



The Lion's Tale

*The monthly newsletter of the
Stainland Lions Running Club, June/July 2009*

Comments from the Chair



Hello everyone and a special welcome to all the new members.

The Beginners' Course was another great success. I've had lots of positive comments from the Beginners including how well organised it was, how friendly people are and how much they've enjoyed it. All this is down to everyone that helped – so thank you and well done.

The Tortoise and Hare was great fun, I have to apologise to my hare – I lost him! All my fault, (you won't see me admitting that again!!) I told him where to meet up and when he wasn't there I carried on (because I thought he'd waved to me at the end of smelly mile – so whoever was wearing a black t shirt and did wave at me, good tactics, it confused me!! At least I found my hare; some didn't even meet up until they collected their prize – not mentioning any names! Thanks to John Bassinder for organising the event. I can't wait for the pub relay!

Friday night was the Summer Ball and though the number of people that attended was well down on last year, it was a brilliant night. Out of the 45 people that attended, 9 were new members, they all seemed to enjoy themselves, and most of them didn't get off the dance floor all night! Thanks to Jonathan for organising it and Paul for being his deputy on the night.

Just to remind everyone of another social event coming up - the family afternoon on Sunday 26th July down at Heath. It's one for all the family to come along and play football, rounder's etc – or just watch. Subject to the weather there will be a bbq, if you are interested in coming along, please give your names to Jonathan, Paul or myself so we know how many we're catering for. The best news about this – it's FREE!

Finally don't forget the summer handicap – the race anyone really can win. All you have to do is guess the time you will run the course in, the person whose finishing time is closest to their guessed time wins. It's on Thursday 16th July at Heath.

*Bye for now!
Diane*

Captain's Log Results

Brathay Windermere Marathon 17/05/09

John Ingles 3:59:48

Mytholmroyd Fell Race 10/05/09

G D 44.36
 Richard Hand 50.20
 John Bassinder 61.10 1st V55
 Mick Lancaster 62.22
 Martin O'Brian 69.47
 Steve Boyer 75.45

Askern 10k 20/05/09

Diane Waite 44.36
 David Waite 50.20

Apperley Bridge Canter 21/05/09

Mark Preston 46.38
 Eillie May 51.22

Ilkley Trail Race 24/05/09

Tristan Sheard 48.22
 Martin O'Brian 61.57
 Sandy Coe 63.13
 Dave Crowther 74.46

Mobberley 5.3 Mile Trail Race 28/05/09

Angela Jordan 34.46

Halifax Town Centre 5k 31/05/09

Richard Hand 20.12
 John Bassinder 20.42
 Warren Thomas 21.00
 Claire Hanson 21.10
 John Ingles 22.14
 Diane Waite 22.27
 Amelia Wainwright 22.35
 Antony McManus 23.12
 Ian Appleyard 23.55
 Gary Clay 24.19
 Jonathan Pybus 24.42
 David Waite 25.03
 Alan Gibson 25.09
 Steve Boyer 25.14
 Paul Wallis 25.19
 Martin O'Brien 26.15
 Guy Williams 26.19
 Julie Hollingdrake 26.42
 Graham Halstead 27.21
 Carol Lord 27.44
 David Crowther 29.05
 Judith Greenwood 30.49
 Richard Fawthrop 31.55

Lorraine Naylor 32.16
 Patricia Pitts 32.30
 Jacquie Barker 32.38
 Amanda Spright 32.38
 Maggie Blaylock 33.30
 Valerie Midgley 35.34
 Cheryl Shaw-Peters 35.34
 Hazel Woolin 35.35
 Roy Henstock 35.35
 Renate Taylor 37.12
 Lisa Thwaites 37.50
 Tina Crossley 37.50
 Lynda Gaukrodger 41.36
 Dianne Gibson 42.04
 Carol Mayes 42.05
 Edwina O'Sullivan 42.59

Edinburgh Marathon 31/05/09

James Penson 3:35:52
 Gavin Dodd 3:56:37
 Maria Harron 4:08:36 **PB**
 Karl Martin 4:21:06
 Sharon Carter 4:26:34 **PB**
 Brian Conroy 4:26:24 **PB**
 Paul Costello 5:09:17.

Robert town 7 Mile Road Race 31/05/09

Cathy Mellor 59.40

The Garburn Trail 06/06/09

Sylvain Husson 1:23:17
 Jess Riley 1:31:08
 Lorraine Naylor 1:31:32
 Margaret Beever 1:31:34
 Angela Jordan 1:33:24

Peny Ghent 06/06/09

Tom Sessford 61.39
 Lee Naylor 61.55
 Warren Thomas 62.03
 G D 66.17
 Steve Boyer 79.11
 Sandy Gee 81.05
 Richard Fawthrop
 recorded Time not

Egton (approx) 10k 07/06/09

Diane Waite 54.05
 David Waite 54.06

Otley 10 Mile	10/06/09
Steve Hallam	1:24:53
David Crowther	1:43:49 PB
The Greenway 10k	10/06/09
Jess Riley	40.22
Lorraine Naylor	40.56
G D	43.49
Martin Wright	44.30
John Hirst	45.58
James Carville	46.03
Andrew Toft	48.33
Bradford Millennium Way Relay	14/06/09
Position 30 th out of 44 teams, in a total time of 7.51.28	
Individual leg times:	
Leg 1	
John Bassinder and Richard Hand	1.31.50
Leg 2	
Jimmy Smith and Aileen Baldwin	1.31.52
Leg 2	
Linda Murgatroyd and Diane Waite	1.19.15
Leg 5	
Jon Pridgeon and Warren Thomas	1.25.13
Leg 5	
Richard Fawthrop and Steve Boyer	2.03.18
Castle Howard 10k Trail Race	14/06/09
Emma Fawcett	50.22
Sandy Gee	54.39
Wicken Hill Whizz.	19/06/09
Warren Thomas	26.46
G D	27.56
Geoff Matthews	29.04
Tom Pellett	33.50
Reservoir Bogs	20/06/09
Warren Thomas	1:11:19
G D	1:15:13
Geoff Matthews	1:22:51
Tom Tittiman	21/06/09
Warren Thomas	33.12
Lee Naylor	34.03
G D	34.52
Geoff Matthews	37.13
Tom Pellett	43.26
Ray Mooney	49.23
Jane Tomlinson 10k	21/06/09
Helen Hudson	49.10
Maria Harron	48.52

