



The Lion's Tale

*The monthly newsletter of the
Stainland Lions Running Club, April/May 2009*

Comments from the Chair



My opening words have to be to congratulate the Cross Country team for winning the national trophy in April – very well done to all of you. What an amazing day and not just because we won (that was just the icing on the cake). I arrived at Heath at 9.30am to see work was well under way, the marquee and gazebo's were almost up, tea and coffee on the go! It was all looking very exciting but more than that it was a sense of pride to be a part of the club and see people turning out to help. It was great to hear all the good comments from David Mann the National co-ordinator and the other runners. A couple of the clubs took the time to email me after the event to compliment the course, the marshals and how well organised it was. It goes without saying this is thanks to Richard for the idea in the first place and all the people that turned out to help on the day and with the preparations beforehand (too many to name and wouldn't want to miss anyone out) – so a big, big thank you from me!

It seems such a long time ago now, I organised a fun and games night for charity (Overgate and Childline). The people that came along had a good night and were duly entertained and I'm pleased to say we raised £430. A massive thanks to those that came and really happy you all enjoyed it.

The Beginners' Course started in April, over 100 people turned up to give running a try. Monday 15th June is the last session (the race night when Marshals, sweepers, time keepers and just to run along with them to encourage them along will also be required – if you are able to help, please contact Paul Costello or myself). This is a good time to recruit new members so it's important that we show them we are a friendly, helpful club. Thanks to everyone that has helped, it couldn't take place without you.

In May it was the infamous Bluebell Trail! Again, a tremendous success, which is thanks to all who helped make it happen, everyone from the goody bag packers to the marshals and time keepers. In particular, Graham took on the role as Race Director at the last minute – really well done to him, I'm sure he's looking forward to the next one already. It was another day in the racing calendar which makes you feel proud to be a lion.

Bye for now!
Diane

Captain's Log Results

Inverness 1/2 Marathon **08/03/09**
113th Keith Hutcheon 01:30:00

Trimpell 20 **15/03/09**
8th Angela Jordan 2:18:11 **PB**
9th Mags Beever 2:18:41 **PB**

Spenn 20 **15/03/09**
Karl Gray 1.54.52 2nd
Gavin Dodd 2.44.44
Amelia Wheelwright 2.54.49

Rome Marathon **22/03/09**
Sylvain Husson 3:13:48 **PB**
Jess Riley 3:14:08 **PB**

Burnley 10k **22/03/09**
Jeff Anderson 45:06
Amelia Wheelwright 46:47
Martin O'Brien M45 47:07
Catherine Mellor 55:53
Patricia Pitts 1:04:08

East Hull 20 **22/03/09**
Karl Martin 3:13:44
Jonathan Taylor 3:15:22
Paul Wallis 3:30:40

Vera Hirst 5k **25/03/09**
Gavin Dodd 20.47
Mark Preston 21.50
Martin O'Brian 23.31
Helen Fay 25.09

Silverstone 1/2 Marathon **25/03/09**
Sue Gledhill 1:48:49 **PB**
Karl Martin 1:56:22

Midgley Moor Fell race **28/03/09**
Karl Gray (CVFR) 38:34
Warren Thomas 51:06
Lee Naylor 51:42
G D 52:18
Jamie Smith 52:59
Jimmy Smith 58:57
Antony McManus 1:02:16

Bradford 10k **29/03/09**
Mark Speight 44:00
Richard Hand 44:19 **PB**
Amelia Wheelwright 44:40
Tim Neville 48:34
Martin O'Brien 49:30
Fran Nowell 50:44
Cathy Mellor 50:53
Sue Barritt 51:06
Steve Boyer 50:39

Helen Nichall 54:57
David Crowther 1:05:10

Liverpool Half Marathon **29/03/09**
Ellie May 1.44.33 **PB**
Caroline English 1.53:10 **PB**

Wilmslow Half Marathon **29/03/09**
Angela Jordan 1:25:25 2nd TP **PB**
Mags Beever 1:27:02 2nd TP **PB**
Lorraine Naylor 1:32:10 2nd TP
Diane Waite 1:48:23

Brenda Robinson 5k **1/04/09**
Mark Preston 20.48
Karl Martin 22.36
Susan Gledhill 23.07 **PB**
Andrew Toft 23.18
Martin O'Brien 23.21 **PB**

Gisborough Moors **5/04/09**
61st Lee Naylor 111:03
66th G D 112:35

Oldham Half Marathon **05/04/09**
Susan Manning 2:00:01
Paul Wallis 2:01:00

Baldon Boundary **05/04/09**
Jimmy Smith 1:51:01
Susan Gledhill 2:04:01
Karl Martin 2:06:04

Paris Marathon **05/04/09**
Steve Turner 3:28:03 **PB**
Al Gibson 4:20:41
Eileen Hiller 4:16:51
Chris Tetlow 4:32:23
Lucy Siddall 4:40:35
Clive Siddall 4:41:57
Carol Lord 4:48:59

Salford 10k **10/04/09**
G D 40:59
Diane Waite 44:14
Cathy Mellor 49:02
Will Brown 54:10

Caldervale 10 **10/04/09**
Jeff Anderson 1:16:57

Wakefield 10k **10/04/09**
Sylvain Husson 37:00 **PB**
John Bassinder 41:16
Mark Preston 41:32
Jeff Anderson 43:36
Emma Fawcett 44:06
Alan Whitely 44:18

Richard Hand	44:26
Aileen Baldwin	44:33 2 nd V55 PB
John Hirst	44:39
Amelia Wheelright	44:55
Jonathan Wade	44:52
Martin O'Brien	46:47
Jon Pridgeon	47:06
Brian Conroy	47:06 PB
Ellie May	47:22
Helen Hudson	47:00
Sharon Carter	47:19 PB
James Carville	47:22
Victoria Carick	47:53 PB
Peter Pebb	48:23
Steve Hallam	48:36
Mike Fox	48:38
Paul Costello	48:39
Time Neville	48:25
Steve Boyer	48:24 PB
Ian Appleyard	49:55
Terri Conroy	50:44 PB
Caroline English	51:21
Sharon Nettleton	52:01
Raymond Mooney	53:08
Richard Brear	56:05 PB
Lesley Henderson	56:26
Will Browne	59.43
Louise Sutcliffe	59:45
Richard Fawthrop	59:07
Anna Griffiths	59:22
Janet Bebb	1:01:45
David Crowther	1:01:54
Joanne Hirst	1:02:07
Wardle Skyline Rochdale	10/04/09
G D	59.21 3rd M40
Mark Preston	64.17
Tony McManus	68.39
Steve Boyer	70.35
Guisseley Gallop	12/04/09
Martin O'Brien	52.43
Derwent Dambuster 10	18/04/09
Ellie May	1:24:00
Fountains 10k Ripon	26/04/09
Mike Fox	50:20
London Marathon	26/04/09
Mark Pigford	2:55:26 PB
Mags Beever	3:14:18
Angela Jordan	3:28:05
John Bassinder	3:41:40 PB
Warren Thomas	3:50:11
G D	3:51:51
Joe Nolan	3:53:42
Susan Manning	4:24:05
Karl Martin	4:35:53
Julie Talbot	4:43:26

Angela Fawthrop	4:45:56
Paul wallis	4:46:53
Coniston 14	
Tim Hayles	1.41.54
Fiona Woodhouse	1.48.32
Clare Hanson	1.54.39
Louise Briggs	2.10.08
Highland Fling	25/04/09
Keith Hutcheon	10:29:38
Fountains 10k	29/07/09
Mike Fox	50:20
Sheffield ½ Marathon	26/04/09
Gavin Dodd	1.38.12 PB
Emma Fawcett	1.39.46 PB
Maria Harron	1.47.34 PB
Paul Costello	1.51.01 PB
Sharon Carter	1.53.23 PB
Hawkeshead 15k Trail	18/04/09
Karl Martin	1:37:28
Susan Gledhill	1:37:50
	03/05/09
Bluebell Trail	
Adam Breaks	01:07:55 1 st M TP
Gavin Mulholland	01:11:10 3 rd M TP
Sylvain Husson	01:16:16 TP
Tristan Alexander Sheard	01:17:13
Mark Jones	01:21:31
James Penson	01:22:05
Jessica Riley	01:22:28
Adrian Shaw	01:22:32
Johathan Kershaw	01:23:49
Keith Hutcheon	01:24:24
Richard Robert Hand	01:24:29
Tanya Seager	01:24:37
Michael Lancaster	01:26:08
Jeff Anderson	01:31:32
Andrew Gaukroger	01:31:35
Aileen Baldwin	01:32:04 1 st FV55
Helen Hudson	01:36:41
Gez Hodgson	01:37:01
Antony McManus	01:38:18
Gary Clay	01:39:50
Ellie May	01:41:21
Martin O'Brien	01:41:49
Lynne Davies	01:42:24
Steve Boyer	01:42:45
Thomas Pellett	01:43:55
Sandy Gee	01:44:34
Ian Appleyard	01:45:14
Maria Harron	01:45:17
Brian Conroy	01:45:32

