



The Lion's Tale

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



Comments from the chair



At the end of just another ordinary month of running and racing, I could easily have been wondering where to start this comment. But this wasn't just another ordinary month. This was a month when two of our members embarked upon a significant challenge – one that is really only reserved for the 'slightly mad' category of club runner. Not only did Colin Hughes and Mary Cowling attempt to complete the whole of the Calderdale Way in one go, they duly succeeded and raised around £1200 for Overgate Hospice in the process.

When Colin and I left West Vale at 6.30am on that misty Saturday morning, we certainly weren't expecting to catch up with Mary and her team within 3 hours. Unfortunately the girls' impromptu visit to Cottonstones had put them somewhat off-track, but full credit to Mary for brushing off this disappointment and keeping going, especially considering the leg injury she was carrying.

When I left Colin at the end of leg 3 he still looked full of running and was just so at the end I believe. I was glad for a sit down by then but I'm not sure whether that was down to exhaustion from spending the last 23 miles telling Colin to slow down, or as a result of devouring copious amounts of Christine's home-made baking at Todmorden!

I'm sure both Colin and Mary are enormously grateful for all the support they received from fellow runners, the back-up teams and also for all the sponsorship you offered.

So to the racing calendar: On the road we have seen plenty of activity in the Joe Percy, Freckleton Half and Helen Windsor with impressive performances from many club members, including Lee Buckwell, Damian Cole, John Bassinder and Mags Jordan. I know there were others who posted some impressive times and pbs too, so my congratulations go to you all. It was fantastic to hear of and see so many runners at all these events, especially the increasing number of beginners and new members taking part – I do hope you're enjoying the companionship, fun and even the pain of it all.

The Jane Tomlinson 10K also saw the blue, red and white vest out in abundance, with the assistance and encouragement of Avril and Smithy's bus and banner combination. Gene Gray and new runner Jon Elliott were the first Lions home, closely followed by Warren Thomas, who, according to results I saw, was actually running for Stainland Loins on the day! I hear it was a wonderful occasion and no-one ended up with egg on their face... only their trousers!

On the same day we also had two teams competing in the challenging Millennium Relay, where we were within 7 minutes of winning the 'open' team prize. We were actually pipped for this by a Dutch team - I wonder where they practised their hill work. 'Congratulations' to everyone who took part in both teams but particular mention must go to Joanne Kitcher, firstly for doing so well as part of a pretty strong team and secondly for putting up with Damian trying to find some tarmac to run on! Thankfully we all came through unscathed, although Alison Farrar and Diane Waite did have a bit of a "there's a cow chasing me" experience on leg 3.

On the fells our impressive girls, Naomi Sharratt and Gayle Benson have again been taking the honours with a couple 1st places - Gayle (Reservoir Bogs) and Naomi (Settle Hills) added to Gayle's 2nds at Holcombe 2 Towers and Eddie's Revenge. 'Well done' ladies.

There were also impressive performances from Paul Rawlinson (6th overall) and Linda Murgatroyd (2nd ladies' Vet 40) in the three-race series of Wicken Hill Whizz, Reservoir Bogs and Tom Tittiman. These were held over consecutive days and have conveniently helped Linda in her quest to complete 40 fell races during the year. 'Well done' Linda on reaching the 23 mark so far – nicely on target me thinks.

Comments from the chair



Away from running we had an excellent time at the recent Summer Ball, so 'many thanks' to Judith and her social team for organising this. Who did those shoes belong to anyway? I never did find out.

Finally I'd like to welcome our newest member of the club committee, Alison Adams. I'm sure you'll have plenty to contribute to our meetings, Alison. Maybe you could start by bringing some of Joanne's home-made baking! Oh, and yours of course!

This month's quote comes from Jesse Owens, who in 1935 broke three world records and tied with a fourth, all in 70 minutes!

"I always loved running – it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs".

I like that one and am grateful I can still talk about this in the present tense. Happy running and smoke-free drinking'.

