pridgeon	44.19
148 th	Simon Hogan	44.54
150 th	Jimmy Smith	45.10
188 th	Tony McManus	48.34
207 th	Jo Kitcher	49.31

Trafford 10k 09/09/07 (contd)

211 th	Paul Wallis	49.53
230 th	Lesley Cresswell	51.26
232 nd	Caroline English	51.37
235 th	Eileen Hiller	51.46 1 st L60
251 st	Sue Manning	53.37
261 st	Jonathan Taylor	54.30
276 th	Karen Thorne	55.53
277 th	Steven Crowther	55.54
311 th	Roy Henstock	1.05.05
312 th	Helen Learoyd	1.05.08

Mags Jordan, Lorraine Naylor and Jo Kitcher picked up the ladies team prize. Well done girls! The men's team came 12th, well done guys!

Stainland 7 16/09/07

18 th	Mags Jordan	51.58 2 nd Lady
20 th	John Bassinder	52.45
23 rd	Daniel Jones	53.43
29 th	Joe Nolan	54.23
34 th	Adrian Shaw	55.07
40 th	Mark Preston	56.38
44 th	Ian Tweed	57.16
45 th	Alan Whiteley	57.41
51 st	Tracy Dean	58.06
60 th	Andrew Gaukroger	58.53
64 th	Jessica Riley	59.59
68 th	Susan Gledhill	1.01.04
70 th	Granville Hall	1.01.22
73 rd	Aileen Baldwin	1.02.06
77 th	Steve Turner	1.03.25 3 rd time round!
83 rd	Roger Smith	1.05.03
88 th	Karl Martin	1.05.33
90 th	Cath O'Shaunassy	1.05.49
100 th	Jonathan Taylor	1.11.13
110 th	Clive Siddall	1.21.07 3 rd time round!

Robin Hood Marathon 16/09/07

923 rd	Anne-Marie Killeen	4.57.50
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Trail

Idle Trail Race 15/07/07

41 st	Joe Nolan	46.06
100 th	Neil Croasdell	53.39

Pudsey 10k Challenge Multi-Terrain 22/07/07

175 th	Susan Gledhill	54.52
213 th	Steve Boyer	56.59

James Herriot Country Trail Run 29/07/07

160 th	David Waite	79.39
161 st	Diane Waite	79.42

Belper Rugby 30k 19/08/07

23 rd Lady	Diane Waite	3.24.05
29 th Lady	Linda Murgatroyd	3.27.37
151 st Man	David Waite	3.24.06

Captains Log - Results

Trail

Cinnamon Lodge Chase 6 15/08/07

34 th	Mags Jordan	45.37	2 nd lady
59 th	John Ingles	52.25	
80 th	Helen Fay	55.37	
83 rd	Aileen Baldwin	57.04	
88 th	Philip Bottomley	61.52	
89 th	James Davey	61.55	

Norland Trail Race 26/08/07

22 nd	Mark Jones	50.28	
36 th	John Bassinder	54.02	
41 st	Warren Thomas	55.27	
44 th	Lorraine Naylor	56.07	4 th Lady
45 th	Daniel Jones	56.13	
51 st	Jon Pridgeon	57.11	
53 rd	Alan Whiteley	57.47	
55 th	Simon Hogan	58.03	
59 th	Andrew Brewer	58.24	
64 th	Mark Preston	59.36	
69 th	David Waite	60.11	
72 nd	John Ingles	61.28	
77 th	Steve Turner	62.39	
81 st	Diane Waite	63.15	
83 rd	Linda Murgatroyd	63.38	
85 th	Susan Gledhill	64.14	
87 th	Cathy Mellor	64.51	
90 th	Paul Wallis	65.40	
93 rd	Jo Kitcher	65.50	
94 th	Aileen Baldwin	65.53	
101 st	Jo-Anne Langley	70.00	
103 rd	Sue Manning	70.06	
104 th	Caroline English	70.27	
105 th	Jonathan Taylor	70.35	
107 th	James Carville	70.50	
110 th	Steven Crowther	72.07	
111 th	Richard Fawthrop	72.13	
115 th	Karl Martin	82.18	
116 th	Heather Brewer	83.26	

Stainland took the ladies team prize thanks to Lorraine, Diane & Linda - well done girls!