Sharon Carter	01:45:32
Steve Hallam	01:46:58
Steven Crowther	01:47:36
Laraine Penson	01:51:30
Raymond Mooney	01:51:42
Catherine o'Shaughnessy	01:52:46
Graham Halstead	01:53:42
James Davey	01:55:52
Mark William Chambers	01:55:59
Linda May Williamson	02:00:12
Lesley Henderson	02:03:15
Louise Sutcliffe	02:03:18
Ian Shaw-Peters	02:13:41
Graham Lumb	02:14:18
Joanne Hirst	02:14:48
Amanda Speight	02:17:33
Julie Hollingdrake	02:17:33
Jacqueline Barker	02:20:40
Christine Duffy	02:22:41
Diane Rafferty	02:34:30
Heidi Stevens	02:34:30

Rothwell 10k 04/05/09

Lorraine Naylor	40.35
Gavin Dodd	42.10
Mark Preston	42.36
Diane Waite	42.56 PB
Andrew Brewer	44.00
Karl Martin	44.55
James Carville	46.44
Cathy Mellor	48.35
David Waite	49.22
Fran Nowell	49.34
Helen Nicholl	51.56
Susan Gledhill	55.30

Flower Scar Rell Race 06/05/09

G D	41.01
Steve Boyer	48.08

Mytholmroyd Fell Race 10/05/09

G D	60.32
Richard Hand	60.33
John Bassinder	61.10
Michael Lancaster	62.22
Martin O'Brien	69.47
Steve Boyer	75.45

South Cheshire 20 10/05/09

John Hirst	2:51:13 PB
Paul Costello	2:55:57 PB
Karl Martin	3:01:43 PB

Blackstone Edge Fell Race 13/05/09

Thomas Warren	38.41
Lee Naylor	39.38
G D	40.34
John Bassinder	41.42

Tracy Dean	46.33
Karl Martin	47.20
Steve Boyer	47.30
Thomas Pellett	53.06

Slieve Bearnagh

5 th Ben Mounsey (CVFR)	42.12
10 th Karl Gray (CVFR)	43.47
145 th Paul Biddulph (CVFR)	59.45

Meanwood Trail 16/05/09

Sylvain Husson	49.03
John Bassinder	55.52
Aileen Baldwin	58.43
Mark Preston	59.36
Martin O'Brien	60.14
Maria Harron	60.31
Emma Fawcett	61.10
Brian Conroy	61.47
Michael Fox	62.24
Helen Hudson	62.38
Amelia Wheelwright	64.00
James Carville	64.31
Steve Boyer	64.50
Peter Bebb	65.39
Antony McManus	65.48
Lynne Davies	65.51
Karl Martin	66.46
Jonathan Taylor	66.56
Ian Appleyard	67.11
Sharon Carter	67.30
Ellie May	69.03
Susan Manning	69.04
Helen Fay	70.5
Raymond Mooney	71.35
Steven Crowther	72.59
Aliscia Eddowes	73.25
Angela Fawthrop	74.15
Alan Gibson	74.28
Catherine O'Shaughnessy	75.09
Carol Lord	75.27
Linda Williamson	77.01
Richard Brear	78.40
Lesley Henderson	78.44
David Crowther	78.53
Louise Sutcliffe	79.58
Janet Bebb	87.14

Windermere Marathon 17/05/09

Sandy Gee	3.54.47
John Ingles	3.59.48

Geoff Doggett 12/05/09

Mark Preston	20:53
Richard Hand	20:56 PB
Emma Fawcett	22:06
Karl Martin	22:10 PB
Aileen Baldwin	22:18
John Hirst	22:36
Amelia Wheelwright	22:39

Michael Fox	22:40
James Carville	22:51
Martin O'Brien	22:52
Brian Conoy	23:25 PB
Steve Boyer	24:05 PB
Jonathan Taylor	24:20
Victoria Carek	24:43
Tim Neville	24:47 PB
Aliscia Eddowes	24:51
Ian Threlkeld	25:06
Steven Crowther	25:3
Catherine Mellor	25:51
Eileen Hiller	26:17
Raymond Mooney	26:30
Lesley Cresswell	26:32
Linda Williamson	26:55
C O'Shaughnessy	27:06
Shelley Green	27:06
Louise Sutcliffe	27:56
Richard Brear	27:59
David Crowther	28:35
Joanne Hirst	29:55 PB
Robin Cresswell	30:14
Janet Bebb	30:22
Richard Fawthrop	30:35

Manchester 10k	17/05/09
Jessica Riley	40:50
Gary Clay	48:05
Sue Barritt	52:11
Benjamin Clay	58:35
Alison Buckle	1:11:38
Emma Ellis	1:11:38

Leeds Hyde Park 5k	24/05/09
Karl Martin	21:46
Sue Gledhill	22:59

Grand Prix Results

Road

Results after event 4

Div 1	1	Mark Preston	(4)	66
	2	Sylvain Husson	(3)	66
	3	John Bassinder	(3)	59
Div 2	1	Aileen Baldwin	(4)	75
	2	Ammelia Wheelwright	(4)	70
	3	John Hirst	(4)	63
Div 3	1	Peter Bebb	(4)	84
	2	Steve Hallam	(4)	79
	3	Tim Neville	(3)	54
Div 4	1	Ray Mooney	(4)	56
	2	Angela Fawthrop	(3)	50
	3	Ian Appleyard	(3)	45
Div 5	1	Lesley Henderson	(4)	70
	2	Richard Brear	(4)	68
	3	Janet Bebb	(4)	62

Fell

Results after event 5

1	GD	(4)	192
2	Lee Naylor	(4)	182
3	Warren Thomas	(3)	143

PB Corner

Trimpell 20	15/03/09
8th Angela Jordan	2:18:11
9th Mags Beever	2:18:41
Rome Marathon	22/03/09
Sylvain Husson	3:13:48
Jess Riley	3:14:08
Silverstone 1/2 Marathon	25/03/09
Sue Gledhill	1:48:49
Bradford 10k	29/03/09
Richard Hand	44:19
Liverpool Half Marathon	29/03/09
Ellie May	1:44:33
Caroline English	1:53:10
Wilmslow Half Marathon	29/03/09
Angela Jordan	1:25:25
Mags Beever	1:27:02
Brenda Robinson 5k	1/04/09
Susan Gledhill	23:07
Martin OBrien	23:21
Paris Marathon	05/04/09
Steve Turner	3:28:03
Wakefield 10k	10/04/09
Sylvain Husson	37:00
Aileen Baldwin	44:33
Brian Conroy	47:06
Sharon Carter	47:19
Victoria Carick	47:53
Steve Boyer	48:24
Terri Conroy	50:44
Richard Brear	56:05
London Marathon	26/04/09
Mark Pigford	2:55:26
John Bassinder	3:41:40
Sheffield 1/2 Marathon	26/04/09
Gavin Dodd	1:38:12
Emma Fawcett	1:39:46
Maria Harron	1:47:34
Paul Costello	1:51:01
Sharon Carter	1:53:23
Rothwell 10k	04/05/09
Diane Waite	42:56
South Cheshire 20	10/05/09
John Hirst	2:51:13
Paul Costello	2:55:57
Karl Martin	3:01:43
Geoff Doggett	12/05/09
Richard Hand	20:56
Karl Martin	22:10
Brian Conoy	23:25
Steve Boyer	24:05
Tim Neville	24:47
Joanne Hirst	29:55



Grand Prix 'Running' Commentary

(Editor's comments: This one's a little belated (my fault) but a good read anyway)

Grand Prix Event 2 (Part Two) - The Huddersfield 10K

What is it about Stainland Lions & hills. 28 of you turned out for the flat as a pancake Dewsbury 10K with maximum pb potential & 42 for the near vertical Huddersfield 10K. To my knowledge only 1 runner managed a pb at Huddersfield.