See you next month

Geoff

Captains Log - Results

Road

Blackpool Half Marathon 03/06/07

1031st Denise Kidd 3.13.55

Goole Riverbank Challenge 10/06/07

183rd Pat Pitts 89.43

Otley 10 13/06/07

121st Mark Preston 1.14.06

207th Cathy Mellor 1.20.38

Freckleton Half Marathon 17/06/07

13th Damian Cole 1.21.25

81st John Bassinder 1.33.24

154th Adrian Shaw 1.42.09

175th Warren Thomas 1.44.09

210th Mark Preston 1.47.01

214th Steve Turner 1.47.29

224th Cathy Mellor 1.48.35

246th Jimmy Smith 1.50.43

258th Mark Speight 1.51.20

268th Alan Gibson 1.53.00

280th Lesley Cresswell 1.53.40

306th Paul Wallis 1.55.23

309th Jo Kitcher 1.55.32

356th Tony McManus 1.59.58

386th Jonathan Taylor 2.03.25

397th Sue Aitken 2.04.41

435th Karen Thorne 2.12.38

452nd Lesley Henderson 2.17.07

466th Julia Newsome 2.23.14

467th Judith Greenwood 2.23.14

477th Roy Henstock 2.25.11

Joe Percy 10k 20/06/07

18th Lee Buckwell 37.55

20th Damian Cole 37.58

57th John Bassinder 42.53

61st Mags Jordan 43.33

66th Steve Knight 44.25

72nd Mark Preston 44.53

78th Gavin Dodd 45.29

81st Gemma Bradley 45.43

93rd Stephen Gulifoyle 48.16

94th Jon Elliot 48.22

108th Jo Kitcher 50.59

113th Alan Gibson 52.01

118th Roger Smith 52.51

122nd Lesley Cresswell 53.24

124th Caroline English 53.43

125th Aileen Baldwin 53.53

127th Jonathan Taylor 54.19

134th Lesley Henderson 58.22

135th Sue Aitken 58.53

136th Karen Thorne 59.12

139th Julie Hey 61.27

140th Philip Bottomley 61.32

141st Gail Brady 61.35

143rd Judith Greenwood 62.15

144th Roy Henstock 62.35

145th Julia Newsome 62.45

146th Joanne Hirst 70.12

147th Phil Stapley 70.12

148th Robin Cresswell 74.02

Captains Log - Results

Road

Jane Tomlinson Race for All 10k 24/06/07



Gene Gray	00.44.23
Warren Thomas	00.45.53
Jon Elliott	00.46.23
Gareth Duckworth	00.48.42
Deborah Feather	00.53.31
Jacqueline Dinsdale	00.57.11
Helen Woodfine	00.57.46
Anna Mucha	00.57.56
Angela Fawthrop	00.58.53
Nichola Sabey	00.58.56
Helen Learoyd	00.59.52
Lesley Henderson	00.59.58
Karen Thorne	01.00.08
Lesley Cresswell	01.00.08
Jenny Haigh	01.00.40
Judith Greenwood	01.00.52
Kathryn Merrick	01.00.37
Clive Aylott	01.02.39
Linda Williamson	01.02.51
Penny Fleming	01.03.19
Gail Brady	01.03.39
Julia Newsome	01.04.01
Philip Bottomley	01.04.48
Joanne Hirst	01.08.27
April Charlesworth	01.08.48
Lizanne Jeffrey	01.08.49
Jackie Barker	01.10.22
David Crowther	01.10.52
Lynda Elliot	01.11.01
Robin Cresswell	01.12.42
Valerie Midgley	01.13.33
Julie Neimantas	01.13.48
Jacqueline Heaton	01.14.46
Bernadette Rowland	01.15.55
Hazel Woollin	01.15.56
Avril Smith	01.18.08
Aileen Baldwin	01.19.56
David Bottomley	01.19.57
Paula Robbins	01.20.01
Tina Bean	01.21.23
Diane Rafferty	01.26.27

Trail

Wharfedale Off Road Marathon 02/06/07



63 rd	Colin Hughes	5.02.19
64 th	Mary Cowling	5.02.20

Wharfedale Half Marathon

97 th	Liz Bates	2.40.26
------------------	-----------	---------

Morecambe Cross-Bay Challenge, 24/06/07

81st	Jimmy Smith	1:50:56
------	-------------	---------



Road

Helen Windsor 10k 04/07/07




7th	Lee Buckwell	0:37:31
8th	Damian Cole	0:37:38
38th	John Bassinder	0:42:01
40th	Mags Jordan	0:42:07
41st	Geoff Matthews	0:42:31
50th	Alan Whiteley	0:43:35
51st	Adrian Shaw	0:43:38
52nd	Gene Gray	0:43:40
61st	Warren Thomas	0:44:25
65th	Joe Nolan	0:44:55
66th	Gemma Bradley	0:45:00
69th	Simon Hogan	0:45:19
71st	Lorraine Naylor	0:45:23
80th	A Gaukrodger	0:46:08
81st	Jon Elliott	0:46:12
82nd	Diane Waite	0:46:14
83rd	Jon Pridgeon	0:46:15
88th	David Waite	0:47:02
89th	Amy Gaukrodger	0:47:07
91st	Liz Redfern	0:47:13
95th	Jimmy Smith	0:47:25
114th	Antony McManus	0:49:35
115th	Granville Hall	0:49:49
125th	Richard Fawthrop	0:50:52
127th	Clive Siddall	0:51:00
128th	Karl Martin	0:51:00
129th	Clare Simpson	0:51:01
131st	James Carville	0:51:07
133rd	Joanne Kitcher	0:51:11
141st	Lesley Cresswell	0:52:04
144th	Susan Manning	0:52:44
145th	Caroline English	0:52:49
149th	Steven Crowther	0:53:26
150th	Steve Boyer	0:53:38
152nd	Eileen Hiller	0:54:30
153rd	Jacqueline Dinsdale	0:54:37
155th	Jonathan Taylor	0:55:15
157th	Alan Lashbrook	0:55:25
158th	Jo-anne Langley	0:55:32
159th	Cynthia Shaw	0:55:54
164th	Julie Camlin	0:57:12
165th	David Wetherell	0:57:14
167th	John Hirst	0:57:18
170th	Susan Aitken	0:57:32
171st	Nicola Sabey	0:57:44
172nd	Lesley Henderson	0:57:50
176th	Linda Williamson	0:59:11
177th	David Swarbrick	0:59:25
181st	Karen Thorne	1:00:40
183rd	Roy Henstock	1:00:50
184th	Julie Hey	1:00:55
185th	Gail Brady	1:00:59
186th	Judith Greenwood	1:01:11
195th	Jackie Barker	1:06:42
196th	Lynda Elliott	1:06:46
198th	Elizabeth Forster	1:08:19
199th	David Crowther	1:10:39
203rd	Bernadette Rowland	1:14:30

