



The Lion's Tale

*The (almost) monthly news letter of the
Stainland Lions Running Club, Mar/Apr 2008*



Comments from the chair

A very Happy Easter in a month that has probably been the most successful ever in our 20 year history for Stainland Lions Running Club (must check with our resident historian Colin).

Firstly in the Cross Country we had 46 Lions turn up to Skipton. It was a tough course but lots of great (free!) food afterwards. We won the race overall again for the third race in a row but unfortunately could not make up the full points difference between ourselves and Dewsbury. However the best we have ever finished in the past was third in 2004 so a fantastic effort by all. Well done to Captain Ben (the bullet) and I'm sure we can go one better next year.

The presentation night was a very enjoyable one at Baildon. Congratulations to all who won trophies but especially to Ben and Gayle for winning the top individual prizes and the Ladies team who won the first place trophy. I had the dubious task of having to present Dewsbury with the winning trophy (thanks Ben), congratulations to them and I told them we would have it next year. Many thanks to Avril and Pete for organising the transportation yet again, hope you're feeling better now Avril. Not so many thanks to Mags and Angela Jordon who won a very poor bottle of Whiskey, after nearly getting thrown out of the venue for drinking it, we then finished off the bottle in the mini-bus on the way back. As always I was a good boy and headed home with the trophy, unlike other stop outs who hit the town and one who had to wake his wife up at 5am in the morning because he had no key.

The Runners-up Trophy was presented by myself to the Heath Rugby Union Football Club (Heath RUFC) management committee at the last meeting. They were delighted for us and have put a photograph of the Trophy and an article on their website all about our success. As a result of coming Runners-up we have qualified for the National Cross Country Plate Race for the first time to be held on the 6th of April. As you will read below this unfortunately clashes and has resulted in us struggling to get a team together for the race.

Secondly Karl Gray won the Spenborough 20 mile race to become Yorkshire Champion in a time of 1.55 hours. A fantastic achievement and we are all delighted that you wear your Stainland Lions Running Club vest with such pride. In addition Adam Breaks ran in the Salford 10k and finished 8th overall in his Stainland Lions Running Club Vest. Adam does not come off the fells or out of the pub much but we're delighted he is spreading the success of the Club. Good luck to all our friends running for Calder Valley in the British Fell Championships on the 6th of April

So looking into the future and The Bluebell Trial is only a month away. At last count we already had well over a hundred entries in what I'm sure will be our most successful race yet. As always we require a great deal of help from you the members to put this event on. This year, as in the past Mary and Alan are the directors with Geoff taking on the role of Chief Marshal and myself taking on the car parking duties. Please put your names down to help if you can spare the time or run the race so we have a healthy local presence.

There was a fantastic turn out for the Bluebell walk, over 30 I believe including children from six upwards. Especially well done to Amy Newill who walked the whole ten miles without complaining. The whole day was a great success with a Ester Egg hunt and BBQ at our HQ Heath Rugby Club. Many thanks again to all involved especially Mary and Trevor.

Just before Bluebell we start our annual beginners course on the 21st April which I'm sure due to the hard work of Diane and many helpers from the membership will be a great success as always. Last year we had over a hundred runners on some nights and the best sight was seeing them all being warmed-up By John Bassinder on the first team pitch.

The committee has decided that rather than buy a separate shower and toilet block for outside we will help Heath refurbish their existing facilities. Our Vice-Chairman Steve Boyer has looked closely in to this (did you have your fishnets on!) and we hope this could all be finished in a few months. As I'm sure you will all have noticed that Stainland Road has re-opened to two way traffic so travelling to the club should now return to normal just in time for the beginners course.

Comments from the chair



As many of you will have noticed the Fell Grand Prix has well and truly started. This is open to any member, just turn up and run. The first race was the Ian Roberts race just up from Marsden Cricket pitch and was a beautiful day with a fantastic view from the top. A tough cross moor seven miles with the customary steep section nicely through the race so that your well warmed up. Great venue and a superb spread afterwards. Trevor just drank his health drink! I managed to finish second from last but found a good golf ball on the final stretch. Unfortunately Toby Underwood fell badly on his knee and had to retire from the race (that's probably the first and last time I'll ever beat Toby in a race). It was great to hear that Paul Rawlinson, battling against Toby at the time, stopped to check he was OK and called a marshal over. True Stainland Lions Running Club style. Colin also fell, carried on the race, went to Dubai on business for a week or so, came back and finally went to the hospital to find he had broken his arm in three places, what a man! Great to see Toby is fine and that although Colin is a bit grumpy he has finally sought medical advice and I'm sure after a six week break will be back again, good luck Colin.