Sandal Castle 10k 02/09/07

111 th	Mark Speight	46.26	
152 nd	Mark Preston	48.28	
211 th	Tony McManus	51.11	
237 th	Jo kitcher	52.04	
246 th	Alan Gibson	52.24	
250 th	Paul Costello	52.32	
289 th	John Hirst	54.03	
317 th	Caroline English	55.09	
338 th	Lynne Davies	55.54	
368 th	Karl Martin	56.52	
399 th	Andrew Adams	58.27	
501 st	Carol Lord	1.03.25	
578 th	Joanne Hirst	1.11.07	
580 th	Debbie Boyer	1.11.18	

Alice's Run 02/09/07

11th John Bassinder 45.18 1st M50

Graham Wright Cowm Reservoir 4.2 12/09/07

41st Mark Preston 30.29

Fell

Stoodley Pike Fell Race 10/07/07

23 rd	Paul Rawlinson	22.44
129 th	Tracy Dean	28.32
138 th	Linda Murgatroyd	29.31
165 th	Aileen Baldwin	33.19

Holme Moss Fell Race 15/07/07

39 th	Naomi Sharratt	3.04.38	1st Lady
57 th	Toby Underwood	3.21.32	
64 th	Darren Sugden	3.27.31	
94 th	Linda Murgatroyd	4.21.56	
99 th	Steve Turner	4.55.26	
101 st	Richard Fawthrop	5.09.15	

Kentmere 15/07/07

9th Ben Mounsey (CV) 1.41.05

Turnslack 21/07/07

72 nd	Colin Hughes	85.59
101 st	Linda Murgatroyd	91.52

Borrowdale Fell Race 04/08/07

239 th	Gayle Benson	3.41.28
285 th	Darren Sugden	3.54.53

Wardle Hill 13/08/07

11th Paul Rawlinson 36.41

Pilgrims Cross Fell race 15/08/07

78 th	Darren Sugden	50.01
135 th	Linda Murgatroyd	57.07

Sedbergh Hills 19/08/07

61st Gayle Benson 2.57.55 5th lady

Chipping Show Fell Race 26/08/07

57 th	Linda Murgatroyd	1.41.36
61 st	David Waite	1.49.50
63 rd	Diane Waite	1.51.01
64 th	Alan Gibson	1.51.13
66 th	Trevor Murgatroyd	1.51.42

Ben Nevis 01/09/07

401st Trevor Murgatroyd 3.15.16

Yorkshireman Full Marathon 09/09/07

Solo

11th Naomi Sharratt 3.53.17 1st Lady & course record

Pairs

2 nd	Toby Underwood	3.54.56
	Paul Biddulph	3.54.56

Captains Log - Results

Fell

Yorkshireman Full Marathon 09/09/07 (contd)

Walkers

15th Judith Greenwood 8.13.28
 17th Aileen Baldwin 8.13.28

Yorkshireman Half Marathon 09/09/07

30th Gayle Benson 1.48.32 3rd Lady
 38th Darren Sugden 1.49.57
 47th John Bassinder 1.53.22
 77th Tracy Dean 2.00.10
 80th David Waite 2.02.02
 106th Steve Turner 2.05.56
 110th Linda Murgatroyd 2.06.31
 141st Diane Waite 2.14.48
 159th Sylvain Husson 2.22.16
 160th Jessica Riley 2.22.16

Congratulations to Naomi for her 1st place in both Holme Moss & The Yorkshireman, smashing the existing ladies record in the latter. Of course the down side to such success is that you get made to pose for a photo with your silverware



Go girl!

Hot off the press, and it's another 1st place for Naomi in the Good Shepherd Fell Race held this weekend. A deceptively tough 15 miler with 1000ft of ascent in the first 2 miles alone. Naomi came in 4 min & 15 secs clear of the 2nd place lady in a fantastic time of 2.28.45, with 2nd, 3rd, 4th & 5th places separated by less than 1 ½ minutes.