Captains Log - Results

Fell

Duddon Valley 02/06/07

238th Gayle Benson 4.16.55 

Kelbrook Fell Race 02/06/07

10th Lady Linda Murgatroyd 33.32

58th Trevor Murgatroyd 31.22

Waugh's Well 05/06/07

95th Linda Murgatroyd 47.35 1st V40

Harropdale 08/06/07

14th Helen Lambert 54.47 1st Lady

17th Linda Murgatroyd 55.24 2nd Lady

The Carnival 09/06/07

20th Paul Rawlinson 60.04

Ravenstones Fell Race 09/06/07

18th Colin Hughes 1.36.00

Knowl Hill Fell Race 10/06/07

22nd Naomi Sharratt 53.17 2nd Lady

24th Gayle Benson 53.52 3rd Lady

100th Linda Murgatroyd 1.11.07

Stainland ladies won the team prize

Holcombe Two Towers 13/06/07

29th Gayle Benson 42.44 2nd Lady

76th Linda Murgatroyd 52.38

Buckden Pike 16/06/07

51st Paul Rawlinson 45.53

97th Trevor Murgatroyd 54.16

119th Richard Fawthrop 65.52

Wicken Hill Whizz 22/06/07 1/3

15th Paul Rawlinson 25.55

62nd Linda Murgatroyd 31.53

Reservoir Bogs 23/06/07 2/3

10th Paul Rawlinson 1.16.26

16th Gayle Benson 1.17.19 1st Lady

26th Darren Sugden 1.21.23

45th Linda Murgatroyd 1.33.56

Tom Tittiman 24/06/07 3/3

18th Paul Rawlinson 34.58

57th Linda Murgatroyd 40.32


Results for the 3 day event

Paul Rawlinson 6th

Linda Murgatroyd 5th / 2nd V40

Fell

Harden Moss 23/06/07

1st Ben Mounsey (CV) 20.37 Winner! 

Settle Hills Fell Race 24/06/07

30th Naomi Sharratt 1.03.46 1st Lady

Eddies Revenge 27/06/07

11th Gayle Benson 30.56 2nd Lady

26th Darren Sugden 33.38

44th Linda Murgatroyd 37.58

Cragg Vale Fell Race 04/07/07

14th Paul Rawlinson 32.53

71st Linda Murgatroyd 41.28



Grand Prix results

Fell Handicap

Standings after Holme Moss fell



1st Paul Rawlinson 239 points

2nd = Richard Fawthrop 192 points

Linda Murgatroyd 192 points

Ooh, it's close

4th Aileen Baldwin 190 points

Road

Standings after Helen Windsor 10k



Division 1

1st John Bassinder 115 points

2nd Simon Hogan 82 points

3rd Tony McManus 80 points

Division 2

1st Warren Thomas 114 points

2nd = Cathy Mellor 110 points

Alan Whitely 110 points

& another close one

Division 3

1st John Taylor 53 points

2nd Eileen Hiller 49 points

3rd Karen Thorne 44 points

Division 4

1st Roy Henstock 55 points

2nd Heather Brewer 36 points

3rd Helen Learoyd 35 points

PB corner - congratulations!

Freckleton 1/2 marathon

Damian Cole 1.21.25

Cathy Mellor 1.48.35

Jimmy Smith 1.50.43

Roy Henstock 2.25.11



Notice Board

Special Away Run - Saturday 11th Aug

Stainland Lions have very kindly and very properly supported Martin House for over twenty years and raising over 30,000 pounds. Martin House is a childrens hospice. About a third of our families come from the Halifax/Huddersfield area.

This year we will be delivering our cheque by hand direct to Martin House. Please support us and enjoy a run around the glorious town of Boston Spa near Wetherby. The run itself should be enjoyable, and you might even get your picture in the paper. At least one staff member at Martin House will be running with us (probably the faster group).

Full directions are available online at <http://www.swarb.co.uk/sl/bsmh.php>

Meet up either at

09:30 at Heath and car share to Boston Spa, or
10:30 at Stables Lane Car Park, Boston Spa (LS23 6BX; OS Reference SE 430 454, or 53541319N/01204541W.)