Fran Nowell	52.02
Tracey Scarborough	53.00
Angela Fawthrop	53.24
Lesley Cresswell	54.30
Sharon Nettleton	55.28
Karen Thorne	55.43
Graham Halstead	56.36
Linda May Williamson	57.53
Janet Tippet-Moore	58.43
Rosemary Scott	1.00.55
Nicola Lay	1.03.06
Gail Brady	1.03.55
Julie Anne Hey	1.03.55
Jackie Lesiak	1.05.29
Liz Forster	1.06.05
Elizabeth McGrath	1.06.22
Jackie Barker	1.07.33
Robin Cresswell	1.08.16
April Charlesworth	1.08.44
Julie Neimantus	1.11.43
Liz Smithies	1.11.44
Valarie Midgley	1.12.21
Alison Buckle	1.12.31
Charlotte Williams	1.13.09
Cheryl Shaw-Peters	1.13.09
Lee Darnbrook	1.16.41
Christine Duffy	1.18.43
Diane Rafferty	1.18.43

Freckleton Half Marathon	21/06/09
John Bassinder	1.32.41
Richard Hand	1.33.03 PB
Steve Turner	1.39.40
Diane Waite	1.39.51
John Ingles	1.41.01 PB
Aileen Baldwin	1.41.56 1 st V55 PB
Emma Fawcett	1.42.54
Ellie May	1.44.28
Sandy Gee	1.45.02
John Hirst	1.47.03
Steve Hallam	1.47.45 PB
Jonathan Pridgeon	1.51.12
Karl Martin	1.53.45
Amelia Wheelwright	1.54.48
Eileen Hiller	1.57.43 1 st V60
Tim Neville	1.58.12
Susan Manning	2.02.29
Antony McManus	2.08.40
Steven Crowther	2.09.27
Lesley Henderson	2.10.47
Richard Brear	2.13.49 PB
David Crowther	2.24.18 PB

Hepworth Dryad	28/06/09
Gary Clay	42.43
Hyde Park 5k (Race 1)	01/07/09
Karl Martin	21.34
Sue Gledhill	23.26
Winston Runners' Ladies' 5k	05/07/09
Amelia Wheelwright	22.30
Lune Valley & Howgills 10 Mile	05/07/09
Angela Jordan	1.14.09
Mags Beever	1.15.01
Aileen Baldwin	1.22.47
Skiddaw Fell Race	05/07/09
G D	1.36.36
Karl Martin	2.02.09
Helen Winsor 10k	08/07/09
Richard Hand	42.03
John Bassinder	42.39
Joe Nolan	44.26
Claire Hanson	44.38
Aileen Baldwin	45.35
Paul Patrick	46.05
Jonathan Wade	46.10
Amelia Wheelwright	46.16
Ellie May	46.20 PB
Jeff Anderson	46.30
Karl Martin	47.10
Antony McManus	47.23
John Hirst	47.29
James Garville	47.43
Martin O'Brien	48.00
Sandy Gee	48.07
Stephen Gibson	48.34
Andrew Gaukroger	49.01
Jonathan Pybus	49.42
Ian Appleyard	49.47
Steve Hallam	49.54
Alan Gibson	50.22
Paul Costello	51.09
Terrance Costello	51.22
Laraine Pension	52.10
Steven Crowther	54.50
Steve Boyer	55.35
Kate Melnyk	55.48
Michael Metcalfe	55.54
Carol Evans	56.05
Ian Shaw-Peters	56.46
Julie Hollingdrake	59.09
Dawn Butterworth	59.41
Jason Raine	59.50

Karen Scarborough	1.00.42
Lesley Henderson	1.00.50
Richard Brear	1.01.56
Brian Crowther	1.02.20
Judith Greenwood	1.02.53
Helen Learoyd	1.03.34
Kirsten Donnelly	1.03.46
Heather Spink	1.03.46
Amanda Speight	1.06.06
Cheryl Shaw-Peters	1.10.52
Deirdre Donovan	1.12.38
Diane Rafferty	1.17.04
Michelle Eyles	1.20.04
Lynda Gaukroger	1.21.00
Edwina O'Sullivan	1.24.30
Diane Gibson	1.24.31 PB

Eccup 10	12/07/09
Diane Waite	1.18.14
Helen Lambert	1.21.49
David Waite	1.24.56
Steve Boyer	1.32.08
Wendy Goodwin	1.34.21
Lesley Henderson	1.42.18
Judith Greenwood	1.45.25
Sue Aitken	1.45.25
Julia Newsome	1.46.18

Yorkshire Vets AA Grand Prix	
Race 3 Walton	31/05/09
Stephen Knight	40.00
Mark Preston	40.15

Race 4 Pudsey	10/06/09
Aileen Baldwin	36.09
Stephen Knight	34.40

Race 5 Meanwood	23/06/09
Aileen Baldwin	36.46

Race 6 Honley	12/07/09
Stephen Knight	51.10
John Ingles	52.16
Aileen Baldwin	52.33
Mark Preston	53.32
Jonathan Taylor	57.12
Sandy Gee	57.25