The second race was Rivington Pike which is the second oldest recorded Fell race in the country. An incredible nearly 300 runners field including the current British Fell Champion and also Ron Hill running the race for the 35th time was there. Trevor thought I'd be able to beat some fun runners but as I looked around at the start all I could see were skinny nutters with the occasional grey pig tale. This time I finished third from last just passing an eighty year old in the final couple of hundred meters and a seventy year old about a minute behind. A lady of over seventy came flying past me with a mile to go. If I can still run at that age I will be a very happy man.

That's all for now. More success to come in the next newsletter

Cheers Richard

Captains Log - Results

Road & Trail

Radcliffe 12 mile Trail Race 17/02/08

186th Cath. O'Shaughnessy 1.55.03

Pocklington Snake Lane 10 24/02/08

222nd Claire Hanson 1.11.38

402nd Diane Waite 1.21.20

417th David Waite 1.22.06

501st Paul Bainbridge 1.27.55

558th Josephine Parkin 1.33.18

Huddersfield Road Runners 10k 24/02/08

165th Karl Martin 48.21

201st Susan Gledhill 50.02

Haweswater Half Marathon, Cumbria 02/03/08

187th Mark Preston 1.44.34

Dentdale Run 07/03/08

68th Mark Jones 1:41:55

78th Simon Hogan 1:43:33

103rd John Bassinder 1:46:31

110th G D 1:47:25

133rd Gavin Dodd 1:50:36

138th Mark Preston 1:50:50

197th Aileen Baldwin 1:58:13 1st L55

210th Jonathan Pridgeon 1:59:29

212th Jimmy Smith 1:59:49

229th John Ingles 2:01:20

251st James Carville 2:03:49

264th Mark Speight 2:05:24

276th Alan Gibson 2:06:48

280th Paul Costello 2:07:03

Dentdale Run 07/03/08 contd

286th Steven Crowther 2:07:58

300th Helen Fay 2:09:34

303rd Alan Lashbrook 2:09:40

313th David Waite 2:11:01

353rd Steve Turner 2:14:48

365th Clive Siddall 2:15:50

368th Eileen Hiller 2:16:35

372nd Gene Gray 2:17:28

373rd Jacqueline Dinsdale 2:17:35

389th Wendy Goodwin 2:19:18

391st Richard Graves 2:19:30

402nd Susan Aitken 2:20:49

414th Nicola Sabey 2:23:15

431st Carol Lord 2:26:52

444th Susan Siddall 2:31:29

446th Jenny Haigh 2:32:24

459th Judith Greenwood 2:37:15

461st Joanne Hirst 2:41:37

Ballycotton 10, Cork, Ireland 08/03/08

98th Louise Cavanagh 1.00.56 3rd Lady

116th Damian Cole 1.02.00

244th Mags Jordan 1.07.01

247th Angela Jordan 1.07.03

360th Lorraine Naylor 1.09.53

1374th Jo Kitcher 1.26.33

1557th Clare Simpson 1.29.28

1657th Andy Adams 1.31.38.

The Stainland ladies came 1st in the team prizes, well done to Mags Jordan, Angela Jordan and Lorraine Naylor

Captains Log - Results

Road & Trail

Ultrafit St Annes 10 mile Road Race 16/03/08

148 th	Mark Preston	1.14.47
332 nd	Patrica Pitts	1.46.29



Spensorough 20 16/03/08

1 st	Karl Gray	1.55.00
207 th	Alan Lashbrook	3.21.58
216 th	Shelley Green	3.32.41
217 th	Catherine O'Shaugnessy	3.32.41

Salford 10k Road Race 21/03/08

8 th	Adam Breaks	33.18
200 th	G D	42.34

Caldervale Country 10, Lancashire 21/03/08

80 th	Mark Preston	1.15.21
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Guiseley Gallop 10k 23/03/08

244 th	P Ingham	52.20
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Vera Hirst 5K, Littleborough 26/03/08

106 th	Mark Preston	21.18
141 st	A McManus	23.23
157 th	Jo Kitcher	24.31
182 nd	Lindsay Sykes	28.18

Wilmslow Half Marathon 30/03/08

211 th	Mags Jordan	1.29.03
228 th	Lorraine Naylor	1.29.32
275 th	Angela Jordan	1.31.08
347 th	Simon Hogan	1.33.07

The Stainland ladies came 1st in the team prizes - well done!