We have two runs, one 6.5 miles, and one at 5 miles.

Toward the end of the run, the two routes converge at Martin House, where there will be a cup of water (what else would you want?) and if wanted a brief introduction to Martin Houe, who we are, what we do, and why we need your continued support.

After the run, those who wish to can attend a local pub for lunch.

Please, please support this run. Let me know if you will be going.

David Swarbrick

Social events

The third of our guided walks. A sunny summers Sunday morning walk in August. 6 miles of moderate walking, stopping half way for our usual tippie. Details to be finalised, will let you know more later.

A Salsa evening is planned for a Friday night in September down at Heath. Come on down and get those hips moving.

More info available from Judith



Pub Relay & BBQ

Now Saturday 28th July, please keep your eye on the forum for further details

Fell relay

The 19th British Fell Relays will take part on Sunday 13th October near the Forest of Bowland.

Last year we entered a couple of teams and I think everyone who took part will agree that it was an amazing experience to be running along side world class runners.

This year there are 3 categories, men's open, veteran males over 40 and ladies. We need 6 runners per team to run the following legs:

Leg 1 - Solo (AS) 4.75m/2000'

Leg 2 - Pairs (AM) 7m/2800'

Leg 3 - Pairs navigation approx 6m/1900'

Leg 4 - Solo (AS) 3.5m/2000'

If you are interested in taking part, please let me know via the forum. The only stipulation is that you must have experience of competing in at least 2 category 'A' fell races in the 12 months prior to the event, so if you haven't got your 2 'A' fell races, you've got plenty of time to do so.

I will post more information later.

Regards , Linda

Spennorth & District Athletic Club presents the

MILETA 10k

Sunday 16th September 11.00am

N of E permit

A road race over 10 kilometres from Princess Mary Athletics Stadium Cleckheaton West Yorkshire (2 miles from junction 26 M62) Entry form & results on ukresults.net.

Belper Rugby Rover 30k

Multi terrain race run on footpaths, bridleways & country lanes (also open to walkers)

Sunday 19th August 9.30am start

www.belperrugbyclub.co.uk

I ran this race last year as part of my marathon training and absolutely loved it. Very friendly, beautiful scenery. It takes in some great trails but is no where near as tough as a fell race over the same distance (take note all you Holme Moss runners!) I am away this year or I would definitely be going back - one for your diary

Lions Lounge

Name **Andy Wiggins**
Age **37**
Occupation **Fitness Manager – Fitness First Huddersfield**
Nell McAndrews pace maker
Status **Engaged to Zena**
Kids / pets **Kids 0 – Cats 2**
Years running **11**
How/ why did you start **Rehab from cycling accident**
When did you join the Lions & why **2003, job hours changed to allow opportunity**
PB's (all of them!) **10k – 36.27, ½ marathon 1:18.27, IronMan 10.44**
Favourite race distance **½ IronMan (1900m swim, 56 mile bike, 13.1 mile run)**
Whats your ultimate race **IronMan Hawaii (World Championship)**
Running or other fitness goals for next 12 months. **Sub 10.30 IronMan, Sub 3 hour Marathon, Sub 1 hour for 25 mile bike time trial**
Long term goals / aims / dreams **Break 10 hours for IronMan, qualify for Kona**
Average weekly running mileage **25/40 depending on time of year**
Other training **Try to do 3 swims/3 bikes/3 runs + at work teach 4 classes per week**
Any top tips **Do it because you enjoy it, train with others – helps when your having a low day, set goals – then work out how you can achieve them.**
Favourite post run / race food **Jelly Babies and Lasagne**
Who would be your ultimate running partner **“Fast Eddie Rayner”**
Whats your worst injury **Fell off my bike and broke my nose, jaw and most of my front teeth, not to mention my knees!**
Hobbies / what do you do when you're not running / training **Watching Sport**
What holidays have you got planned **Klagenfurt, Austria**



Runners rambles & race reports



Midsummer Madness - Linda

On paper this event looked fairly manageable and besides it was going to be 3 fell races all in one weekend which would count towards my 40 for the year, a doddle or so I thought.

How wrong I was. The first event, Wicken Hill Whizz started from the same place as the Mytholmroyd Fell Race and went straight up the hill for 1.5 miles, round the trig point and back down again. Darren and Johnny were half way up the hill to cheer me on and I didn't want to let them see me walking so I ran as much as I could. One down, two to go.

Saturday morning came and oh how I regretted pushing myself the night before. The Reservoir Bogs was to be navigation course and could be anything between 7 – 15 miles dependent on how lost you got, now navigation is not my strong point, just ask Trevor. We were presented with the map at registration and had about 15 minutes to decide which way to go. As soon as we set off my legs felt like lead but never mind I thought, everyone will be stopping soon to read their maps again but they didn't, they just ploughed on. Some people went to the left and some straight on, ok got to make an intelligent decision, eenni, meani, minei, mo, thata way! I chose straight on only to discover that the others were on a nice smooth path and we were going up hill and leaping over heather. Heather is really hard to run through because it trips you up all the time and unties your shoe laces, you have to get your knees up high, not the best thing when your legs are already tired.