PB Corner

<u>Otley 10 Mile</u>	<u>10/06/09</u>
David Crowther	1:43:49 PB
<u>Edinburgh Marathon</u>	<u>31/05/09</u>
Maria Harron	4:08:36 PB
Sharon Carter	4:26:34 PB
Brian Conroy	4:26:24 PB
<u>Freckleton Half Marathon</u>	<u>21/06/09</u>
Richard Hand	1.33.03 PB
John Ingles	1.41.01 PB
Aileen Baldwin	1.41.56 PB
Steve Hallam	1.47.45 PB
Richard Brear	2.13.49 PB
David Crowther	2.24.18 PB
<u>Helen Winsor 10k</u>	<u>08/07/09</u>
Ellie May	46.20 PB
Diane Gibson	1.24.31 PB

Grand Prix Results

Road

Results after event 7

Div 1	1	Mark Preston	(6)	108
	2	John Bassinder	(5)	102
	3	Sylvain Husson	(4)	88
Div 2	1	Aileen Baldwin	(7)	131
	2	Emma Fawcett	(6)	114
	3	Ammelia Wheelwright	(7)	113
Div 3	1	Peter Bebb	(5)	103
	2	Steve Hallam	(5)	100
	3	Tim Neville	(5)	93
Div 4	1	Steve Crowther	(7)	93
	2	Ray Mooney	(6)	86
	3	Eileen Hiller	(5)	75
Div 5	1	Richard Brear	(7)	119
	2	Lesley Henderson	(6)	104
	3	Linda Williamson	(5)	94

Fell

Results after event 5

1	G D	(4)	242
2	Warren Thomas	(4)	237
3	Lee Naylor	(3)	232

Grand Prix 'Running' Commentary

Grand Prix Event 6 - Geoff Doggett 5k

For those of you that don't know, the Stainland Lions Grand Prix is now in it's 7th consecutive year. It began in 2003 with a modest 33 competitors. This year there are 100 (I've done several races with fewer competitors in than that). Having said that there are a number of runners who have not run yet this year despite entering.

There are 7 competitors, myself included, who have competed every year. The others being Alan Gibson, Carol Lord, Diane Waite, Judith Greenwood & Lesley Henderson. Alan Lashbrook may also join this club, but has not raced yet this year due to injury.

In all those years I have always been in the top division, which no doubt explains why I've never won the damn thing. Infact in 7 years I've never been 1st in any of the Grand Prix races. However this all changed at the Geoff Doggett 5K. So how many other 1st divisioners did I defeat I hear you ask. The answer is precisely none, since none of the others showed up. John Bassinder almost made it but got stuck in a traffic jam somewhere near Burnley.

The bad news (for me at least), is that this is a 2nd chance event. I'm sure the situation will be different in September when leg 2 takes place, the Ron Hill 5K.

Conditions were good for the race. In the case of the Littleborough 5K's that means the temperature was moderate, the winds were relatively low & thankfully the train wasn't due. In other words we went over the level crossing, rather than down the subway & up the flight of steps at the other side. It really destroys your rhythm on the climb when that happens. Despite this not being a flat course, 5 Lions still managed to get pb's.

The unbeaten Emma Fawcett had some serious pressure in this race, but still prevailed in Division 2 in 22:06. Joint best performance of the day however goes to Karl Martin only 4

seconds behind & with a new pb in 22:10. Karl was closely followed by Aileen (Duracell) Baldwin in 22:18, John Hirst in 22:36 & Amelia in 22:39. Further down the field it was James Carville's best performance of the season in 22:51. It was a good performance too from Brian Conroy with a pb in 23:25, proving that training for your 1st marathon doesn't necessarily mean your times over shorter distances will suffer.

With 5 events gone there have been 4 different winners in division 3. The latest of these is newcomer Mike Fox. It was only the 2nd outing of the season from Mike, who only managed 7th last time out at Wakefield. Mike's time of 22:40 is going to take some beating at the Ron Hill 5K in

September & is definitely worthy of joint best performance of the day. It was a good battle for 2nd with Steve (White Van Man) Boyer 24:05 (Pb) just overcoming Jonathan (Full English) Taylor in 24:15. Both Steve & Jonathan are now in contention for some silverware this year.

With both Ian Appleyard & Angela Fawthrop AWOL in division 4 it was left to Ray Mooney, Eileen Hiller & Steve Crowther to fight it out. These 3 have met 3 times already in the Grand Prix this season. Eileen has won 2, Ray 1 & Steve none. However in true betting scam style Steve finished 1st in 25:39, Eileen 2nd in 26:17 & Ray 3rd in 26:30. This is what the Grand Prix is all about, competition. I'm looking forward to the 2nd chance event at the Ron Hill with Sue Manning & Terri Conroy also likely to be in the mix in this division.

It was an excellent performance once again from the unbeaten Linda Williamson in division 5 in 26:55. It was a dog fight for 2nd place with Louise Sutcliffe narrowly beating Richard Brear 27:56 to 27:59. They are now 2 all in the head to head this year. It was a solid 4th from David Crowther in 28:35 & an even better 5th for Joanne Hirst dipping under the 30:00 barrier with a new pb time of 29:55. With Lesley Henderson & the in form Carol Lord both absent who know's what will happen when we finally get off road at the next event at Meanwood.

Mark Preston

Grand Prix Event 6 - Meanwood Trail

Finally we get to replace the black hard stuff, tarmac, with the black soft stuff, mud. Surely the person who wrote the song "mud glorious mud" must have been a runner fed up with spending his cold wet winter evenings pounding pavements & collecting injuries. Admit it, you all enjoyed it, besides it wasn't that muddy.