Grand Prix results

Fell Handicap

Standings after Turnslack

1st Linda Murgatroyd 242 points
 2nd Paul Rawlinson 239 points
 3rd Richard Fawthrop 192 points

Road

Standings after Trafford 10k

Division 1

1st John Bassinder 133 points
 2nd Simon Hogan 112 points
 3rd Lorraine Naylor 110 points

Division 2

1st Warren Thomas 154 points
 2nd Alan Whiteley 147 points
 3rd Cathy Mellor 127 points

Division 3

1st John Taylor 70 points
 2nd Eileen Hiller 58 points
 3rd Karen Thorne 51 points

Division 4

1st Roy Henstock 65 points
 2nd Heather Brewer 46 points
 3rd Helen Learoyd 44 points

PB corner - congratulations!

Eccup 10 15/07/07

186th Diane Waite 1.17.43

Trafford 10k 09/09/07

121st Warren Thomas 43.30
 140th Jon Pridgeon 44.19
 150th Jimmy Smith 45.10
 207th Jo Kitcher 49.31



Robin Hood Marathon 16/09/07

923rd Anne-Marie Killeen 4.57.50

Please do let me know if you run a PB or if you know anyone else who has - thanks, Helen

Notice Board

Greetings from your friendly Cross Country Captain!

Yes it's that time again!...and don't pretend you're not all excited!!!!

I myself am massively looking forward to this coming season and truly believe that Stainland are gonna take the league by storm! Our ladies team has never been stronger and we need all the men we can muster to challenge for those top positions.

For those of you who have never ran in the Cross Country league before then all the information regarding rules and how the league is run can be found on our home page under the link 'Cross Country'. Please also don't be put off by those formidable two words... I know some of you might be road monkeys- fearful of the step you must take to race over 'real' terrain, but I guarantee you will enjoy the range of Cross Country courses the league has to offer...if in doubt just ask Avril. Anyway, enough of me babbling. Here are the fixtures for the season following the committee meeting last week...



11th November 2007 IDLE AC Same course as usual 11AM START

2nd December 2007 DEWSBURY Same course as usual 11AM START
(FANCY DRESS IS COMPULSARY...APPARANTLY)

6th January 2008 PUDSEY Same course as usual 11AM START

27th January 2008 **STAINLAND** Course un-decided 11AM START

24th February 2008 SKIPTON Same course as usual 11AM START

All course recces usually take place 2 weeks before.

14th March (**provisional**) BAILDON to organise, Presentation night (venue undecided)

If anything changes i will inform you all and as usual i will post information about each race prior to the date of the fixture (when i get it basically).

Please let me know if ANYONE is interested in running. It costs you nothing and you can win everything...Stainland pride obviously top of the prize list!

Remember: this is a TEAM effort! Don't worry if you are back of the pack because you may still be in front of someone from another team (thus denying them a costly place) and you always get the biggest support at the end anyway.

For more information just send me an e-mail, give me a ring or look me up on the website www.stainlandaregonnawinthecrosscountryleague2007-2008.com

Farewell for now and start that training before the first fixture.

No hiding now, all available Lions needed!

Ben Mounsey (Cross Country Captain)
XXX



Social Calendar

Latino Night

Friday 26th Oct at
Heath 7.30pm

Tickets are £5.00 per
person which includes supper, on
sale from the social committee



November pub crawl round Halifax
Fri 30th Nov. Meet in the goose
around 7.30pm



New short sleeve running top

If you are interested please can you let Kit Queen Karen know size and quantity or post your requirements on the link on the forum - thanks

**Good luck to all you Autumn
marathon runners. Look forward to receiving all the PB's!**

Calderdale way relay

Provisional teams have now been posted. Please keep an eye on the forum for dates of recces. Don't forget that the course is not marked - you will need to know where you are going on the day! Contact Linda or Jo for further information

Runners rambles & race reports

I want to ride my bicycle.....

It's the summer, and this means holidays. What you tend to find though is that some of us runners aren't all that great at sitting on a beach and doing nothing. While you might struggle to run for 6 or 8 hours a day you can ride a bike. So here goes, 3 different biking adventures, any takers for 2008?

The alternative Tour de France

As many of you know, Paul and I cycled the length of France, from Zeebrugge to Nice, 769 miles in 12 days last September for a 'special birthday' celebration in Nice. Despite this experience, I was more than a little apprehensive when we received an invitation to join our twin, super fit cycling friends for a celebration of their 50th birthday this August in the Pyrenees.