Wakefield 10k 30/03/08

M Jones	- 39.51
J Bassinger	- 41.11
G Dodd	- 41.35
M Preston	- 43.16
J Riley	- 43.27
J Cooke	- 43.51
G D	- 43.56
J Pridgeon	- 45.24
K Martin	- 46.20
J Hirst	- 46.44
A Baldwin	- 47.28
S Turner	- 47.42
J Ingles	- 47.56
J Smith	- 48.02
P Costello	- 48.18
H Hudson	- 48.29
S Gledhill	- 48.58
A McManus	- 49.21
J Kitcher	- 49.40
R Sanderson	- 49.40
I Threkeild	- 49.43
J Carville	- 49.57

Wakefield 10k 30/03/08 contd

P Bebb	- 50.06
H Fay	- 50.06
J Taylor	- 51.17
M Rainford	- 53.11
A Adams	- 53.46
L Broadbent	- 54.08
S Manning	- 56.55
W Goodwin	- 57.00
N Sabey	- 57.20
R Roberts	- 57.48
S Siddall	- 58.20
L Henderson	- 58.35
L Sykes	- 59.09
J Bebb	- 1.07
J Hirst	- 1.09
J Greenwood	- 1.01.57
A Griffiths	- 1.02.28
A Goulden	- 1.04.45
R Henstock	- 1.05.51
A Fawthrop	- 1.10.16

Fell

Carenthy 5 Hill Race 16/02/08

97 th	Naomi Sharratt (CV)	63.20
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Ilkley Moor Fell Race 24/02/08

59 th	Toby Underwood	47.51
64 nd	Paul Rawlinson	48.15

Noon Stone Fell Race 01/03/08

3 rd	Karl Gray (CV)	1.10.52
72 nd	Gayle Sugden (CV)	1.33.40
125 th	Darren Sugden (CV)	1.42.05
159 th	Colin Hughes	1.50.00
167 th	Jon Pridgeon	1.50.54
178 th	Trevor Murgatroyd	1.53.25

Black Combe 08/03/08

45 th	Ben Mounsey (CV)	1:21:16
136 th	Naomi Sharratt (CV)	1.32.57
147 th	Gayle Sugden (CV)	1:34:43
229 th	Darren Sugden (CV)	1:49:37

Half Tour of Pendle, Lancashire 08/03/08

158 th	Tracey Dean	1.44.39
173 rd	Linda Murgatroyd	1.50.10

Ian Roberts 09/03/08

19 th	Paul Rawlinson	47.00
47 th	Geoff Matthews	54.04
50 th	Craig Geoghegan	56.11
66 th	Trevor Murgatroyd	58.33
68 th	Colin Hughes	59.15
75 th	Antony McManus	61.35
85 th	Richard Fawthrop	76.58

Captains Log - Results

Fell

Haworth Hobble – Wuthering Hike 15/03/08

2 nd	Adam Breaks (CV)	4.09.04
256 th	Lynne Broadbent	10.39.35
257 th	Judith Greenwood	10.39.35
257 th	Aileen Baldwin	10.39.35



Windmill Whizz 15/03/05

12 th	Paul Rawlinson	44.47
29 th	Lee Naylor	50.12

Causey Pike Fell Race 22/03/05

54 th	Paul Rawlinson	45.43
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The Walsh Rivington Pike Race 22/03/08

8 th	Ben Mounsey (CV)	19.01
63 rd	Toby Underwood	22.31
122 nd	John Bassinder	24.37
148 th	G D	25.28
167 th	Trevor Murgatroyd	26.16
294 th	Richard Fawthrop	38.58

Grand Prix results - road

Results after event 4, Wakefield 10k

Div 1	1	Mark Jones	51 pts
Div 1	2	Gav Dodd	40 pts
Div 1	3=	G D	34 pts
Div 1	3=	Mark Preston	34 pts
Div 2	1	Aileen Baldwin	44 pts
Div 2	2	John Ingles	37 pts
Div 2	3	Jess Riley	31 pts
Div 3	1	Sue Siddall	36 pts
Div 3	2	Helen Hudson	34 pts
Div 3	3	Jo Kitcher	32 pts
Div 4	1	James Carville	54 pts
Div 4	2	Wendy Goodwin	44 pts
Div 4	3	Sue Aitken	42 pts
Div 5	1	Joanne Hirst	35 pts
Div 5	2	Joanne Quirk	30 pts
Div 5	3	David Swarbrick	26 pts

Grand Prix results - fell

Results after event 3, Midgley Moor

1	Richard Fawthrop	126 pts
2	Toby Underwood	95 pts
3	Trevor Murgatroyd	94 pts

PB corner - congratulations!