For the newer runners who may still be hill averse, or for others who just don't like the uphills you need to be aware that race organisers have a number of cunning words that all translate as hilly. All courses described as undulating, scenic, rural or picturesque are hilly. Also races that contain the words romp, trail or gallop in their title are also hilly. If you think Meanwood was hilly just wait for Pudsey in July. This one is actually described as hilly, which actually translates as very hilly.

Whatever your opinion of hills it has to be said that it is a nice course with first class facilities & organisation. The rain more or less held off for about 70 minutes, with just a small shower to contend with. Also, a free bottle of Meanwood bogwater at the end. What more do you want.

4 competitors set off in division 1, but only 3 finished. The luckless Lion was Alan Whitely. Hope you have a speedy

recovery Alan, that injury looked nasty. Sylvain once again came in 1st clocking in at an unbelievable 49:03. John Bassinder was as consistent as ever in 55:52. I came a disappointing 3rd some way back & was beaten for the first time this season by Aileen. Well done Aileen, much too quick for me on that final uphill section.

It was maximum points from Aileen in division 2 & a time of 58:43. Martin O'Brien had his best run of the season to finish 2nd & put himself into contention for some silverware. Performance of the day for me was Maria Harron in 1:00:31 in 3rd, a big leap forward from previous performances, & now an outside contender for some silverware. An unwell Emma Fawcett managed only 4th, with Brian Conroy performing well in 5th & a slightly disappointing 6th from Amelia Wheelwright.

Q. What have the following division 3 runners all got in common? Alan Gibson, Clive Siddall, Jonathan Taylor, Michael Fox, Peter Bebb, Steve Boyer & Tim Neville.

A. These guys are all about 7 feet tall. This Gulliver's kingdom doesn't seem to have intimidated Helen Hudson who managed a strong 2nd place in 1:02:38 only 14 seconds behind winner for the 2nd event in a row Mike Fox. A resurgent Steve Boyer came in 3rd with Peter Bebb slipping to 4th. Peter still heads the table with 103 points out of a possible 110. I predict this division won't be decided until the final race of the season.

Ian Appleyard is starting to look unbeatable in division 4 & came home almost 2 minutes clear of 2nd placed Sue Manning. This is now 2 2nd places in a row from Sue. This is not good news for Ray Mooney, Steve Crowther & Angela Fawthrop all of whom raced & are still in contention. On this occasion Ray finished 3rd in 1:11:35, Steve 4th in 1:12:59 & Angela 5th in 1:14:15.

There was a big surprise in division 5. Linda Williamson who has won 4 of the 6 races so far this year, & was looking invincible, was beaten by the in form Carol Lord. This is the first time these 2 have raced each other in the Grand Prix. Carol's time was 1:15:27, less than a minute behind partner Alan Gibson, with Linda recording 1:17:01. The battle for 3rd place was even more interesting. We were all watching the final 400 yards round the finishing field when first Lesley Henderson appeared, then Richard Brear & finally David Crowther. Richard managed to catch Lesley on the finishing straight to finish in 1:18:40 with Lesley in 1:18:44 & David in 1:18:53. Louise Sutcliffe was a slightly disappointing 6th & an unwell Janet Bebb finished 7th.

Mark Preston

Grand Prix Event 6 - Freckleton Half Marathon

This is not an easy report to write, since I didn't actually run the race. In my defence I did have a good excuse in that our son was born 2 days earlier.

Freckleton is the oldest continuously run half marathon in the country. This was the 45th running of the event. Over the years it has continued to grow in popularity for several very good reasons. Firstly it is fairly flat & offers good pb potential & secondly it is has a reputation for being well organised.

Despite this we had our lowest turnout of the year with only 21 runners taking part. As far as I'm concerned it is the runners who determine the fate off grand prix events for future years, so I guess this one will be canned for 2010.

None of this detracts from the highlights. 1st place in their age categories for both Eileen Hiller & Aileen Baldwin & 1st team prize for our ladies; namely Diane Waite, Aileen Baldwin & Emma Fawcett. There was also 3 more pb's, this time from Aileen (1:41:56), Steve Hallam (1:47:45) & David Crowther (2:13:49).

It was maximum points from John Bassinder in division 1 in a time of 1:32:41 & second place from Steve turner in 1:39:40.

The inform Diane Waite was impressive in winning division 2 in 1:39:51 as was John Ingles in 2nd in 1:41:01. Both Diane & John have only done 3 events this season. They managed to beat the top four points scorers in the division & are likely to be in medal contention if they complete the remainder of the events.

It was an excellent first win of the season for Ellie May in division 3 in 1:44:28 & a good pb for Steve Hallam in 1:47:45 in 2nd. We have now had 7 events & 5 different winners in this division. I am convinced the silverware will not be decided until the last event of the season.

Division 4 need to take note of Eileen Hiller's progress this season. Eileen has done 5 of the 7 races & her progress has been as follows. Race 1 5th, Race 2 4th, Race 3 3rd, Race 4 2nd & finally at Freckleton race 5 1st place. Well done Eileen.

It was sweet revenge for the Meanwood defeat for Lesley Henderson over Richard Brear in division 5. Lesley finished in 2:10:47 with Richard in 2:13:49. This is the 6th time these 2 have done battle in this years Grand Prix & they now stand at 3-3.

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
Whernside	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 Whernside	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

Skiddaw Fell Race - 5th July 2009

A warm and humid day greeted the 140+ fell runners for the start of the Skiddaw Fell Race. A 9 mile race starting from Fitz park, Keswick with over 2700 ft of climb, making this an AM category race. The route is like the A1 for walkers up Skiddaw. A footpath of loose rocks all the way, with a bit of rocky crag at the top.