Of the 8 runners that were brave enough to attempt Dewsbury & Huddersfield, their times were on average 7.81% higher at Huddersfield. In other words the original 8% uplift was miraculously close, but on the day Huddersfield was marginally easier. It certainly didn't feel like that to me on that final climb up to Netherton.

It was well marshalled & a nice semi rural/urban course. Those Lions silly enough to wear the shirt at the end of the race looked like they had been tango'd. I'm hardly qualified to make comments of a sartorial nature, but be honest, if you put that shirt on in your own homes, you'd change it pretty quickly if the doorbell went.

It was a superb result once again from our ladies. Aileen, Amelia & Sue Gledhill did us & themselves proud by picking up 2nd prize in the ladies competition.

Division 1 saw the Grand Prix debut of Sylvain the flying Frenchman getting round in a staggering 40:30, that's better than my pb on the flat, even when at my fittest. James Penson once again gained 2nd place, just like he did in the Winter handicap. This pushed him to the top of the table. In 3rd was Mr. consistency John Bassinder in 44:21 followed by Joe Nolan in 45:28. The minor places were filled by Mark Preston, Alan Whitely & new boy, formerly of Tod Harriers, Jeff Anderson, who were only separated by 16 seconds at the finish. It's tough at the bottom, trust me.

With division 2 leader Emma Fawcett absent it was down to the chasing pack to try & make up the difference from Dewsbury. John Ingles came seriously close finishing only 16 seconds behind, followed by Aileen a further 7 seconds back. Jimmy Smith & John Hirst also put in strong performances and are likely to be in contention for the medals later in the year. 'See the next page for John's account of the race.'

In division 3 long standing club member Lynne Davies put in an excellent first Grand Prix run of the season to finish first in 51:15. Also competing for the 1st time this season was Helen Hudson, 2nd in 52:15. Clive Sidall was 3rd &

Steve Hallam finished a slightly disappointing 4th over a minute adrift of his Dewsbury time.

Of the 8 runners that ran Dewsbury & Huddersfield it was division 4's Ian Appleyard who showed the biggest improvement. With Angela Fawthrop absent Ian managed to edge his way into 1st place. The performance of the day however came from Terri Conroy. Terri improved from 9th place in the club handicap to 2nd at Huddersfield & in so doing beat 2 runners who were over 2 minutes ahead of her in the club handicap.

Richard Brear was first past the post in division 5 in a time of 1:02:45 followed by newcomer Louise Sutcliffe in 1:03:40. Linda Williamson remains top of the division, but both Richard & Louise have been spotted at the track recently so expect the competition to hot up over the proceeding months.

Mark Preston

John Ingles Comments Re: The Huddersfield 10K

I've enjoyed reading the 'Running Commentaries' on the Grand Prix & think it's a great addition to the newsletter. Just thought I'd take up the invitation to add some comments about the Huddersfield 10k.

Unlikely as it may seem given the hilly course, I somehow recorded a pb. It had been nearly a year since my last 10k & previous best (Wakefield) so must have improved a bit since then. Hopefully I can knock another 8% off that time if I ever do another flat 10k somewhere.

As usual though, wherever I finish, Aileen is never far away! Although I overtook her before halfway, she must have been gaining on me at the finish, though she said she kept coming up against wheelie-bins when trying to pass people on the pavement in the last mile!! As she's probably too modest to tell you herself, I hope Aileen won't mind me telling you that she knocked 9 minutes or so off her time for this race 2 years ago.

I'll be missing from the next few Grand Prix races to concentrate instead on training for the Windermere marathon in May, but hope to do most, if not all of the remaining events from the summer onwards. In the meantime I look forward to reading about the races I'm sitting out.

John Ingles

Grand Prix Event 4 - Wakefield 10K

You're never quite sure what your going to get with the Wakefield 10K. I've done this race about 4 times over the years & never actually run the same course twice. One thing that is for sure, it's always had pb potential, but is unlikely to be in Runners World list of the UK's most scenic races. In fact it's not even the most scenic race in Wakefield.

This year the race was chip timed, at least I think it was. Last year the race was also chip timed, but only at the end (i.e. chipped from the gun going off rather than from the actual start line). Quite a few of us were caught out by this last year & were determined not to make the same mistake again so looked for a decent grid position. Somehow this year the race organisers managed to record the start time from the start line. I have no idea how since there were no starting mats. For more information, contact Professor of Electronics, Jon Pridgeon, who will advise you that this is almost electronically impossible using an "inductive loop system".

8 or 9 of you were classified as unattached on the results. Not quite as tricky an issue to resolve as Alice's run last year where I had to use Mark Beever's photographs to get everyone in the correct order, but still irritating.

37 runners turned out, that's 9 more than the Dewsbury 10K. It must have been the spring weather. Division 1 had a disappointing turnout of only 5 people. Probably because a lot of them were either doing marathons that day, had just done them or have one coming up shortly. Sylvain was again 1st in a superb 37:00. In 2nd place was John Bassinder. I've never beaten John & normally if I'm in contention, which is rare in itself, he always pulls away from me on the climbs. Today I was actually catching him on the climbs & tucked in behind him at 7K. He was clearly suffering for speed with his heavy marathon training schedule, but still managed to pull away from me in the last K.

Division 2 was as cut-throat as ever with 11 runners competing & 4 pb's achieved. It was Emma Fawcett who came in 1st in 44:06. Emma told me she has had a month off with IBS for which she had physiotherapy. Bizzare, syrup of figs always cured my IBS (*1 Below). After being back only 3 weeks this is a much faster time than I would have anticipated. Aileen Duracell (*2) Baldwin pb'd in 2nd in 44:33. It was a strong finish from John Hirst to finish 3rd with a heavy legged Amelia in 4th, again due to marathon training.

Further down the field there were stronger performances from James Carville, Paul Costello, Vicky Carek (pb 47:53) & Brian Conroy (pb 47:06). Joint best performance of the day came from Sharon Carter knocking a big chunk off her previous pb with a new mark of 47:19. We've not seen the best of Jimmy Smith, Jon Pridgeon, Diane Waite or Karl Martin yet this year. They are all capable of challenging for medals in this division. John Ingles, currently on marathon training, is also likely to feature. If I was a betting man, & I'm not, I'd need long odds to pick the winner in this division.

The Division 3 form book was turned on it's head at Wakefield. It was the 2nd outing of the year for Helen Hudson & Ellie May who came in 1st & 2nd respectively. In their previous endeavours they had only managed 4th & 7th. It could not have been closer for the other positions; Peter Bebb 48:23, Steve Boyer 48:24, Tim Neville 48:25, Steve Hallam 48:36 & newcomer Michael Fox 48:38. 5 people separated by 15 seconds, that's what I call close. My other choice for performance of the day would have to be Steve Boyer. It's been a long time since Steve did a pb, but in this performance started showing the sort of form that we all saw at the end of the 07/08 cross country season, before getting injured.

In Division 4 Ian Appleyard, back after minor surgery, again performed strongly in 1st. It was a good showing from Terri Conroy in 2nd (pb 50:44) & a fine debut in 3rd from Caroline English who did a 10M pb at St. Annes the previous month. Ray Mooney managed 4th & in so doing has moved to the top of the medal table.

With both Linda Williamson & Carol Lord absent the 5th division was wide open. It was Richard Brear who triumphed in a pb of 56:05 with Lesley Henderson close behind in 56:26. Louise Sutcliffe came in 3rd with Janet Bebb in 4th.

Next up is the Geoff Doggett 5K at Littleborough on the 12th May. This is one of Andy O'Sullivan MBE races. For those of you who are not aware, Andy puts on several races per year in the Littleborough & Rochdale areas. All the proceeds go to local charities & are £5 or less to enter. He's been doing this for 26 years now, hence the MBE. He's also the bloke that did the commentary for the Wakefield 10k & has performed the same task at our own Stainland 7 in the past. So come on, let's turn out in force.

Following this, on Saturday the 16th of May is Meanwood, the 1st trail race of the season. Maybe club hard man Colin Hughes will be making an appearance now we've finally got off the tarmac & perhaps some of our elite semi professional fell runners.