After this I just followed the rest only to meet some more heather on Midgley Moor. People were going in all directions and by this time I just wanted to finish so I had one last look at my map and marched straight on. Trevor was waiting at a stile nearby and gave me lots of words of encouragement; I gave him lots of words back, I was very tired at this point and my legs felt like jelly. Jo Porter, a Calder Valley girl came charging past me near the finish but I didn't have the strength to chase her. I ran 7.5 miles in 1:33:56, so I didn't go too far off course.

Sunday's run was the Timothy Taylors Tom Tittiman 4 mile flagged race. I'd given my legs lots of rest on Saturday and set off quite well. The route took us up and over Tom Tittiman hill and out to High Brown Knoll, a slow and steady incline of about 1.5 miles, round the trig and back down again. This all went ok apart from a tumble on the way back down, I was finding it hard to lift my feet over the lumpy grass. On the last stretch I followed a couple of men round to the left and over a farm gate only to meet some of the front runners appearing from a snicket on the right. Ooops, I'd gone the wrong way and cut quite a bit out. Ah never mind, I'd tell the organisers when I got back. I explained what I'd done only to find that about a dozen other people had done the same thing, someone had sabotaged the flags! We were all given a 2 minute penalty! It didn't make any difference in the overall results for the 3 day event and I finished as 5th lady, 2nd V40 and Paul Rawlinson finished 6th overall.

It was a brilliant event to do and well worth it but very exhausting.

Runners rambles & race reports

The CancerCare Morecambe Cross Bay Challenge (alleged Half Marathon) by Jimmy Smith

The information read:-

"This is the 4th running of this event, the 2nd at half marathon distance. The run is entirely on sand and will involve crossing three channels (knee deep!). Fully guided, marshalled and escorted by tractors and hovercraft!"

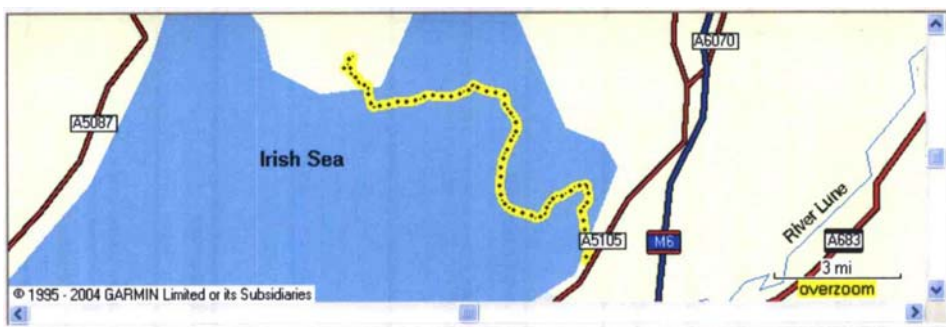
I had fancied doing this a year ago and tried to foster some interest with a message on the forum. Nobody else seemed to think it a good idea and I ended up not doing it. When it came around again in 2007 and I thought no backing out this time. It is a cancer charity fundraiser as well.

I drove to Morecambe and caught the provided coach across the bay to the start. This takes about 45 minutes. I had been planning to take my wife and granddaughter for a day on the sands. The weather was too bad for that though and I had wondered if the race would run. With the heavy rains in the previous weeks it might have caused the rivers to be too high. The start was delayed by ten minutes as the guide made the optimum timing adjustment to co-ordinate with the tide. It was never going to be a fast time, just a novelty event so I took my camera, mobile phone and other items in my Camelback bag. There were 185 runners listening to the safety briefing and explanation of the five water stops and the mile markers that were not placed precisely "due to the nature of the course". There is more on this later.

So away we were at 1:40pm across some dunes and onto the beach. I had expected it to be a bit different but there were some very odd things like the mile marker being about every kilometre! This I concluded by reading my Garmin and my eventual time for the course. Having run the Freckleton Half the previous weekend, I knew my GPS was accurate. So the miles (kilometres) went by pretty quickly running over hard wet sand and only occasional calf deep streams. The large Kent Estuary (see the photos) was a couple of hundred yards wide and thigh deep. The bottom was still smooth and solid but not run-able because of the water depth, so you trudge through it. The estuary separated the two (yes two!) seven mile markers. One was at about 5.5 miles and the second about a mile later! This caused some consternation to those who had believed the markers. At this time we received some cheers from the walkers who were making a guided crossing in the opposite direction.



By now the weather was improving and you thought you were nearly there. However, the course snakes and turns back. The flatness and absence of features also makes it very difficult to judge distances. I knew we were near the end when there were people watching and cheering us. So we ran up a pebbly beach and along a grassy path to the finish line in position 81 with a time of 1:50:56 and 12.29 miles on my GPS. I had been expecting a personal worst but ended up being only 18 seconds slower than my PB in the Freckleton the previous week. But then again it was not a full Half Marathon. At the end I collected my bag (which the kit van had brought back from the start), got my smart tee-shirt, quality goody bag, tea, cakes, water etc. The GPS map looks like a boat trip. If the tide had been in, we would have been three miles out at sea at times.