The race leads out from the back of the cricket ground, a short road section and footbridge across the A66 before the climb begins. Initially through a wooded area following the path to the west of Latrig, most of which is runnable, and then the serious stuff begins. A sharp incline up Whit Beck. The sun was out, and so where the para-gliders, swooping across the top of Skiddaw Little Man. The view across the valley was absolutely stunning, but still the climb went onwards and upwards, passing Skiddaw Little Man to the east, and then another sharp incline up the path to the control point at Skiddaw. The breeze on the top was great. Just what I needed to cool down. The climb was arduous but the view, straight out over the valley down onto Bassenthwaite Lake was absolutely breath taking.

The descent was a simple matter of downhill lunacy. Disengage brain, put legs into top gear and fly straight back the way you came up! The brain tended to go into overdrive every time you hit a sharp downhill bend on the loose rocks. The organisers then took us slightly off the path for 200 yards across a grassy banking, which made you check your pace. Just after the majority of downhill we then came to a slight incline before hitting the woods again. This was hard, my legs were numb with the down hill pace, and although I was running I had the feeling that my legs weren't attached to my body. Once this was out of the way, all you had to contend with was a nice gentle downhill, in hot sun, before the run into Fitz Park to be greeted by St John Ambulance staff and their large buckets of beautiful, crisp, cold water. Just what I needed!

Results.

1st Ricky Lightfoot 67:13 (Ellenborough RC)
 74th G D 96:36
 141st Karl Martin 122:09

Anyone looking to do some steep fell runs, but don't feel confident in navigation then this is the race for you. All on well trodden paths, with no navigation skills required.

By G D

Otley 10 - Wednesday 10th June



Following a recent calf injury, I was looking for an event which I could use as a faster paced training run, rather than an all-out race, and given that I have a preference for mid distances these days, this fairly local run seemed to fit the bill perfectly.

I was actually working from home during the day, therefore getting to the venue at a sensible time was easy enough. As I arrived in the car park near Otley Rugby Club, the first few spots of light rain appeared as the skies darkened gloomily. Not that this put me off, in fact I love running in the rain and find it quite refreshing as long as it's not completely torrential. However, I had a strange feeling of general apprehension which made me consider tuning around and driving straight back home again. After a few minutes, I walked over to the

registration desk and EOD'd (entered on the day) and then walked around looking for some familiar faces. I didn't actually see anybody that I recognised, so I wandered back to the car and still pondered heading for home as a feeling of "cant be arsed" threatened to overwhelm me!

Just as the weather took a turn for the worse, some Stainland colours appeared in my peripheral vision. As I focussed on the person wearing them, I immediately recognised "DC" himself – David Crowther. We sat and chatted in the car for a while until the now heavier rain subsided. With 20 minutes remaining before the start, I had a short easy warm up around the streets, before taking my place in the starting line up where I met up with some friends from other clubs and fellow subscribers to Fetcheveryone.com of which I'm an active member. The klaxon signalled the start and we were off. Inspecting the course profile beforehand, the race starts with around 4 easy miles of flat easy stuff, followed by a couple of significant hills which occur between 4.5 and 7.5 miles. The remainder of the route is then mostly downhill with the last mile being flat, back to the finish. My plan was to take the first 4 miles at a steady 8:30 pace, get up the hills as best I could, then finish with a flourish.

As usual though, my enthusiasm got the better of me and the first three mile splits were 7:57, 8:04, 8:06. It wasn't until the 4th mile that I actually managed somewhere near my plan at 8:28. Oh well, at least this left me around a minute and a half in reserve, which I just might need later on! The first hill loomed and looked ominous as it disappeared upwards around several sharp bends into the distance. Despite the gradient, I was pleasantly surprised to see the 5th mile pass by in 9:10 despite a climb of 192ft, but then the hill got even steeper and the next mile rose a further 267 ft, resulting in a laborious 10:27. With much of the really hard work now behind me, the 7th mile was simply delightful – virtually all down hill and covered in 7:18 despite purposely holding back and trying not to overdo it

(I was still officially in injury recovery mode and instructed not to do any speed work).

The 8th mile rose sharply again with another 260 ft of climbing and taking 9:48. With just 2 miles now left to go and mostly downhill or flat, I powered on at a reasonable pace recording 7:18 and 7:54 to finish in an official time of 1:24:53. Not too bad for a moderately hard effort and a full 8 minutes plus off my previous 10 mile PB. (Actually, I haven't done too many 10 mile road races, in fact this was really my first as my previous 10 mile PB was set back in 2005 at the Harewood 10 mile TRAIL race, when I wasn't even a regular runner!) All things considered though, I was happy with the result and feel comfortable with racing this distance. I'll definitely be looking to complete some more 10 milers in the months ahead. As I stood at the finish with my goody bag and bottle of water, watching other finishers coming through in various states of discomfort, I walked back down the line a bit to see how DC was getting on. After congratulating a few others who I sometimes see at races, there he was, also achieving a new PB at this distance in 1:43:49.

Overall, I really enjoyed this event and my only surprise was that there weren't more Lions taking part. In fact I looked back through results for previous years, only to discover that 2008 was a "bumper year" for us with a total of 4 taking part! I would like to nominate the Otley 10 as a possible future Grand Prix event (Mark Preston, please take note). I definitely prefer it to those god-awful 5K's, which I have a particular loathing for. But then for someone who's key strength is endurance and main weakness is speed, I would say that, wouldn't I?

By Steve Hallam

Tortoise and Hare Race - Thursday 18th June

Hardly flaming June, but despite the rain sixty-four of you turned out [32 teams!] to run the World famous Stainland "Tortoise and Hare" race.