Mark Preston

Fell Handicap Grand Prix 2009

Only **5** races from the list below required to compete in this Grand Prix
Although you need to include: **1 Short, 1 Medium, 1 Long**
If you choose more your **5 highest scores will count.**

Event	Location	Distance	Ascent	Date of race	Time	Category	Entry
Windmills Whizz	Halifax	7	800ft	Sat 14/03/09	11.30am	BM	£5 On day
Midgley moor	Calder valley	5	1250ft	Sat 28/03/09	11.00am	AS	£3.5 On day
Gisboro moors	Gisborough	12.5	2600ft	Sun 05/04/09	11.00am	BL	£7 On day
Wardle Skyline	Rochdale	7.2	1250ft	Sat 11/04/09	2.00pm	BM	£5 On day
Blackstone Edge	Littleborough	3.5	1200ft	Wed 13/05/09	7.30pm	AS	£4 On day
Pen y ghent	Horton	5.9	1650ft	Sat 06/06/09	3.00pm	AS	£4 On day
Tom Tittiman	Hebden Bridge	4	700ft	Sun 21/06/09	12 noon	BS	£4 On day
Skiddaw	Keswick	9	2700ft	Sun 05/07/09	12.30pm	AM	£5 On day
Crow Hill Reverse	Mytholmroyd	5	1000ft	Tues 04/08/09	7.30pm	BS	£3.5 On day
Chipping Show	Preston	8	2000ft	Sat 22/08/09	2.30pm	AM	On day
Good Shepherd	Mytholmroyd	15	2000ft	Sat 19/09/09	10.30am	BL	£6 On day
Wherside	Dent	12.1	2972ft	Sat 26/09/09	11.00am	BL	£5 On day
Autumn Leaves	Saddleworth	8.5	1700ft	Sat 03/10/09	11.00am	BM	£4 On day
Race to the Summit	Littleborough	4	800ft	Sat 24/10/09	11.30am	BS	£4 On day
Great Wherside	Kettlewell	4	1555ft	Sat 31/10/09	11.30am	AS	£4 On day

The handicap system is based on the % of your time behind the winner's time.

Points will be 1st 50pts 2nd 47pts 3rd 45pts 4th 43pts 5th 42pts dropping in single points

Courier Report

Athletics: Lions roar to major victory in top event

Published Date: 23 April 2009

A HISTORIC weekend of athletics saw Stainland Lions put themselves well and truly on the map by becoming National Cross Country Champions for the very first time in the history of the club.

And to ensure a triple celebration, Lions captain Ben Mounsey once again led his team to a comfortable victory by winning the main race with Mags Beever joining him as National Cross Country champion by winning the ladies section.

Two finals were contested on the day, the National final and the plate race for the teams who finished as winners and runners up respectively in their regional leagues.

Eight teams travelled from across the country in a bid to win the races outright. However, it was Stainland who claimed top honours in the final in what proved to be an emphatic display of dominance.

Pudsey Pacers, runners up in the West Yorkshire Winter League behind Stainland also won the plate race, capping a fantastic day for the county.

Not surprisingly the course was extremely tough and hilly, made equally challenging by the extreme heat of the sun. The 5.2 mile route started and finished in Stainland Rec and covered parts of Stainland, Jagger Green and Sowood.

In trademark style Mounsey set the early pace and it was only his team mate Karl Gray who posed any threat. The two athletes broke away from the rest of the field right from the start and continued to build on their lead throughout the race.

However it was Mounsey who held on for the win, setting an outstanding time of 32.03 mins, Gray finishing a close second in 32.20.

Not content with the first two places, Stainland also claimed third and fourth with Adam Breaks finishing a few minutes behind the leaders and just ahead of his team mate Gav Mulholland. Rounding up the team scoring was Seb Ramsay in seventh followed by Sylvain Husson and Toby Underwood.

The Stainland women also had plenty to celebrate. Mags Beaver produced a fantastic performance to win the race. She was closely followed by team mate Jess Riley, who worked extremely hard to secure third place just ahead of Angela Jordan in fourth. The final female counter for the ladies was Lorraine Naylor in seventh place.

It was an outstanding team performance from the Lions and an extremely fitting that in the same year they have won the West Yorkshire Winter League that they have now claimed their respective National League title

By Ben Mounsey



(Photography: Penny Flemming)

The Bluebell Trail – Rafferty's Race Report

I get some daft ideas in my time and to do the Bluebell was one of them! I've marshalled it since it began (and thoroughly enjoyed it) but last year I thought I would actually like to take part. I also encouraged a few more to enter – couldn't back out now! It seemed like a good idea 12 months ago but as the race was getting closer, I have to say I did wonder 'what have I done!' But deep down it was what I wanted to do (don't ask me why) and of course I couldn't back out – Joanne for one would have killed me!

The morning of the race arrived, perfect weather for running, I was looking forward to it. I arrived at Heath early to find the marquee, gazebos etc were already up, the place was buzzing. Only too soon we were heading over to the start, feeling slightly nervous. I'd decided I was going to start at the back and stay at the back and just enjoy the course. I knew I could get round, I was just hoping I didn't keep the marshals hanging around too long. On the Hebble trail I had chat with a lady from another club, she'd done it before and said she was out for a leisurely run, taking in the scenery, very much like me I thought. By this time the majority of the runners were out of sight. I caught up with Heidi and we carried on together. It was Heidi's first race – talk about brave! Hebble trail over, Karen Newhill was looking after my regular marshalling spot, lots more cheers and words of encouragement, some chalked on the road! Trooper lane was next, no surprises there, we both knew what to expect! The sweepers had instructions to be ready to give me a push up – but they were too busy chatting with the marshals so they were sacked! At the top – yes we made it, the marshals were full of enthusiasm and with the usual comments; not far now, no more hills etc. All words of encouragement – but I knew what was still to come! Cup of water in hand, temptation overcame me – one wet marshal later, sorry Andy! Next was the windy Beacon hill! The views make Trooper lane worthwhile, but no time to stop today. For me, the best section of the race was after the church at Southowram, you know it's not far and the worst is over. The bluebells were at their best, the colour and the scent was beautiful. The sweepers weren't around to carry us over the muddy section in the woods as I'd also requested – I suppose I did sack them earlier! Geoff however did a brilliant job and guided us the best way. I leaped over as instructed, Heidi followed and came down with cramp, she was in real pain and was ready for giving up but I had my bossy head on (do I have any other?), and told her she wasn't giving up at this stage. Cramp under control we carried on through the woods and feeling a bit like naughty school girls and with a time of 2hrs.30 in mind we cut a slight corner off in the woods and waved at the marshal (hoping we wouldn't get disqualified!). Then onto the canal and the 10 mile marker – brilliant, really haven't got far to go now! Next the best bit, the river crossing, we'd been practising which was the best way to get down the banking only to find it was made easy for us with the plank of wood – not that we complained. Through the river up the banking and onto the field to a roar of cheers and support, over the finish line together, slightly out of the time we hoped for but we didn't care – we finished and I certainly enjoyed it.

The marshals were brilliant, every one of them cheered me on and encouraged me. With support like that how can you not be on a high! I can't thank them enough. Thanks must also go to Graham and all his team, without people like you, events like this couldn't be held – too many names to mention and I would hate to miss anyone out.

It wasn't a daft idea after all, one of the best experiences of my life, I still get a buzz when I think about it. Definitely one to have a go at!



Photo of the Month

This has got to be one of the best action shots of the day. Three of our Lions battling it out on the river crossing of the Bluebell Trail Race. Left to right: Keith Hutcheon, Richard Hand and Tanya Seager finishing in 1:24:24, 1:24:29 and 1:24:37 respectively.