If you are half tempted by the novelty of the event, you should do it next year. I was pleasantly surprised and would do it again.

Runners rambles & race reports

"I did it MYYYYYYY WAAAAAAAY!"
by Mary Cowling

Cast:

Mary Cowling

Leg 1 – Gayle Benson & Naomi Sharratt (15 miles)

Leg 2 & 3 – Alison Farrar & Linda Murgatroyd (11.8m)

Leg 4 – Marilyn Greenwood & Pat Pitts (9.8 miles)

Leg 5 – Phil Stapley, Carol Lord, Clare Simpson & Claire Wood (7.7 miles)

Leg 6 – Tracy Dean (10.5 miles)

Supporting Cast:

Penny Fleming, Judith Greenwood, Richard Fawthrop, Jessica Fawthrop, Alan Gibson, Gary Cowling, Jack Cowling, Alison Adams, Joanne Hirst, with non-running friends making a surprise appearance en route and a pride of Lions patiently waiting at the finish.

Special Guest Star:

"The Walking Pole" aka "Magic Stick" – RRP £3 from all good pound saver shops.

Leg 1

Setting off for a 50 mile run at 4.30 in the morning is not everyone's idea of fun but I have to say I was actually looking forward to it, what's more I knew Naomi and Gayle would feel the same. There's something quite special about being up and about at dawn, sampling the first sights and sounds of the day, knowing that it would be a good few hours at least before we would meet another human being.

As it happens we weren't the only ones squinting in the half light that morning, Marilyn had come down to see us off with a hug and a smile, but she too was not alone..... About 2 minutes into our trot we happened upon a woman walking her dogs in the woods - not 1, not 2, but 5 of them, all various sizes and barking furiously, including the woman, who was frantically trying to round them up whilst berating us with the line "Honestly, who goes running at 4.30 in the morning?" Quick as a flash Gayle retorted, "Well who takes 5 dogs for a walk at this time in the morning?" Ouch! Touché I think. Gayle's brain was obviously more awake than mine; I was only just thinking of a reply by the time Gayle had voiced hers.

My lack of brain power was to get me into another spot of bother towards the latter end of this leg. In my defense I was distracted by a lovely highland cow, and it was claggy on the tops reducing visibility somewhat. However, realising you have strayed over two miles off course with no alternative but to retrace your footsteps thus making your mistake a whopping five miles extra is not a good feeling. Naomi quickly calmed my rising panic levels with the words "Well it's done now, there's nothing we can do about the extra miles, we'll just have to carry on." Easily said if you haven't got another 40 odd miles to go, but I quickly dispatched any negative thoughts to the back of my mind, where surprisingly they stayed and never resurfaced

Leg 2

The loose "schedule" I had, was of course, completely out of the window by now. I knew Colin and Geoff were hot on my heels as Penny had already arrived at the changeover point to collect Geoff, who as it happens, went on to complete Legs 2 and 3 with Colin thus making Penny's early morning trip unnecessary.

After a quick chat with Penny whilst grabbing a cup of coffee and bite to eat, Linda, Alison and I set off up towards the reservoir. Once at the top we turned and saw in the distance behind us two very familiar figures. At this point I rang Colin and appealed to his better nature by suggesting he should do the Stoodley Pike loop to even things up a bit in the mileage stakes. Alas, he declined.

So it was somewhere heading down towards Lumbutts that Colin overtook me. I had by now been reduced to walking as I'd developed a niggle in my right leg. After taking painkillers I kept trying to jog every now and then, but that only made it worse so the only alternative was to walk. I told myself if that's how it had to be, then that's how it would be!

Surprisingly we finished Leg 2 in the time I had allotted for running it, which was a very positive result. As we approached the Leisure Centre in Todmorden we heard that Colin and Geoff had only just left. How could that be, they should have been way in front of us by now? We discussed various theories but I think Linda's explanation was the best, she reckoned that Geoff must have locked Colin in the toilet's to get him to calm down a bit because when they had passed us earlier Geoff appeared to be having a hard time trying to stop Colin from going off too fast too soon – Colin was definitely a man on a mission.

Leg 3

One of my favourite legs, it's short and sweet and mainly uphill so you don't feel too guilty having to walk bits of it. The only drawback is that you have to cross Todmorden Golf Course, which is ok if the golfers are aiming where they should be, but on this occasion Alison was nearly hit by a stray golf ball which was perilously close as we could all feel the rush of speed as it passed – as if we hadn't had enough adventure already!

Richard Fawthrop and his daughter were kindly waiting with jelly babies and words of encouragement about two thirds of the way through. Then before we knew it we were in Blackshaw Head where "The Golden Girls" - Pat, Judith and Marilyn, were waiting for us.