The tried and tested concept is simple enough, the instructions were a little bit harder to convey, the understanding of them proved near impossible. When we got to the bit where everybody forms a straight line according to their speed, runners who take great pride in their speed suddenly became much slower, or were carrying invisible injuries. The ensuing, milling through only became a straight line again thanks to G D's voice of authority, [and some runners snitching on their "friends", who had forgotten if their 10K time was 40 minutes or 4 days]

Eventually lined up, paired up and psyched up, we managed to get under way. And then the rain started.

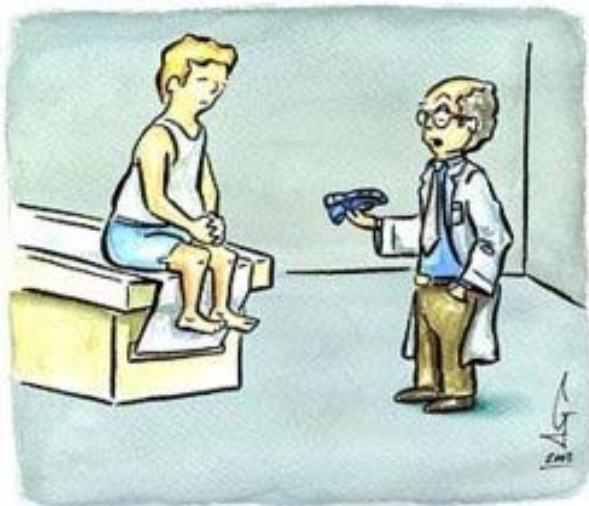
It was interesting [as well as wet] at the finish, trying to work out who would be in first, as it's the pair with the fastest combined speed, of course, who'll always win it.

56 minutes 20 seconds later we got our answer when Sharon Carter and Kate Melnyk came flying down the driveway together, with beaming grins as they realised they'd won! Steven Dodd and Jonathon Pybus weren't far behind, and Mark Chambers and Linda Williamson were close behind them in third place. It was good to see everybody remembering one instruction though, "finish together", if a little worrying to see how much some of you were enjoying holding hands coming in, I was told some had run like that all the way from Salterhebble.

Didn't wish to mention this but; A special non-spot prize had to go to our pair who failed to spot each other completely, hence didn't hand over the baton, but carried on and each ran the full loop. Not the first time this happened by any means, But; being both called Brian, both wearing light blue tee-shirts, should surely have made Messrs Coates and Crowther an ideal pairing! However "Team Brian" did run excellent times for the full course though, both finishing well ahead of many in the pairs race!

Well done to everybody and many thanks to Colin, Graham, Aileen and Geoff for all their help.

John Bassinder.



"The wear pattern on your running shoes suggests that you watch too much TV."

Does anyone ever watch Reggi Perrin? Well,... I get him, I really do. He lives between fantasy and reality. I get that,

because in my head I'm something very different than I am in reality. In my head I'm a marathon runner (a bit like

Forrest Gump but without the facial hair) I see myself running through mountainous landscapes with only my thoughts and freedom for company, only stopping occasionally in order to hug a tree.

Now the reality is that over the last 25 years. I have tried running before, twice by myself with no one to motivate me and once with a club (which I went to for three weeks) where they set me off on a short three miler which left me knackered, on my knees, and feeling the inevitable failure.... so I stopped.

Now, it came to pass that about three months ago, and very much by accident, I ended up on a website for the Stainland Lions (who promote themselves as a drinking club with a running problem). Coincidentally, The Lions were advertising a 'running for beginners' course - an 8 week course for those people who have never run before.... Fate?? I think so that's definitely for me!! thinks I.... this could be the start of something this could. So I duly put the date in my diary and waited for the big day to arrive. I figure that I'll do the 8 weeks and that will enable me to decide the difference between fantasy and reality, or, in other words, if I like it as much as my thoughts tell me I will, I will then either keep going or never mention running ever again.

The big day was 4 weeks away and I began to prepare myself mentally and physically (by running a bit more on the treadmills at the gym).

Then came the big day.... A Tuesday it was, a little cold, slightly damp and more than a tad drizzly. I was not going to be put off however and I kitted myself up and set off in my little Smart Car to the club, ready for the 6.30pm start. .. Arriving at 6.15 I decided to stay in the car till someone else arrived..... which they didn't???

Now the fundamental problem with diary's is that they are not in the least helpful if you put in an appointment on the wrong day!! so i had actually arrived on Tuesday for the beginning of the beginners course that began the day before...

The reason for telling you this is that today is Monday again and this evening I will be starting my **7 week** course. its raining.. its very cold and my tummy hurts.....

Bloody Forest Gump - never liked him anyway

Diane Gibson

Notice Board

New Member Profiles



Name: Suzanne Powell

Age: too old

Occupation: Own a business - Calder Web Marketing - bespoke websites, website promotion, SEO SEM

When did you start running and why? I came back to running early 2009. Life had started to settle down again after our little boy was born and I wanted to get fit and lose some weight.

What made you join Stainland Lions? I had seen the Lions running, and read about them. I started to look on

the website on a regular basis until plucking up the courage to come along to team night.

Tell us something funny, embarrassing or secret about yourself: I got a trampoline for my last birthday and am quite good at car body work!

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy? Eric Cantona

Favourites:

Food: I LOVE food - too many to mention

Drink: Purdeys for a soft drink, or a crisp Chardonnay

Music: Love music most types, but prefer what used to be known as Indie

Pastime (apart from Running): looking after our little gorgeous son - light of our lives, plus 1 dog, 2 cats, 2 gerbils

Talents & skills: Anything to do with websites or web promotion, hubby is an electrician.

Congratulations & Welcome...



Oliver Edward Preston born at 5:05 on the morning of Friday 19th June at Calderdale Royal. Weighing in at a good slim racing weight of 5 pounds 13 ounces despite being 10 days overdue. Mother (Lindsay Sykes, also club member but not spotted at the club recently for obvious reasons) & baby are all well & doing fine.