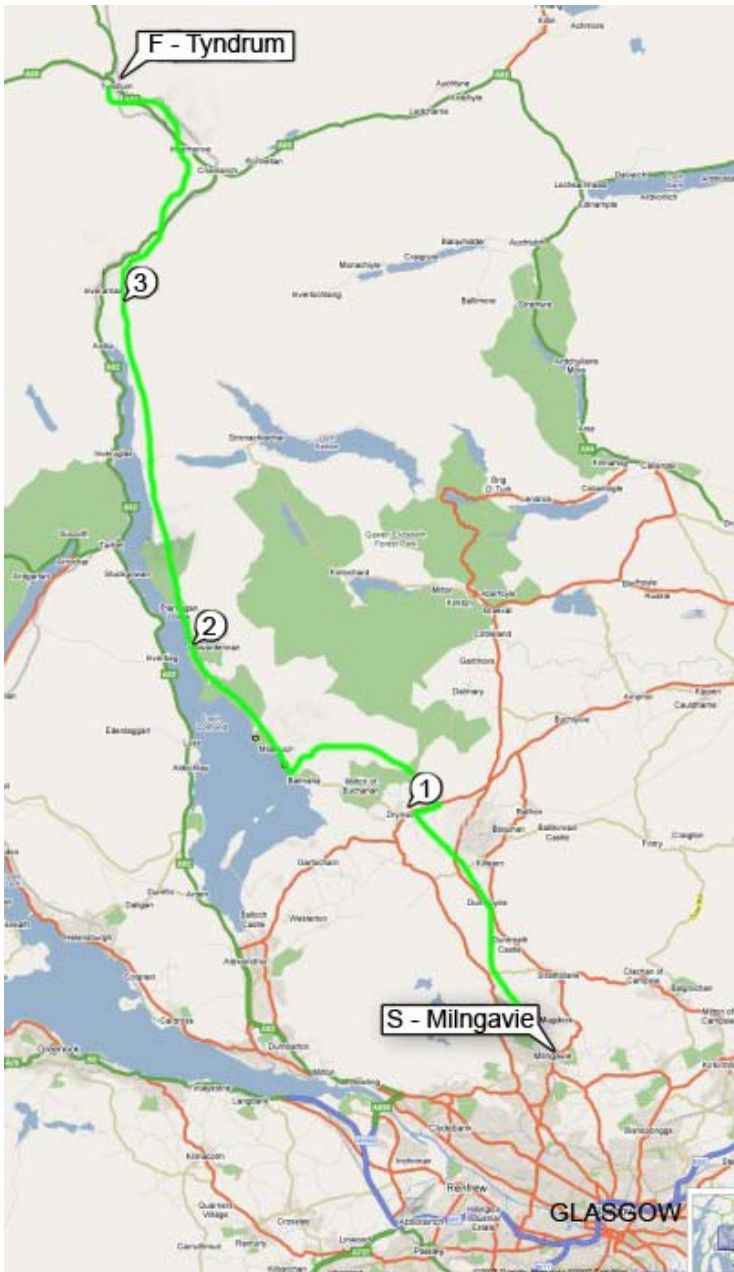
Photography by David Brett. (Printed with permission)

For more great memories of the race go to: <http://www.photos-sb.co.uk>

Montane Highland Fling

25th April 2009 – Milngavie to Tyndrum / 53miles / 2500m Ascent

I first heard about the Highland Fling a few years ago when a couple of my parents friends ran it in preparation for a much longer run (West Highland Way Race – 95miles). Running the WHW Race is a fairly serious undertaking and as such the organisers are quite strict with the entry requirements. The Highland Fling or races of a similar distance are needed for your running CV before you can get in. So really it is stage one of a longer-term ambition I have...albeit a pretty stupid one.



I started training back in January with a very simple plan: run three times a week one of which would be on Saturday and another on Sunday. As many miles as possible would be off-road and hilly. It is hard to prepare for big distances without getting injured but you need to get used to running when very tired and this was always the Sunday run for me. As the weeks past by the weekends got tougher and my Tuesday night club runs from the Red Lion got slower. Near the middle of March I worked my way up to 24miles on a Saturday and another 18miles on the Sunday. I was then sent to China for a few weeks with work, which was frustrating but in hindsight probably stopped me overtraining. Once back I only had a couple of tough weeks to go before the taper down for race day.

I drove up to Milngavie just north of Glasgow on the Friday night and found a small campsite a few miles from the start. I spent an hour or so organising my clothing and food for the following day whilst I waited for my dad (my support person for the day) to arrive. A good nights sleep in my van ensued before waking at 5am and the process of eating as much as I could I begun. I headed over to the registration for a 7am start along with the other runners. Up until this year the event had quite a small following of around 70 runners but it has now been deemed tough enough to gain valuable entry points for a mega-tough race called the Ultra Trail du Mont Blanc (UTMB). This is one of Europe's premier mountain running challenges and is very difficult to get an entry. This meant I was running with over 300+ other people setting off at different times which made for quite a competitive atmosphere.

Carrying only water and a few snacks I set off near the front with a plan of getting under 10hrs. The first leg was pretty straight forward and predominantly followed an old railway line going north. 12.19miles and 1hr 51mins later I went through the first checkpoint at Drymen bang on schedule. Switching water bottles with my dad I set off on leg two which continued north to the southern tip of Loch Lomond where the terrain turned to rough trails. Passing over Conic Hill and down to Balmaha (19.8miles / 3hr 3mins) I stopped for a quick bite to eat before pressing on to checkpoint two

at Rowardennan. This was the start of the tougher sections going along the easterly side of Loch Lomond where climbing over boulders and tree roots ruined any hope of getting into a rhythm. At 27.2miles and 4hrs 29mins I was 1min ahead of schedule.

Meeting my dad at the van I switch to a short sleeve top to try and deal with the increasingly warm sun and ate and drank as much as I could in a 10min period. The next couple of stages continued along the side of the loch and I knew it would continue to be tough work underfoot. Hitting a drinks station at 34.3miles in 6hrs 5mins I was confident I could still hit the 10hr target despite losing 10mins on my schedule.

At around 38mls I had my first wobble of the day. Climbing yet another hill I started getting some double vision that signalled my dropping blood sugar levels. An elevenses bar later I was fine and kept pushing onto checkpoint three at Bein Glas just to the north of Loch Lomond. At 40.9mls in 7hrs 36mins I was now 6mins off schedule. Some of my mums homemade chicken noodle soup washed down some grapes (it seemed normal at the time) before I got going on the final section.

I had only ran 2mls before the double vision came back with vengeance as my blood sugar plummeted. I had decided to ditch some ballast in the form of spare food so without much choice, and barely being able to keep my eyes open, I weaved side to side down the track and tried not to slow as I struggled away. Knowing my dad was going to pop up where the route passed under the main road less than a mile away kept me going and when he appear round the corner I knew I was back in business. I sat on a big boulder for 10mins with my eyes closed while shovelling food down my throat. Having done this to myself before I knew I would be fine and right enough I managed to get up and start running again.



The planned 10hrs was now impossible but I was now feeling really strong, still no signs of cramp, and the 10 or so people that passed me during my 'moment' were now targets. Climbing high into the hills above Crianlarich I managed to pick a few off before entering a difficult forest section before dropping down to the final flat 3m dash on gravel paths to the finish. I caught up with a group of four runners with 2m to go, but most annoyingly, suddenly had no option but to stop for the toilet. Sorted out I chased after the group again, catching and overtaking them. I went through the finish line at Tyndrum in 10hrs 29mins 38secs in 76th place.

Other than a couple of blisters and stiff legs I don't seem to have crippled myself too much. It seems ridiculous to think about running almost double the distance in the future but I thought that about a marathon the first time I did one.

By Keith Hutcheon

The Final Flora London Marathon 2009 - A Lion's Tale



Until just over a year ago, I thought I could never run a marathon, it just seemed such a long way! I was happy doing 10k's and had already stretched to the occasional 10 miler or half marathon race.

But as time went by I became more and more impressed by those from the club, who repeatedly participated in 'Marathon' events, as well as being inspired from watching 2008's London Marathon on the TV. So the day after 2008's race I consulted with my sister Ange and we both decided we would enter the ballot for London in 2009, knowing that we would encourage each other to put the necessary training in for the distance.

In the months that followed I was getting increasingly excited about the prospect of actually running the marathon and wanted more than ever for my ballot entry to come back successful. However we were both to be disappointed when our rejection magazines dropped through the letter box.

But hey, not to be to disheartened, there was still the club places up for grab, but the outcome of this wouldn't be known until a couple of months later. Fellow lions suggested doing a different marathon instead, but I had my heart set on doing London. The only other option was gaining a charity place, but the minimum fundraising targets were pretty steep. So what me and Ange agreed was that if at least one of us was successful in obtaining a club place, the other would get a charity place, sharing the fundraising liability in the process.

Early December arrived, and the club draw for the 5 places Stainland had secured for the race, took place. The first name out of the hat was Ange – yeah!, then the next 4 names, but no mention of my name, which was initially disappointing, but it didn't matter, I would now get a charity place as planned and we would share the fundraising commitment.