It seemed the plan was to do the **Barousse-Bales Cycle** event, 105km or 80km on the first day; the following day cycle to Luchon and climb Super-Bagnieres, which is 18k up a steep col, for a glass of champagne and the birthday lunch; then attempt a stage of this years' Tour de France during the week; with a few cols thrown in on the so called 'rest days' - just to make sure the legs were well and truly battered. This was a holiday?

My reluctance was seen as cowardice and having been assured the 80k race would be 'just like a fun run' I arose with the others at 6am on the day of the race and set off for Barousse. The village was awash with super sleek, lycra-clad cyclists all raring to go, even the ones in the 'fun' run were in team kit. I managed to do the 80kms in 4 hours of cycling, which is quite fast for me. Unfortunately, I lost time going to the loo; misunderstood where the race finished; and my chain came off on the climb up the final col - so was last!

One of the guys in our group did the 105 km race and won a gold medal - despite having discovered half an hour before the start he needed a helmet and cycled 7 miles to borrow one; so started at the back, joined the pelaton at the front, took a hairpin bend too fast, fell off over a hedge into someone's garden; landed on a pile of grass cuttings, picked himself up and rode to join the front pelaton again and won a gold medal!

Paul attempted the 105km race, but lost the others by following two cyclists not in the race into a car park! He was directed back onto the route but soon realised he was climbing the final Col de Porte after doing only 60k. Imagine his embarrassment when all the French cheered him along thinking he was first! With 'Allez! Allez! Courage Mon Brave!' ringing in his ears, he reached the top 5 minutes ahead of the actual winner!

We cycled each day after that, doing 50-60 miles per day including some cols. The most gruelling of the cols was Super-Bagnieres, an 18km climb uphill, with some 1 in 6 gradients and eagles and vultures soaring above. The glass of champagne at the top was well earned and necessary before contemplating the descent.



A few days later we climbed the Col de Aspret, part of this years' Tour, which is very steep for the last 3k, and it was 40 degrees with no shade.

On that descent we passed the memorial to the cyclist who died doing 60 mph on a hairpin bend in the Tour de France in 2005. That was seriously scary, I was braking as hard as I could and still doing 15 miles an

hour. I've nothing but admiration not only for the strength and endurance of cyclists who do the Tour, but particularly their courage!

The group were great fun so we had lots of laughs and several bottles of wine in bars and the scenery and weather were fabulous. Great training for the Berlin Marathon, don't you think? **Eileen**

Debbie & Steve do the C2C

Day 1, Monday 28th May, we loaded the bikes on the car roof racks, set off bright & early to Workington and arrived around 7:30. The weather was cool, dry and overcast but no sign of the dreaded rain.



Like true athletes we decided a hearty breakfast was needed to fuel our day's efforts, but as we couldn't find anywhere decent we went to McDonalds instead. Half an hour later we parked the car at a convenient free car park in the town centre and set off to find the Irish Sea. First rule of the C2C is you have to dip your front wheel in the sea.



We'd decided to set off from Workington instead of the alternative start at Whitehaven as this is a slightly shorter & easier route. It took us through the unfortunately named Cockermouth before joining the

main route to Keswick. This seemed a good idea at the time to make our first day's cycling a little easier, but as we were to discover there was a lack of C2C signs on this route and we spent a lot of time back-tracking and consulting the map instead of cycling.

Runners rambles & race reports

I want to ride my bicycle..... **Debbie & Steve do the C2C**

Once we rejoined the main route just before Keswick, there were plenty of signs and we hardly had to consult the map again for the remainder of the whole 3 days cycling.

The cycling itself was reasonably flat, mainly on tracks, bridleways or quiet country roads. No need for mountain bikes, but I wouldn't recommend using a road bike with skinny tyres as some of the tracks were a little bumpy. Leaving Keswick we had a bit of fine rain for 20 minutes, but as we were riding on a bridleway through a wooded section it didn't spoil our enjoyment. Day 1 and 50 miles completed, we arrived quite late around 7pm at our accommodation for the night, a delightful B+B called Brathen in the village of Greystoke, near Penrith.

The village pub wasn't serving food that evening, but the proprietor of our B+B offered to taxi us to a pub in the next village to be fed & watered before collecting us later. Service or what!