Mark Preston



Name: Debra Holmes
Age: 45
Occupation: Legal Secretary
Email Address: debraholmes75@yahoo.co.uk

When did you start running and why?

Joined beginners course in April 2009

What made you join Stainland Lions?

I had started to lose some weight since March 2009 and wanted to carry this on by doing some running

Tell us something funny, embarrassing or secret about yourself

I am rather gormless/clumsy and fall/trip over the slightest thing and pigeons are attracted to my head, i.e. they seem to like to land/wee/poo on my head when I go shopping or am going anywhere important usually!

If you could pick anyone in the world (apart from your nearest and dearest) who would you most fancy?

Robbie Williams

What is your worst habit, behaviour or vice?

Interrupting when someone is talking

Favourites

Food: Spag Bol

Film: Footloose

Drink: Red Wine

Music: Robbie Williams

Pastime (apart from Running): Gardening

Book: Jane Eyre

Talents & skills (own up to what you are good at, electricians, plumbers, cooks, car mechanics, landscape gardeners etc): Gardening, DIY, decorating/interior design

What are your running plans for the coming year (goals, races etc)?

To go running once or twice a week and enter races of no more than 10K.

Stainland 7

Can you help/can you run?

As you will be aware the next big event on the clubs calendar is the Stainland 7, the race takes place on Sunday 6th September at 10.30am.

The challenging road race has had a resurgence in recent years with participant numbers increasing for the last 2 years. We want to make this years event bigger and better than ever. Can you help ?

Our first big objective is to get all the volunteers we need to help with putting on the best race possible, please look out for further information on the forum(marshalling/car park duties and people to help out with raffle etc).

We then need as many runners as possible, so if you aren't helping out please enter the race, get friends and family to enter or take entry forms to any local races you might be going too.

For any info please don't hesitate to contact Jess or Gavin

GavinDodd@HBOSplc.com
rileyjess@hotmail.com

Track Training

Hi

The 10week 10k track training is well under way, but it's never too late to start. Don't worry that we are in the middle of the plan, I can always adjust the session to your needs.

If you can't make a session and are really keen to keep it up, the plan is saved here:

http://stainlandlions.com/Training/2009/JessRiley10weekTrackTrainingProgram_v3.pdf

So you can go down the track at your leisure.

The plan for after the 10 weeks is to take the efforts back down and then build them up again over 3 or 4 weeks, so those who have missed some of the key session can focus on another 10k race in Sept/Oct.

Thanks
Jess

Training For A Marathon - Understanding The Basics

Training for a marathon is unlike most other sports. Basically to become good at distance running you simply need to be able keep running until you've covered the required distance of your particular event.

Whereas with other sports there is an element of skill that can be improved to give the competitor an advantage. Running a marathon requires no skill, anyone in good health that can walk with no injuries could run a marathon if they wanted to.

So training for a marathon is different because it focuses purely on improving fitness levels or more specifically endurance and stamina.

To successfully do this you should follow these guidelines: -

Use Your Head

Gone are the days when all you needed to do was to go out and just run. Recent marathon training techniques have progressed significantly. Overusing the same muscles and joints when running mile after mile, day after day simply puts too much stress on the body. Using advanced techniques as shown in my new guide - 'Marathon Training For Beginners' will boost fitness levels and reduce the amount of time you need to spend training.

Change Things Around

To be a good distance runner you need endurance in the heart and lungs, but you can build up this stamina by using exercises such as cycling, swimming and cross training, so give them a try.

Keep Moving Forwards

One of the reasons why so many people who begin marathon training don't make it past their second week is that they don't see any progress.

Every session should be different, a little longer or more challenging.

Take a Break Every So Often

Rest days are vital for your progress, so use them. You'll be able to give your joints a break, refuel energy stores and allow your muscles to recover.

If you want to know more about training for a marathon do some research, don't go in to it blind. Marathon training is too much of a challenge to be taken so lightly, you will be clocking up many miles during your training and you need to understand the changes and improvements you are hoping to see.



Jago Holmes is a registered personal trainer with over 10 years experience working with runners from beginners to advanced level. He has created a unique and highly effective <http://marathontrainingexpert.com/> which quickly guides complete

beginners through their marathon training so that they can successfully run a marathon in the shortest possible time. If you need help or motivation with your training or weight loss and want to see rapid improvements, then why not give him a call on 01422 836157 or email: jago@anewimage.co.uk for a friendly chat.

Upcoming Races

All taken from David Swarbrick's Race Diary Page

<http://www.casefinder.co.uk/sl/racediary.php>

Idle Trail 02 Aug 10k from Grove Sports Centre, Woodhouse Grove School, Apperley Bridge, Bradford BD10 0NR. Scenic route on towpath, bridleway, path and private roads. Excellent facilities. Entries limited to 300, and no entries on the day.

http://www.idleac.co.uk/idletrail/trail_race.htm

[Jane Tomlinson](#) - York 02 Aug Sun - 10k First running of the Jane Tomlinson 10 road race in York. These have been tremendously popular races. No open entries remaining, but you might go for a charity entry (try Martin House). <http://www.runforall.com/york/>

[Crow Hill Reverse](#) 04 Aug Tue 19:30 F 5m/1000' Mytholmroyd - Fell - Short BS £3.50 on day

[Cinnamon Lodge Chase](#) 19 Aug Wed 19:00 R 6m (app) - Trail - Meltham Community Sports Centre, Mean Lane, Meltham Holmfirth, HD9 5QT. Organised by Meltham AC. <http://www.ukforms.net/onlineforms/php/Apply.php?EventID=367>

[Chipping Show](#) 22 Aug Sat 14:30 F 8m/2000' Fell - Preston medium AM On Day

[LIONS Pub Relay](#) 23 Aug Sun 14:00. Runners are split into teams of six. Each is assigned a leg of the race which is run as a relay. Each leg ends at a pub where a fellow team member hands the finishing runner a pint (half for a lady), which must be finished before the next team runner sets off. Needs sunshine. More difficult than it sounds.