Come the beginning of January we began our 16 week training plan (courtesy of Runners World!). The main difference in my training compared to what I had already been doing, was the commitment to build on my long runs each weekend, which meant being strict with the alcohol intake the night before!

Ange was my main long run training partner, which involved many trips up the M60 and M62 each week by her. Other lions also accompanied me on some days, which I am thankful for. During the training period I had 2 key races in the diary which was the Trimpell 20 and the Wilmslow Half Marathon, both which went really well and provided me with confidence for the big day.

The furthest I got in my training was 22 miles, which was 3 weeks before the event. I was a little concerned having not gone the whole distance, but this seemed to be in agreement with the saying 'you're not meant to do the whole distance'!

With all the fundraising (thanks to all who sponsored us) and training under our belt, we headed down to London on the Friday before the race. Once in the city we headed to the Expo to collect our race numbers and chips and have a look round the exhibitions – spotting Euan Thomas and Gail Emms along the way! The next day we took it steady reserving our energy and stocking up on carbs. Our plan was to get to bed early that night, but I found it difficult to sleep and only managed 5 hours before the alarm sounded on what was a bright sunny morning.

We set off to Blackheath in plenty of time thus beating the huge queues that were accumulating for the trains. Once near the starting zones we dropped off our belongings at the baggage lorries and had a final toilet stop before positioning ourselves at the front of our starting pen. The clear blue sky and beaming sunshine did concern me for what lay ahead, but I was feeling fit and ready and raring to go so I tried not to let it bother me.

Then at 9.45am the starting hooter sounded and we were off! I was particularly impressed with how quick we got over the start line and how it wasn't as congested as anticipated. But I guess our good starting position had something to do with this.

The first 10 miles seem to whiz past, and before I knew it we were heading over Tower Bridge towards the half way point.



I ran with Ange until around the 15th mile where I carried on ahead. It was from mile 17 where the discomfort really started to hit, with my thighs stinging. This was then replaced by calf and foot cramp from about 21 miles. But I was focused to get to that finish line and just had to keep pushing through it, although in my mind I wanted my legs to go faster but physically it wasn't happening. I remember approaching Big Ben, and having a good look around thinking how amazing this experience was. But I must admit as I turned onto the Mall for the last 385 yards I tried to get sight of the palace but somehow seemed to miss it! How could I?!

It was such a great feeling to cross that finish line knowing I had reached my target of a sub 3.15 time and that I now had a marathon under my belt. Right from the start there were supporters all along the course, shouting out encouragement and cheering the runners on. One of the best decisions for the day was to put our names on our running vest, as to hear your name being shouted out personally was an overwhelming experience, sending shivers down my back and particularly helped during the last painful 5 miles.

There was a really good sense of community and togetherness all around the course, and the music and bands that played were fantastic. The organisation of the whole event was first class. Would I do it again you may ask? Most definitely and I encourage those of you who have not done it before to give it ago. As for taking part in other marathons I'm not so sure, as how will any other race compare to London!

By Mags Beaver

We All Have A Race That Seems To Be Jinxed

Racing, be it road, trail, fell or cross country is a strange phenomenon. It basically breaks down into 3 stages; Pre Race, Race & Post Race.

Stage 1 the pre race stage is often the worst stage. We've all been there many times, the nervousness, the apprehension, the almost inconceivable number of pre-race toilet stops required, & you've not even arrived at the race venue yet. Then as you amble slowly towards the start line wishing you'd done more training & not had that vicious curry the previous night, some complete stranger insists on telling you that this is the hardest race on the race calendar. By this point you have probably reached the start line & already started reeling off a list of minor niggles (or in your opinion injuries) & other random excuses to the rest of the Lions as to why you will have a poor run today.

Stage 2, the race itself, is by far the most random stage of the process. You're never quite sure how you will perform once the gun goes off. The only good part about this stage is that the fatigue, sweating, nausea & muscle pain ensure that the nerves quickly vanish. Somehow you overcome the physical & mental rigours of the event & on rare occasions actually enjoy the experience.

Stage 3 is the best bit. This stage has 3 further subdivisions. The first part involves standing around in the cold & rain & cheering in the rest of the Lions as they approach the finish line (assuming of course that your not the last Lion home). Part 2 involves collecting some form of memento, be it a t-shirt, bottle of beer or other more obscure item. I've had shoe bags, pens, baseball hats, foot odour spray, socks, towels, a bag of shopping (Woodland Challenge), cuddly toy. The final part of race 3 is the post race analysis. It's amazing how many races are classified as "tough" just after the race is over. Some races seem to have a different classification after the race than they did before. I even heard someone call the Wakefield 10K hilly this year just after they had finished.

Having said all this, you would think that in general you will perform better if you have put the training in. In most cases this is clearly true, but not in all, there are exceptions.

My best runs have nearly always been on shorter &/or flatter courses. For reasons beyond my comprehension I have always run well at Dent. It doesn't seem to matter how my training has been going or how my other races have gone. Bizarrely Dent is a 14.3 Mile hilly course.

I wish the same could be said for the Sheffield Half. My first attempt at this race was in 2002. I had recently received a nike shoe bag & had taken to putting my road shoes in there. I had forgotten that a couple of days prior to Sheffield I had done some walking & it now contained my walking boots. I had turned up to the race in some casual old trainers. Fortunately, Reebok were doing a demonstration of their new range of shoes & I managed to blag a pair. Luckily I got through the race without any blisters, the only real pain being to my wallet.

In 2003 I tried again. Everything seemed to be going ok. In fact I managed to knock 10 minutes off the previous time & got round in a respectable 1h 38. On the way home at the blind bend near the Black Bull pub on the way to Flockton, Huddersfield, a motorcyclist decided it was a good idea to cut the corner on the wrong side of the white line. We swerved but he still hit us. He was ok, as was his bike but it did a fair bit of damage to my car.

The guy subsequently attempted to do a disappearing act. The insurance company I was with wanted an extra £1,000 to insure the car (this is on a skoda), this is not including the massive repair bill I had to pay. It took 12 months, but I eventually got the cash back & the no-claims bonus restored.

I left the race alone after this until 2008 when I foolishly included it in the Grand Prix. The course had changed considerably in this time. The old course was ok, but the new course was unimaginably dull. I had been working some extremely long hours at work for the last 2 or 3 months & felt exhausted. I did the 1st 2 miles in just over 14 minutes, but from then on got slower every mile. It was a tortuous race, I've never felt that bad at such an early stage before. I hated every minute of it & vowed never to do it again.

In 2009 after my release from the mental institution I entered the race again. It seemed like a bad idea at the time & it was. I got into my car to travel over & it wouldn't start. This is the only time this has ever happened before or since. I later sorted it out with some jump leads. I then grabbed Lindsay's car.

I live in Scholes now, which is on the far side of Holmfirth. So Sheffield is a maximum of 40 minutes away. I set off at 7:45 expecting to be there at 8:30 at the latest, for a 10:00 race start.

About 2 miles from Sheffield I hit the queue of track attempting to get into the Sheffield arena car park. I know from past experience that this venue has the worst traffic management systems I've ever seen. 3 lanes of traffic in both directions all attempting to converge into 1 lane before finally entering the car park, with an enormous roundabout right in the middle of the whole fiasco. I saw several people who had obviously got lifts to the race jumping out of their cars with vests & numbers on & jogging across to the start. By 9:45 I was still some way of getting into the car park. By now I had been in the traffic jam for 1Hr 15 mins. I finally gave up & drove home accepting that some races are just not meant to be. The only good thing that came out of it was that I got to watch most of the London Marathon live as opposed to seeing a taped version later.

If you see the Sheffield Half Marathon in the Grand Prix again, providing I'm still running the Grand Prix, you have full permission to shoot me.

Mark Preston

Notice Board

New Member Profile

Name: Christine Duffy

Age: 53

Occupation: Nurse

Email Address: ncduffy@btinternet.com

When did you start running and why?

Beginners club 2007 – lasted 4 week. Beginners club 2008 – lasted 2 week. Joined in March 2009 – no stopping me now!!

What made you join Stainland Lions?

Saw advert in local press for beginners club.

Tell us something funny, embarrassing or secret about yourself: I'd be too embarrassed!

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy? Elvis Presley – obviously whilst he was still alive!

What is your worst habit, behaviour or vice?