Wakefield 10k

John Bassinder	41.11
Gav Dodd	41.35
Jess Riley	43.27
J Cooke	43.51
Jez Ingles	47.56
J Kitcher	49.40
I Threkeild	49.43
J Hirst	58.55



Wilmslow ½ Marathon

Mags Jordan	1.29.03
Lorraine Naylor	1.29.32
Angela Jordan	1.31.08
Simon Hogan	1.33.07

Well done to you all & I'm very sorry if I've missed anyone out, please drop me an email & I will put in a mention next month. Thanks, Helen

Barcelona Marathon

Jess Riley	3.54.16
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Did you know....

If you feel tired and sluggish in the middle of the day it could be down to your choice of food. Certain foods, such as sugar, sweets, and chocolate, can lead to a sudden upsurge in your insulin levels. These foods could be at the root of your sluggishness

Take action:

Try to eat smaller, more frequent meals; eat low-GI foods instead of refined carbohydrates. Eat fat-free and low-fat dairy products rather than full-cream products. Also eat more wholegrain foods, bran cereals, beans, lentils, peas, sweet potato, oats, brown rice, soft fruits and citrus fruits.

If you need to concentrate, but you're really tired try eating something crunchy. A handful of nuts or even some popcorn will do. The crunching sensation seems to perk up your mind. Also try standing up while you think, rather than sitting at your desk.

Healthy low GI snack foods include:

Dried apricots, peanuts, low fat yoghurt, skimmed milk, apples, pears, kiwi, banana (not over ripe), special k, & porridge. Try a quick homemade fruit smoothie. Blitz together 1 small banana, a couple of spoonfuls of natural yoghurt, a cup of skimmed milk & a drizzle of honey. Add a handful of frozen berries for something a bit different, also perfect as a post run recovery drink.

Notice Board

Joe Percy 10k

Wed 18th June, Thurstonland Cricket Club, Hud's

The club pays the entry fee & the race is open to all fully paid up members. We have to submit a list of runners in advance so if you would like to run please let Linda know or add your name to the growing list on the forum.

Beginners Course

The ever successful beginners course starts Mon 21st April, 6.30pm from Heath. Extra helpers are always welcome

Next away run Thurs 8th May

Robin Hood Inn, pecket Well, Hebden Bridge HX7 8QR 6.45pm

2 off road options, weather permitting. Just turn up or contact Geoff or Penny for further info

Dates for your diary.

These are still to be confirmed so keep your eye on the forum closer to the time

Sat 19th Apr Mick Blaylocks 50th birthday bash (pub crawl, all details are on the forum)

Sun 25th May Rounders at Heath 1.00pm

Thurs 19th June Tortoise & Hare

Sat 12th July Club birthday run

Tues 22nd July Summer Handicap from Red Lion

Sat 2nd Aug Pub relay & BBQ

Annual subs are now well overdue - if you haven't yet paid up please get on with it! Cheques for £20 payable to Stainland Lions Running Club can be sent to: Linda Murgatroyd, 6 The Hame, Stainland, Halifax. Hx49HT

Lions Lounge & new member profiles back next month. Please keep them coming, along with any articles, race reports, photos etc. Deadline for next issue is 28th May

If you've not yet braved it onto the rough stuff then maybe this pic will inspire you. Taken at the Anniversary Waltz fell race in the Lake District. More to follow next month

BLUEBELL 4th MAY - UPDATE:

Firstly, thank you to everyone who has so far volunteered their services for this years event, it is much appreciated.

Geoff is now in full throttle trying to fill all the marshal positions alongside Richard who is co-ordinating the parking this time around. If you can spare a few hours on Sunday 4th May please let them know, the earlier the better as we have around 50 places to fill in total. For those who have never marshalled before, don't worry, all you have to do is smile a lot, give plenty of vocal encouragement and point the runners in the right direction every now and then. We usually hold a marshals meeting nearer to race day in order to iron out any queries you may have.

Many of you will know from previous year's that a bit of muscle and elbow grease is required prior to the main event too, so if you are unavailable on race day perhaps we can tempt you to spend a few hours at Heath on Saturday afternoon (3rd May) and help us with some of the pre-race preparation? The main areas which require attention are goody bag stuffing, erecting the marquee, quick tidy of graffiti alley (section of Hebble Trail between Nestle and Whitegate Road), and the river crossing preparation. The more the merrier as this obviously enables us to get things done a bit quicker. Contact Alan Gibson or myself (Mary) if you can help.