[Target Race for 10k track training.](#)

[Birchwood](#) 23 Aug Sun 10:30 - 10k Road race starting from Birchwood Shopping centre, Car Park 3 (Warrington, Cheshire). Entries limited to 1000, with runners accepted on the day only to that limit - check first. This looks like a well organised and established race. This being Cheshire, the motorway bridges count as hills. <http://www.spectrumstriders.org.uk/>

[Alice's Run](#) 30 Aug Sun 10:30 - 10k Mixed terrain in Calder Valley. Contact Epilepsy Action - Tel: +44 (0)113 210 8800 - Fax: +44 (0)113 391 0300

<http://www.casefinder.co.uk/sl/ALICESRUNPOSTER2009.pdf>

[LIONS Stainland Seven](#) 06 Sep Sun 10:30 - 7m Club Event. 7 miles of undulatory delight with a little pain thrown in every now and then. More bumps than a pack of parched camels. Ranked in

the top ten races in the country for pain per penny. Can you see the scenery through the veil of tears? http://stainlandlions.com/Club_Races/2009/Stainland7/Stainland7EntryForm060909.pdf

[Great Yorkshire Run](#) 06 Sep Sun 09:20 - 10k Road - Sheffield - Big event, but nowhere near as good as the Stainland Seven - honest. <http://registration.greatrun.org/login.aspx?StreamID=139>

[Sandal Castle](#) 6 Sep 10:00 - 10k Multi Terrain, with Electronic Chip Timing. Sandal Castle akefield. Proceeds to Wakefield Hospice. http://www.sandalcastle10k.co.uk/sandal_10k_09_entryform.pdf

[Penistone Show](#) 13 Sep Sat 11:00 - 10k Road race. Undulating, last 1k traffic free. <http://www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=50179>

[Yorkshireman](#) 13 Sep Sun 10:00 - 26m/4000' or 13m/1500' Off Road marathon and half marathon. The favourite race of Aileen and John Bassinder. Need we say more. Starts from Main Street Haworth BD22 8DW GR 032374). One of the few marathon races which says from the start that you will be forgiven for walking. I cannot think why. Closing date Monday 7th September. No entries on the day. Haworth takes car parking seriously - so should you. <http://kcac.co.uk/>

[Fleetwood](#) 13 Sep Sun 09:30 - 26m / 13m Fleetwood Marathon and Half Marathon, from the Marine Hall, The Esplanade, Fleetwood, Lancashire FY7 6HF. Part of the "Wyre(we?) Running Weekend" Entry fees: £18/£20 (Half Marathon) or £22/£24 (Marathon) ("SRH Running Promotions") Closing Date 23 Aug. Limited entry. Min age 17.

<http://www.ukforms.net/onlineforms/php/Apply.php?EventID=192>

[Paras' 10](#) 13 Sep Sun 10:00 - 10m 10 Harrowing miles - All off-road. the course is based on the paratroopers selection march route. From Catterick Garrison North Yorkshire. You will not need to bring your own mud. <http://www.paras10.com/files/poster.pdf>

Pontefract 13 Sep Sun 10:00 - 10k In support of Prince of Wales Hospice. "This fast undulating course provides runners with the opportunity to not only compete in a fairly new event in Pontefract (third year) but also help raise funds for their local hospice. All roads associated with **Good Shepherd** 19 Sep Sat 14:30 F 15m/3000' Fell - Mytholmroyd - Long BL £6.00 on day.
Great North Run 20 Sep Sun 10:40 - 13m Biggest half marathon in the North of England. Closed.

Ron Hill 71st Birthday 24 Sep 09 Thu 18:45 R 5k Road Race Littleborough - Will fill quickly - Limit 450. NO entries on the night. Organised by Andems Runners.
<http://www.ukresults.net/forms/090924ronhill.pdf>

Whernside 26 Sep Sat 11:00 F 12.1m/2972' 12.1m/2972ft Fell - Dent - Long BL £5.00 on day.

Norland Moor Trail 27 Sep Sun 10:30 - 10k New Course. From Copley Cricket Club (Grid ref 084227), Copley Village, off Wakefield Road, Halifax. Marked course. Halifax Harriers 125th Anniversary gift to all finishers. Details: Heath

the race will be closed to ensure safety, and the route continues through North Featherstone, following a simple circular direction before finishing back at the park.

<http://www.pwh.org.uk/events/event-entry-forms/160-10k-affiliated-registration-form>

Try again here on 21 Sep 09 | Catching our minibus to get there!

<http://stainlandlions.com/RaceDiary/2009/GNRbus200909.htm>

Reilly, Tel 01422 824960, heathreilly3@aol.com. No on-line entry.
<http://www.halifaxharriers.co.uk/Norland%20Moor%20Trail.html>

Horsforth 27 Sep Sun 10:00 - 10k Road and canal towpath. From Woodhouse Grove School, Apperley Bridge, Bradford. Postal Closing Date 20 Sep. Entry on day - Yes (but check). Race Limit - 600. Online Entry (Registration needed) | Horsforth Harriers (with form)
<http://www.horsforthharriers.co.uk/pdfs/10kentryform09.pdf>



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Bradford City Centre



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www.bradford.gov.uk/events

Contact:
Pennine Events
01695 682020
alison@pennineevents.co.uk

Organised by City of Bradford Metropolitan District Council



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