Leg 4

I took a few minutes to refuel and say my goodbyes before Pat, Marilyn and myself headed off towards Heptonstall, which would originally have been my halfway point but was now about 31 miles into the quest. Judith was assigned to support vehicle as she needed to save her legs for a grand prix race scheduled for the day after.

Once again I felt guilty as I explained that I was unable to run and we would have to walk the entire section. Pat however was delighted as she had pulled her back the night before and said that walking suited her just fine. How's that for commitment? She had turned out to support me, fully expecting to run despite having a heat pad strapped to her back and relying on painkillers. My "Golden Girls", amongst others, have inspired and encouraged me from my very first run with the club and I was thrilled that they had agreed to guide me on this section. After all they are the clubs original Calderdale Way Relay ladies and were the driving force behind our very first ladies team entry in 2001. Not a lot of people know that!

Once past Heptonstall it was down the steep paths to New Bridge, before climbing back up to Pecket Well.

Runners rambles & race reports

My leg was beginning to lose some strength on the uphill sections as I tired a bit, luckily Judith was waiting on the roadside at Pecket Well armed with a huge punnet of strawberries which she force fed me (yeah right, as if I needed force feeding).

For once I was grateful we were going to spend the next few miles crossing Midgley Moor as it meant there were no steep climbs or drops to aggravate my leg further. These miles sped by whilst the three of us put the world to rights. I did try and get Marilyn to mug a young man for his walking poles whilst in the middle of the moor but she was far too much a lady to do that sort of thing. I wasn't too worried when she declined though as I knew that I had at least one walking pole waiting for me at the next pit stop.

Leg 5

Wainstalls gave me the first glimpse of my husband and son of the day. Whilst Gary had offered to be at earlier points, the support I received was so good that he was made redundant until this point.

I'd packed loads of kit and food into the car the night before and although it was now 3 o'clock in the afternoon I didn't really feel that hungry. Jack had saved me a few squares of his "Yorkie" bar but I couldn't force myself to eat it. I did manage to shovel a few mouthfuls of tuna pasta down my throat as I knew refueling was critical to stop me burning out.

With 4 people supporting me between Wainstalls and Shelf it felt a bit like a club run (except of course we were walking). Phil, Carol, Clare Simpson and a surprise welcome addition Claire Wood kept me giggling throughout the 7.8 miles of steep climbs and equally steep descents.

I was definitely on a high at this stage as I knew once I reached Shelf there would only be 10 miles or so to complete, and bar a last minute mishap this little adventure was in the bag. Also this particular leg is one of my favourites and has some fabulous twists and turns with usually a good smattering of mud to play in too - need I say more?

I'm glad I had my "magic stick" on this section as it came in handy when the rest of my crew forgot why they were there and needed prodding to get them moving. Honestly, all they did was talk!

About two thirds of the way through Leg 5 Clare S. received a call from her partner Jason to say that Colin had finished; this was a huge boost as I knew Colin had completed his task well within his allotted time frame - which of course I knew he would.

Leg 6

For the last "bit" I knew that I would need one of my regular running partners; someone who knew me well enough to cope with tears and tantrums should they appear. Fortunately for me Tracy stepped up to the breach for this one. Who better than the girl who has dragged me, and I mean that literally, around more relays than I care to remember.

Thankfully I was in fairly good shape at the start for her, ok I wasn't moving as sharply as I'd hoped, but hey I was still moving - just.

We managed to make our way down through Norwood Green, Bailiff Bridge and back up to Clifton without too much fuss, catching up on the latest gossip as we went (as you do). Of course I knew somewhere along the line I would probably come across a field full of bullocks, (I said bullocks) - it's what is called Sod's Law and not something I look forward to. Unfortunately for me it was about 48 miles into my jaunt on a downhill section, which by now was definitely my slowest area. Fortunately for me they were either too tired, too young, or I smelt too bad for them to be bothered about us as we crawled past. What a result!

Dropping down into Brighouse and moving along the canal towpath was bliss; yes I know "towpath" and "bliss" aren't two words you would associate with me but on this occasion it was. Completely flat, and therefore beautiful. *Until we reached Brookfoot.....*

The recent heavy rains had caused an overflow from the canal to the neighbouring River Calder. The water level on the towpath was at least knee high and moving fairly quickly so Tracy and I decided that the only way I could get past safely would be to climb onto the wall between the two stretches of water and shimmy along until we reached a dry section. It took a fair few minutes and I'm glad Tracy didn't decide to walk along the wall as she'd suggested, mainly because I would have been in no fit state to jump in the water after her if she fell, but also she had my "magic stick". To lose your "Sherpa" is one thing; to lose your life-line is just downright irresponsible.

The last few climbs up to Southowram were really satisfying and I attacked them with gusto, so it was a bit of a surprise to find myself struggling on the final two miles as they were all downhill. As my mind and body began to tire my emotions threatened to take over, but I managed to keep them all in check by reminding myself why I'd undertaken this journey in the first place.

Seeing so many people waiting for me at the end however brought all my emotions back to the surface, especially when I saw my long suffering husband and son who had lived through every little detail of my training over the last few months. I'm not sure who was more relieved for me to finish, me or them.