Bit of a perfectionist – can be very annoying to others.

Favourites:

Food: Thornton's continentals

Film: Dirty Dancing

Drink: Tea

Music: 60s

Pastime (apart from Running): Sunbathing.

Book: I like Maeve Binchy and Jodi Picoult.

Talents & skills: I can make a wicked 'Banoffee Pie'. I can also 'touchtype' ie. without looking at the keys – very quick too!! So really nothing of much use to anybody really!!

What are your running plans for the coming year (goals, races etc)? Having been brave enough to do the 'Bluebell Race' this year (finished in 2.22) I now want to do a half marathon eventually!!

Some Stainland Recognition

Hi

Just a quick email to congratulate your ladies team on winning the Silver medal in the National Half Marathon Championships. A great result and this should encourage all your members to see what can be achieved with good training.

I was watching and it was really good to see.

All the best

Jeff Pierson
Holmfirth Harriers

Dear Eileen

I am writing on behalf of Farnham Runners to thank you for hosting the Today's Runner Final on Sunday. We really enjoyed the event, despite our long journey, and appreciate all the hard work you put in to make it run smoothly.

The course was very challenging and you managed to order the perfect weather! If only we had had time to stand and admire the views which we saw fleetingly through peripheral vision as we ran along.

Please pass on our thanks to all involved in organising this event. It is the first time we have made it to the national final and our experience was so enjoyable (if hard work up those steep hills!) that I am sure we will participate again if we make it to the final in future.

Best wishes

Julie Russ

Secretary, Farnham Runners

Hi Diane

A big thanks from all of us at Hatton Darts to your club for organising the cross-country final. We had a super day: Good course - suitably challenging; supportive marshalling; well organised and friendly.

The clubs that didn't turn up missed a memorable day.

Thanks once again,

Chris Fletcher - Men's Captain

Dates for your Diary

As summer is just around the corner [well it's got to happen one year] here's a timely reminder for our three summertime club races; Our "**Hare and Tortoise**" race will be on Thursday 18th June, 6.45 from Heath. The "**Summer Handicap**" race will be on Thursday 16th July, 6.45 from Heath. The "**Pub relay**" will be on Sunday 2nd August, from Heath, time to be arranged. All three races are Fun, Free and open to all members!

For anybody taking part for the first time, and we hope lots of you will here's a little taster of what's in store:

The "**Hare and Tortoise**" is run in pairs, the fastest runner with the "least-fast" [since we don't have any slow runners!], second fastest with second least-fast, and so on. Usually around 30 pairs, the course is a circular route, but nobody runs the whole course! The faster half set off in one direction, steadier half in the other direction, wherever they meet the baton is exchanged, both turn around and run back again to

meet near the finish, since they must finish together as a pair. Very simple, very clever! Fastest runner may run three quarters of the course before they bump into their partner, and have to run the same back, "not quite so fast and not quite so steady pairs" might meet nearer the half way mark, so every team has a good chance of winning.

The "**Summer handicap**", like the winter handicap but in the sizzling July heat. Every runner has the same chance of winning! The course and the distance won't be revealed until that evening. Look at the map, and just predict how long it will take you. Nearest one to their predicted finish time wins.....but nobody can wear a watch/garmin/sundial or any other devious timing device!

The "**Pub relay**", evenly matched teams of 5 or 6 people [depending how many turn up], "route" will be revealed on the day....When we say "route" we really mean which Pubs will be visited in which order, the actual route you take from your "start pub" to your "finish pub" is up to you; Roads, footpaths, or "as the crow flies". When you arrive at your destination, your next team member sets off on their leg.....but not until you've downed a pint [if you're a man] or a half [if a lady].

All the races are different, but there is one common theme for you serious athletes, all involve alcohol at Heath afterwards.

John Bassinder.

Beginners Race

Monday 15th of June is the final night for the beginners, as usual we will be holding a race on the canal towards Sowerby Bridge. I will need 9 marshals, 3 sweepers and 2 time keepers. In addition to the regulars that run along with them. A stop watch would be useful as well please!

Once I have names, I will arrange a mini meeting - probably after the next club meeting to sort out positions etc. Also, it would be lovely if we could put some food on in the club house afterwards, so if anyone could bring along a plate of sandwiches etc that would be great. The course is going really well, over 100 people have registered.

Thanks in advance

Diane

Upcoming races

Fell

06/06/09 Wharfedale Off Road Marathon & Half Marathon, Wharfedale RUFC, Wharfedale Avenue, Threshfield, N. Yorks BD23 5BS. Approx 25 miles (Marathon - starts at 10:30am) or 13 miles (Half - starts at 11:00am) - self-navigating with some marshalled checkpoints. Kit list plus directions with entry form. Also "Rugger Ramble" 25 mile or 13 mile Challenge walks (same route as the running races) starting at 08:30 (25 mile) or 09:00 (13 mile) - £8 or £10 on the day 2009 entry fees: £14 - £16 all entries on the day (pay to "Rugger Ramble")
Contact: Colin Raeburn, Grayrigg, Airton, Skipton, North Yorkshire BD23 4AX
<http://www.wharfedalemarathonevents.com/>

06/06/09. PEN Y GHENT (R). AS. 3.00 p.m. 5.9m/1650' from Horton Playing Field (GR 806727). £4. LK/NS/PM. Over 16. Records: 42.54 M.Roberts 1997; f. 50.03 C.Greenwood 1993. Part of Horton Gala Day. Race map and details on website. Details: Andrew Hinde, Newfield Farm, Ingleton-via-Carnforth, LA6 3DU. Tel: 015242 42276. Email: awhinde@btinternet.com Website: www.settleharriers.org.uk. [**Fell Grand Prix Event**]

06/06/09. PUMA GARBURN TRAIL (R). CL. 11.15 a.m. 14.5/1650' from Staveley, Cumbria. See website for entry details. Limit 1000. Teams (5) free. PM. Over 18. Records: 1.25.41. A. Jones 2008; f. 1.51.26 S. Partridge 2008. Sport trail (over 12) and U8/U10/U12 fun trails. Event T-shirt. Wilf's meal included in entry fee. See website for other events at venue, entertainments etc. Details: Claire Boothroyd, Event Manager, VO2 Max Events, 71 Serpentine Road, Kendal, LA9 4PD. Tel: 01539 723435. Email: claire@vo2max.co.uk Website: www.lakelandtrails.org

14/06/09 HEBDEN BRIDGE (R). BS. 11.00 a.m. 5.9m/1150' from Calder Holmes Park, Hebden Bridge (GR 993270). £3.50. Teams (3) free. Over 16. Records: 43.37 J. Logue 2008; f. 52.29 L. Lacon 2007. Details: Andrew Bibby, 2 Hebble End, Hebden Bridge, HX7 6HJ. Tel: 01422 844026. Email: andrew@andrewbibby.com Website: www.todharriers.co.uk

19/06/09 WICKEN HILL WHIZZ (R). AS. 7.30 p.m. 3m/1000' from Mytholmroyd Community Centre, nr Hebden Bridge (GR SE011260). £4. Teams free. LK/PM. Over 12. Records: 20.47 J. Logue 2006; f. 25.16 J. Waites 2006. Details: Bill Johnson, Trough Farm, Old Riding Lane, Luddenden, Halifax, HX2 6SR. Tel: 01422 881312. Email: bill@cvfr.co.uk Website: www.cvfr.co.uk

20/06/09 RESERVOIR BOGS (R). BM. 11.30 a.m. 7m/1000' from Hare & Hounds, Chiserley, nr Hebden Bridge (GR SE005280). £4. Teams free. LK/NS/PM. Over 18. Route changes each year - checkpoint locations revealed on morning of race. Slower runners may start half an hour earlier if preferred. See separate entry for junior races. See website for evening entertainment. Details: Bill Johnson, Trough Farm, Old Riding Lane, Luddenden, Halifax, HX2 6SR. Tel: 01422 881312. Email: bill@cvfr.co.uk Website: www.cvfr.co.uk

21/06/09 TIMOTHY TAYLORS TOM TITTIMAN (R). BS. 12.00 noon. 4m/700' from Hare & Hounds, Chiserley, nr Hebden Bridge (GR SE005280). £4. Teams free. Over 14. Records: 27.12 J. Logue 2006; f. 31.58 J. Buckley 2006. Details: Bill Johnson, Trough Farm, Old Riding Lane, Luddenden, Halifax, HX2 6SR. Tel: 01422 881312. Email: bill@cvfr.co.uk Website: www.cvfr.co.uk