Remember there will be a bbq for all marshals and helpers directly after the event so stick around, you'll marvel at Trevor's fab new portable bbq!

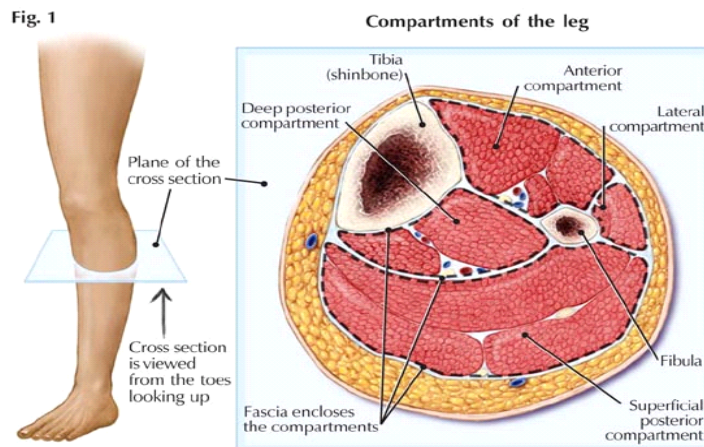


Injury of the month

Shin Splints

The term shin splints tends to act as a blanket description for any pain occurring between the knee and ankle. A more accurate description is to refer to it as a compartment syndrome.

Basically if you were to cut through the lower leg and look along the length of the limb, you would see that the various muscles can be grouped into 4 groups or compartments. Each group is surrounded by a tissue called 'fascia'. Fascia is an inelastic, incredibly tough tissue. The picture shows the 4 compartments: anterior, lateral, deep posterior, superficial posterior.



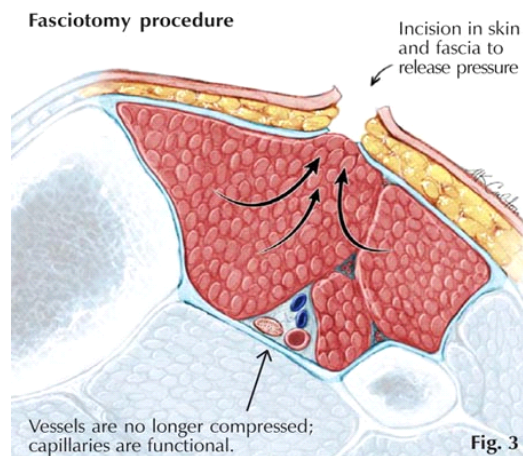
The anterior compartment encloses the muscles tibialis anterior, extensor hallucis longus and extensor digitorum longus. Pain is felt on lifting the foot and pulling it back towards the shin. Although the exact cause is unknown, an increase in training, change of terrain, change of trainer, training or jumping on a hard surface are all thought to contribute. What happens is that with activity, the muscles swell and get bigger. The fascia is unable to stretch and the muscles become compressed. This increase in pressure means that blood cannot get into the muscles very well bringing oxygen, nutrients and removing waste products. This produces a lack of oxygen (ischaemia) with associated pain and impairment of muscle function.

The lateral compartment encloses the peroneal muscles and the superficial peroneal nerve. What happens is that the peroneal muscles swell and put pressure on the peroneal nerve which causes a loss of sensation over the top of the foot around the 2nd-4th toes.

The superficial posterior compartment involves gastrocnemius and soleus and pain is felt over the muscle at the back of the calf and is increased by pointing the foot. Causes are the same as for the anterior compartment syndrome.

The deep posterior compartment is made up by the deep toe flexor muscles: tibialis posterior, flexor hallucis longus, flexor digitorum longus. Pain is felt over the bottom 1/3 of the shin on the inside. It can also be called 'medial tibial stress syndrome'. It can be caused by stress fracture, inflammation of where the fascia joins the bone or ischaemia.

Treatment revolves around removing the activity that caused the symptoms in the first place i.e. reducing training, changing footwear, manual therapy by a physiotherapist. The physio will perform a biomechanical assessment to work out why the problem started and then prescribe you a rehabilitation programme to deal with any tightness, weakness or stiffness found. PRICE can be applied when the injury is new and inflammation is present. In the worst case scenario where blood flow is compromised, surgeons will perform a fasciotomy where they cut through the skin and fascia to release the pressure on the blood vessels so that blood flow can be restored.



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