The whole day was a very humbling experience not least when I considered the fact that so many people had given up their precious time to support me and Colin. My "Golden Girls" even laid on food for me at the finish, which was a truly lovely gesture.

OK I didn't manage to fulfill the "loose schedule" I had set out to do, but how on earth could I be disappointed when I'd gained so much? I had a wonderful day out on the hills and tracks of Calderdale with friends and family whilst managing to raise much needed funds for a worthy cause. My total tally: 54.8 miles in just under 17 hours.

Thank you to everybody who contributed to our day and to our cause, we hope to have raised in excess of £1200 in total.

And from the rest of us mere mortals a huge well done to both of you.



Runners rambles & race reports

RACE -	Rother Valley 10k, Rotherham	PB POTENTIAL	9/10
RUNNER -	Dave Crowther (the only Lion!)	SCENARIO	9/10
TERRAIN -	Trail - Flat	ATMOSPHERE	7/10
RUN IT AGAIN	Definitely	ORGANISATION	7/10
		BEGINNER FRIENDLY	9/10

COURSE The course is around 2 lakes at Rother Valley Country Park on purpose made paths, some tarmac, some trail. Oh and its FLAT !!.

WHAT MADE ME PICK THIS RACE

I had left my entry for Rothwell 10k too late and wanted somewhere to run, it sounded like the perfect place to attempt PB.

THE HIGHS

I did do a PB, but only by 20secs. Helped a struggling lady runner from Penistone Footpath Runners to finish her first 10k race. Got a cuddle (!). Great scenery. Wonderful off-the-water cool breeze. Lovely setting, great for picnic afterwards. Only 1hr down the Motorway. Lots of cheering crowds. Beautiful sunny day.

THE LOWS

Bloody hot and dusty. Needed a second drinks station. My usual lack of motivation (help needed please!) and the failure to crack the 1hr mark.

ANYTHING ELSE

Finishing line wasn't definite enough and the organisation is not quite 100% yet. Put it on your Running Calendar for next year.

Mmm, note the bit about nice sunny day and hot & dusty, I've had this report for a while, the race was run in April!

Get your beach body into shape with these 10 rules for fat-burning exercise

1. Blast your body fat

Let's be honest. The appeal of shedding excess body fat is what gets many of us pulling on those trainers and signing up for pricey gym memberships. If blasting body fat is one of your exercise goals, these ten pointers will ensure you get the most out of every workout minute.

2. Be intense!

Don't be fooled by the so-called fat-burning zone. This is the misguided notion that working at a lower intensity is better for fat burning than working at a higher effort level. (Say, for example, walking instead of running.) The harder you exercise, the more calories you will burn and it is this that really counts when it comes to losing fat.

3. Choose carefully

There is no such thing as the 'ultimate' calorie-torching activity. Energy burned is dependent not just on the activity itself, but on how much effort you put in, how skilled you are at it, how long you do it for, and how often. So choose something that you are going to do regularly and consistently. That means an activity that you actually enjoy (unless you want your workouts to involve untold misery and boredom!) and one that is practical and accessible. (Heleskiing is out, then!)

4. Give it large!

Serious fat-burning activity uses the large muscle groups of the body – the thighs and bottom, chest and back. The greater the overall recruitment of muscle, the higher the calorie expenditure. So in the gym, you are much better off using, say, the rower than one of those arm-cranking machines.

5. Sustainable development

To fire up the calorie furnace, fat-burning activity has to be sustainable for a reasonable period. So while skipping is great exercise, it's not much use if you can only do it for three minutes. The American College of Sports Medicine recommends 20-60 minutes per session, three to five times per week. It doesn't have to be continuous effort, however...

6. Wait for the interval

Interval training, in which you mix hard efforts with bouts of recovery, is one of the best ways of maximising calorie expenditure, improving aerobic fitness and making use of limited time. To get the most out of an interval session, ensure that you work outside the comfort zone on the efforts and ease right off during the recoveries. Try a 2:2 rest/work ratio to start with.



7. Carry the load

Activities that are weight bearing, such as walking and running, use more calories than those in which your weight is supported (such as swimming or cycling), simply because you have to shift your own body weight against gravity.

8. Running on empty?

You may have heard that exercising on an empty stomach in the morning burns more fat. It is true that the body has to rely on fat stores if you don't break the overnight fast, but then again, the lack of a ready energy supply may mean that you don't work out for as long, or as hard, as you may have otherwise done.

9. Go for the (after)burn

One of the best things about exercise is that the fat-burning benefits continue long after you've got out the shower. This 'afterburn' (increased calorie expenditure) is far greater following exercise at 75% of maximum heart rate, or higher – another reason to eschew those low-intensity workouts!

10. Move the goalposts

If you want to keep seeing results in your fat-burning programme, you must keep increasing the intensity. This isn't the same as increasing your effort, because as you get fitter, your body will be able to cope with increasing demands. If you rest on your laurels, the benefits will begin to tail off.