Day 2, and after being woken by the cows in the field just below our bedroom window, we had another large breakfast - too large in my case. After a few mechanical adjustments to the bikes, we paid farewell to our hosts and a temporary farewell to all the other guests who appeared to be cycling the C2C.



Our route was to take us out of Cumbria into Northumbria, through delightful villages, mainly along quiet country lanes and to the village of Allenheads via a huge hill at Hartside. This hill seems to go on forever, but isn't too steep really. Our reward was a welcome break at the Hartside cafe, perched on the top of the moors, in the middle of nowhere. This place has an amazing cake display cabinet and I had to limit myself to just two sticky delights, washed down with a couple of mugs of tea. We exchanged pleasantries with our fellow cyclists, some of whom had stayed with us the night before and were to be using the same stop that night, the (in)famous Allenheads Inn.

After setting off on a long downhill from Hartside passing a huge disused lead mine, we passed through more villages before climbing a savage hill out of Nenthead. Even pushing the bike was difficult up this hill, but fortunately we had some company and it wasn't long before we'd reached the highest point of the whole route and were freewheeling down into Allenheads at a respectable 4pm, some 45 miles later.

The Allenheads Inn is apparently legendary for its food and friendly staff. This legend failed to mention the tiny room we were given, that had the most uncomfortable bed I have ever had the misfortune to sleep in and finally the worst bathroom ever. If I mention the toilet scene in the Trainspotting film, you'll get the picture.

I had a shower and actually felt grubbier when I'd got out! Anyway, the food & beer was okay and breakfast was reasonable. We bid our fellow travellers farewell and set off up a quite substantial hill out of the village. This time I'd taken some good advice and only had a small breakfast.

The remainder of the ride was quite uneventful, just nice cycling through country lanes and just one more nasty hill before coasting down into County Durham. After Consett, the route splits to Sunderland or



our route through Gateshead, over and along the Tyne into Newcastle, before what seems like hours of cycling around back streets, industrial estates and docks before arriving in a cold, dark & windy Tynemouth. Final job was to take some more photos and dip our wheels in the North Sea, before the short ride to our B+B for the night; a beautiful old guest house called simply No.61. Our hosts were really friendly and made sure our bikes were secure, before showing us to our large, clean, comfortable room with modern en-suite and a balcony overlooking the Tyne estuary - heaven!



Next morning, a lovely breakfast and our farewells was followed by a short trip to collect our hire-car from Enterprise for the return journey. They only charged us £55 for one-way hire of a Vauxhall Zafira, that has plenty of

room for two bikes when the rear seats are folded up. The alternative bike bus was to be £75 each or rail travel from Newcastle via Carlisle, with no guarantee that we could take our bikes on the train, for £33 each.

We can't recommend this adventure highly enough as it's scenic and quite easy over 3 days. We saw many families with young children tackling the route. The few hills aren't that bad and the downhills more than makes up for the pain. You don't need any special, expensive bikes and we managed to cram plenty of clothes and clutter into inexpensive front & back bags on each bike. In hindsight I would recommend setting off from Whitehaven instead of Workington and on day 2 perhaps stay at one of the many B+B's or the pub in Nenthead rather than the Inn at Allenheads.

For further info www.c2c-guide.co.uk

Runners rambles & race reports

I'm not so sure I want to ride my bicycle...

The Trans Rockies - by the newsletter girl

A 7 day mountain bike stage race for teams of 2, set in the heart of the Canadian Rockies.

Day minus 1.

Jet lag is easing but nerves have set in. The race village is buzzing. Everyone looks super fit. We go for a steady spin out and a final check that the bikes are working OK. Hilary's (my team mate) pedal dies & falls off mid ride, we limp back. Whilst we are lucky this happened now it has reminded us of just how much can go wrong over 7 days – to both us and our bikes. An early night proves pointless as we hardly sleep.

Day 1 **5th** **24hrs 13mins & 29secs**

A late start provides ample time to get kit bags on trucks, get to the pre race briefing, get passes scanned & still be on the start line with 45 minutes to spare. The atmosphere is electric. Helicopters buzz



overhead, Highway to Hell blares from the loud speakers and with 600 riders in place the countdown begins.