Road

31/05/09 Roberttown 7 Mile Road Race, Roberttown Community Centre, W. Yorkshire 2009 entry fees: £5/£7 +£1 on the day ("Roberttown Road Runners") Limit 200.
Contact: Peter Knott, 222 Roberttown Lane, Roberttown, West Yorkshire WF15 7LF
<http://www.roberttownroadrunners.co.uk/>

31/05/09 Halifax Town Centre 5k, North Bridge Leisure Centre, Halifax, W. Yorkshire 2009 entry fees: £4/£5 +£1 on the day ("Halifax Harriers") Limit 500.
Contact: Town Centre 5k, c/o Geoff Cumber, 2 Ash Terrace, Dyson Lane, Ripponden, Sowerby Bridge, West Yorkshire HX6 4ER - tel. 01422 361289 (Nigel Rigg)
<http://www.halifaxharriers.co.uk/>

04/06/09 The Full Bronte 5 Mile, Old Sun Hotel, Haworth, W. Yorkshire. Incorporates Yorkshire Veterans 5 Mile Championships (male and female). Pre-entries essential for Champs - on the night entries DO NOT qualify.
Entry fees: £5/£7 ("Keighley & Craven AC") c/d 30/5 Limit of 250
Contact: Keith Waddingham, Berwyn, Hebden Road, Haworth, Keighley, W. Yorkshire BD22 8RQ - tel. 01535 642843
<http://www.keighleyandcravenac.co.uk/>

10/06/09 Greenway 10k Road Race, Princess Mary Athletics Stadium, Cleckheaton, West Yorkshire (2 miles from J26, M62)
2009 entry fees: £6/£8 +£2 on the night (eligible for prizes) (pay "Heckmondwike Grammar School PTA") Limit 200
Contact: Chris Drake, 4 Chapel Fold, Lower Wyke, Bradford, W. Yorkshire BD12 9AE - tel. 01924 678363 before 9.30pm

<http://www.ukforms.net/onlineforms/php/Applicant.php?EventID=332>

10/10/09 Otley 10 Mile Road Race, Otley RUFC, Cross Green, Pool Road, Otley, nr. Leeds LS21 1HE
2009 entry fees: £8/£10 +£1 on the day (pay "Otley AC") c/d 5/6 **Contact: Race Secretary, 1 Tufton Street, Silsden, Keighley, West Yorkshire BD20 OPN - tel. 01535 656846**

<http://www.otleyac.co.uk/>

14/06/09 Mizuno Wave Harrier Castle Howard 10k Trail Race, North Yorkshire Also 6k Trail Race at 10.00am - £7/£9 + £2.50 on the day Also 1k Children's Dash (U13) at 10.05am (£3 or free if pledge minimum £5 sponsorship) 2009 entry fees: £8/£10 + £2.50 on day (pay "Welburn CP School PTA"). Limit 500 in 10k, 300 in 6k.

Contact: Trail Race, M. Green, 7 Low Hutton Park, Huttons Ambo, York YO60 7HH - tel: Lindsey 07816 113169

<http://www.nyptri.freeuk.com/>

21/06/09 Freckleton Half Marathon, Freckleton, Nr. Preston, Lancashire **This race is now full.** **Information for entrants** Entry fees are not refundable. Please visit our web site,

<http://www.myfylde.co.uk/freckletonhalfmarathon> where you will find directions to the race and a map of the course. The race venue will also be clearly signed on the day of the race. Please take some time, also, to read the pre-race instructions on our web site. The race starts at 2pm and I hope you will be able to stay for the presentation of prizes at approximately 4.30pm. If you have any questions regarding your entry then please do not hesitate to contact me by email. I look forward to seeing you on the day and wish you a good run, Brian Porter (Race Director). Number transfers will be accepted for this race by completing the race number transfer form available below.

A popular race which seems to be blessed with good weather most years! Flat and fast, so should be capable of giving you a pb. Entries consistently good and prize list in line with entries.

Also 2 mile Family Fun Run at 2.15pm, £1.50 (no extra on the day) 2009 entry fees: £11/£13 (+£2 on day) (payable to 'Freckleton Club Day Sports Committee'). Min age 17 on the day. Time limit 2hrs 40 mins. Limit 600 runners. **Contact: Freckleton Half Marathon, 3 Foxglove Way, Freckleton, Preston PR4 1TR [Road Grand Prix Event]**

Joke of the Month

Q How do crazy runners go through the forest?

A. They take the psycho path

The Fastest 10k ever (Probably)...Thursday 4th June

The concept is quite simple. Basically you need a long (10k plus) straight, slightly down hill stretch of road, and you run down it! Simple!

Yes, we do have such a road. Saddleworth Road runs all the way from Buckstones back down to West Vale traffic lights and is approx 12k long.

So the idea is to meet at Heath (promptly) at 6.30pm on Thursday 4th June.

Then everyone who wants to have a go at this drives up to Buckstones (car sharing). Start from Buckstones (this may have to be a staggered start dependant on amount of people wanting to run). If it is a staggered start then everyone would have to be responsible for their own time keeping. If not, Trevor has volunteered to time keep. I will measure the distance beforehand and mark the "finish" line where ever the 10k point is on Saddleworth Road.

Once there everyone to note their times, then jog back to Heath where times can be logged. Then whoever drove to Buckstones will be driven back up to collect their cars by people who got lifts to the start.

The idea has been discussed on a couple of occasions between various people with a view to it possibly being organised as a race in the future, and this would be a suitable way for people to have a go and see if it is feasible.

This would be treated as part of a normal Thursday nights run. So if members don't wish to take part then other runs would still be ongoing.

Also, as not an authorised "race" there would be no road closures etc. So everyone, as per normal on training nights would be responsible for themselves.

Another considerations is that it is monthly meeting night. Which starts at about 8pm. (That is reason for 6.30pm meet at Heath.).

This could also be a good opportunity to set running targets for the 10k Track Plan which will start a couple of weeks later.

G D

Redbull gives you wings....!



Stainland Lions Running Club is in a very fortunate position to have priority access to the track on each Wednesday evening. You might already be aware that there will be a 10 week training programme starting at the track which will be geared towards the 10k distance. The purpose of this structured training is to:

- a. Provide a platform for Stainland Lions to set new goals for 2009 and in turn improve attendance at the track on Wednesday nights.
- b. Provide Stainland Lions with advice and coaching to achieve their running goals for 2009.

Speed work should never been done on tired legs. Therefore, the advantage of performing speed work on a Wednesday night (as opposed to Monday or Tuesday) is that your legs are fully recovered from weekend racing. This enables a quality session with decreased risk of injury.

Proposed structure:

- A 10 week series of interval training sessions gradually building up to longer reps and reducing recovery over time.
- A target 10 kilometre road race to focus on achieving goals which have been set in week 1.
- Guidance on other suggested running to perform away from the track.
- Three speeds of different levels/abilities: fast, medium and steady.
- Qualified Level 1 and 2 coaches in attendance each week.

What you'll need:

- Stop (wrist) watch (£5 from Argos)
- Water/sports drink
- Warm clothes for the warm up/down

Target Race:

- Birchwood 10k, Warrington, Chesire
- Sunday 23rd August 2009
- Chip timing
- 1000 capacity
- Fast, flat course
- <http://www.spectrumstriders.org.uk/races/10k/index.htm>

Second Chance Races:

- Blackpool Hilton, Illuminations 10K Road Race, Saturday 5th September 2009. (Race limit 400)
<http://www.ukresults.net/forms/090905hilton.doc>
- Fleetwood 10k, Saturday 12th Sept 2009. Marine Hall, The Esplanade, Fleetwood, Lancashire. (NB 200 capacity)
<http://www.ukresults.net/forms/090913fleetwood.pdf>

There have been a number of success stories of people attending these track nights and consistently breaking their PBs. Evidence of this comes from our 'Wilmslow Wonder Girls' who recently won the silver medal at the National Half Marathon Championships in March (see 'Stainland Recognition' section above). Whilst not everyone will be winning races or titles, for sure everyone will certainly improve in their running. The more people in attendance the more likely you will find someone to run with at your level.

After years in planning we now have access to this wonderful facility. Now let's make the most of it!

See you all there!

Jess