We charge through town behind a police escort, cheered on by crowds of supporters & well wishers before turning off onto dirt trail and up our first big climb. It is steep and hot and I can feel the effect of being at altitude. The hard work, & the race, has begun.

Finally we turn off into dense undergrowth. We follow a newly cut path, twisty, rooty, rocky and barely rideable. We emerge above the tree line. There is a snake of walkers, bikes hoisted on backs, slogging up the mountain side. The path is near vertical, loose and sandy. The suffering begins and it is a tough 70 minutes before we top out at 2300mtr.

Payback. The sweetest, swoopiest, singletrack I have ridden in ages. Stunning views get brief acknowledgement. I am flying. Then the trail plunges down, a super steep descent with 36 tight switchbacks, bodies & bikes everywhere. I clean 11 (nice), crash on 6 (soft landings) and bail on the rest. (Oh to have bmx'd as a kid) My "roady" team mate appears, she looks like she's having one of the worst days of her life.

Day 2 **5th** **5hrs 18mins & 25secs**

For the first 3k we follow a police escort around the closed roads of Invermere.

We ride fast and are all closely bunched together. It's a huge buzz. The start of the 20k climb up to Bear Creek soon stretches us out and with the majority of the climb rideable we are able to pull a few places.



The descent however, is madness. Described in our race guide as "hazardous downhill section, very primitive trail, perhaps only 50% rideable" adding, rather unnecessarily, "use caution". Crazily steep, wet rock gardens, 6 foot drops, tree trunks to jump over. Both bike and dodgy ankle get some major hammer.

Day 3 **4th** **6hrs 7mins & 31 secs**

The first of four long days, 93k & with 2000mtr ascent. It's hot & dusty. We ride well up the first climb, spurred on by passing other riders. The descent is superb; fast, furious & fun. The second climb and the suffering really sets in. No shade from the midday sun and the heat is unbearable. We are in 4th but not by much so we don't stop at the top of the pass. 5 minutes into our descent and we hit a bunch of riders blocking the trail, it's a helicopter rescue. We wait 10 minutes, anxiously watching the back of the pack.

The day ends with some superb but really exposed technical singletrack, fantastic but tough when you're tired. I am loving it but struggling to keep it neat. We push the pace to the finish line. Exhausted but worth it.

There were 3 helicopter rescues today. The medics do an amazing job.

Day 4 **4th** **6 hrs 49 mins & 39 secs**

115k, 2 major passes & it's hitting 40c. 283 teams remain. It's a grind it out day. The legs are starting to feel tired and the dust and heat are taking their toll.



After a slower start we know we are riding in 5th but don't know how far behind the 4th place girls we are. Finally after 75 long kilometres we pass them, it provides a welcome boost to morale. In a bid to make up some time and with a 40k "rolling descent" ahead of us, we ride through the last drinks station.

For the next 1 ½ hours we ride a hard tempo pace. The emphasis is on rolling rather than descent and I count down the kilometres to the finish. We both run out of water and we are both exhausted. One of our friends was out for 10 hours today & ended up on a drip with dehydration. We agree to stop at all drink stations tomorrow.

Day 5 **4th** **6 hrs 39 mins & 41 secs**

95k today with 2 big climbs. The first 50k flash by and I am feeling quite smug as we start the second big climb of the day. I shouldn't have been, the track is wide but large sections soon became totally unrideable with seemingly vertical rock faces. I hoist my bike onto my back and set off but tired legs and body no longer want to play this game and I struggle to keep going. Guys we passed earlier in the day catch and pass us. It's proper mind game stuff now.

Runners rambles & race reports

Five minutes into the descent and the agony of the climb is quickly forgotten. There is a huge boulder field followed by fast, fun, rocky, jumpy, big grin, downhill. We might have been tired but this was just too good to hold back on. Time to show these Canadian boys how Brit girls ride downhill....amazingly we got away with it.

Day 6 4th 8 hrs 41 mins & 50 secs

The biggest day. 116k with 2300mtr ascent, one small climb & 2 monsters. It feels like it's getting hotter, but it can't be. The dust is crippling. My legs feel heavy and my mind is starting to tire as well. Only 6k in and I start counting the k's left to go. I am reminded of mile 20 – 25 in a marathon, not a lot of fun but if you want to finish you have to go through it. Everyone is suffering, now it's all about mental strength.

With 10k to go I get a branch through my back wheel resulting in a bust chain & mangled spokes. Brain is sluggish but adrenaline kicks in and we manage a "get us home fix".

We sit at the finish line stuffing ourselves with fruit, crisps, cake & chocolate. We don't move for 1 ½ hrs. New friends come & go.

Day 7 6th 2 hrs 41 mins 16 secs

I am knackered. I didn't sleep. Excited about finishing, worrying about making it to the finish. A short day but the first 25k are unbelievably fast. You can't see the track for billowing dust and can only see the riders closest to you. 10k to go and we head into some crazy singletrack. Steep and loose, twisty and rooty, log rolls and narrow woodwork bridges. I am in a train of riders, the pace is quick and I know I am riding right on the edge of my ability. Hilary is having a nightmare and she's exhausted. We drop from 4th to 6th. We have nearly an hour in hand, we've just got to get to the finish.

We ride into town. The street is lined with people cheering us in. We cross the finish line. New friends are waiting with cold beers. The greatest team mate I could have hoped for is in tears. We've done it and it is the best feeling in the world.

Total race time: 40 hrs 31mins & 28 secs.

Position 4th

300 teams started (11 female) and 269 teams finished

Winning time (O Men) 24 hrs 39 mins & 23 secs

Winning time (O Women) 32 hrs 26 mins & 35 secs

Slowest time 67 hrs 44 mins & 36 secs



photos by Dan Hudson Photography



Cathy handing over the cheque for Martin House Childrens Hospice to Dr Mile Miller

Each Boxing Day, Stainland Lions Running club raises money for Martin House Childrens Hospice. On Saturday August 11, the club organised an away run to deliver this year's cheque of £1850 to the Hospice in Boston Spa.

Martin House supports over eighty families from our area, and the Lions have supported Martin House for twenty years, having now raised over £32,000 for them. The Boxing Day run is now one of Martin House's longest running annual supporting events, and Cathy Mellor is keen to make this year's event, on its 21st birthday, even more successful than the last, itself a record, hoping this year for the first time to accept advance entries on-line.

The runners set out to deliver the cheque by hand to Martin House on Saturday, with Cathy Mellor at last passing the cheque on to Mike Miller in the grounds of Martin House. The runners then took the opportunity to learn a little more about the Hospice. Among the group of twelve who took part in the run were Leslie Creswell who works with local children who go to Martin House. Leslie described how children were sometimes a little nervous before their first visit, but then seemed to fall in love with the Hospice. David Swarbrick, himself a bereaved parent, and a runner with the club, has been a trustee of Martin House for over twenty years. David wondered whether next year the club might run the relay all the way from Stainland to Martin House.

Mike Miller is the world's first consultant in paediatric palliative care to share his appointment between a children's hospice and the NHS. Dr Mike is a keen runner himself, and came to Martin House from the Calderdale and Huddersfield NHS Trust. He took part in the 6 mile run, and accepted the last handover of the cheque in the grounds of Martin House.

July & august proved to be pretty hectic but life is slowly returning to normal & I am happy to have my running trainers back on my feet. Looking forward to catching up with everyone again & cajoling those stories out of you for next months issue. Deadline for content is Mon 22nd Oct. Thanks, Helen

Stainland Lions Running Club Questionnaire

Website

How often do you view our website?	Daily []	Weekly []	Never []	
How often do you view our forum?	Daily []	Weekly []	Never []	Not Registered []

Communication

Do you have access to a computer?	Yes []	Occasionally []	No []
Do you read a our Newsletter?	Yes []	Occasionally []	No []
Do you attend our monthly meetings?	Yes []	Occasionally []	No []

Training

How many times a week do you run?	Once []	Twice []	3 or 4 []	5 or more []	
Which of our training venues do you use?	Brighouse []	Stainland []	Savile Park []	Heath []	Track []

Club Events

Which do you attend?	Running []	Social []	Presentations []	None []
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Races

What type do you usually compete in?	Road []	Trail []	Cross Country []	Fell []	Track []
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General

What could the club do to improve your experience as a runner?

More events []	Better Communication []	I'm happy at present []
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Please add any other comments below

Please hand the completed questionnaire back to any member of the committee. Thanks for your time