



# The Lion's Tale

*The monthly newsletter of the  
Stainland Lions Running Club, March 2009*

## Comments from the Chair



The cross country presentation held at Heath went very well, I'm sure everyone enjoyed themselves. We now have the trophies at Heath, we just need somewhere to show them off. I'm in talks with Heath to have our very own trophy cabinet built. I'd like to take this opportunity to thank Ben for organising the event, Joanne, John and Paul (great pinnies chaps!) for their help in the kitchen, Penny for selling the raffle tickets (and achieving great sales!), and Geoff for being the 'official' photographer. We can now look forward to the National Final on April 19<sup>th</sup> when hopefully we will have more trophies to find a home for.

On Friday 27<sup>th</sup> March there is a fun and games night at Heath to raise money for Overgate and Childline. There will be a quiz, bingo, play your cards right, Mr & Mrs etc. There will also be an auction of running gear. Tickets are £5 for adults and £3 for children including supper. Please see me ASAP for tickets. I'm hoping lots of people will be there, it will be a good night, hopefully raising lots of money for the charities. In addition, it would be appreciated if anyone has any raffle prizes they could donate and also a couple of volunteers are needed to serve up the food on the night. Thank you all very much in advance.

The next Beginner's course starts on Monday 27<sup>th</sup> April. As usual, we need as many members as possible to come down and help. You don't have to be available every week – any help is appreciated.

The Bluebell trail is on Sunday 3<sup>rd</sup> May, volunteers to marshal etc are needed. If you would like to walk the 'trail' beforehand there will be a family event walk on Easter Sunday, followed by an Easter egg hunt for the children. For further details of this event or to offer your services contact G D, Alan Gibson or Jonathan Pridgeon. The Bluebell is now quite well known on the running circuit, I was on a course in Doncaster and people were coming up to me and asking if that was 'our' race, its thanks to the organisers and the volunteers that its becoming so popular so we need your help!

Bye for now!  
Diane

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# Captain's Log Results

## Road

<b>Huddersfield Road Runners 10k</b>	<b>22/02/09</b>
Sylvain Husson	40.30
James Penson	41.59
John Mager	42.26
Keith Hucheon	44.10
John Bassinder	44.21
Joe Nolan	45.28
Mark Preston	46.41
Jeff Anderson	46.57
Alan Whiteley	46.57
John Ingles	47.19 <b>PB</b>
Aileen Baldwin	47.26 2 <sup>nd</sup> TP
Amelia Wheelwright	47.44 2 <sup>nd</sup> TP
John Hirst	48.40
Jimmy Smith	48.40
Sue Gledhill	49.52 2 <sup>nd</sup> TP
Antony McMannus	50.09
Jon Pridgeon	50.11
Maria Harron	50.24
Karl Martin	50.44
Sandy Gee	50.51
Lynne Davies	51.15
Brian Conroy	51.55
Helen Hudson	52.15
Victoria Carek	52.20
Sharon Carter	52.44
Clive Siddall	52.47
Ian Appleyard	52.54
Tom Pellett	52.55
Steve Hallam	53.01
Tim Neville	53.04
Fran Nowell	53.21
Ellie May	53.34
Paul Costello	54.14
Terri Conroy	54.42
James Carville	54.45
Iain Threlkeld	55.16
Ray Mooney	55.38
Sue Barritt	57.20
Shelly Green	57.24
Cath O'Shaughnessy	57.26
Sue Manning	57.39
Steve Boyer	57.42
Helen Nicholl	59.37
Richard Brear	1.02.45
Louise Sutcliffe	1.03.40
Tracey Cowell	1.05.44
David Crowther	1.07.00
Richard Fawthrop	1.07.47
Jo Hirst	1.09.03
Zoe Mansbridge	1.09.19
<b>Great North Western Half Marathon</b>	<b>22/02/09</b>
Warren Thomas	1.32.27 <b>PB</b>
Paul Wallis	1.53.54
Jonathon Taylor	1.53.56

<b>The Snake Lane 10</b>	<b>22/02/09</b>
Diane Waite	1.15.25
<b>Haweswater Half Marathon, Cumbria</b>	<b>01/03/09</b>
Sylvain Husson	1:23:51
Michael Lancaster	1:33:28 <b>PB</b>
Craig Geoghegan	1:33:56
John Bassinder	1:34:34
Steve Turner	1:39:48
Amelia Wheelwright	1:43:08 <b>PB</b>
Mark Preston	1:43:41
Aileen Baldwin	1:43:42
John Hirst	1:43:58 <b>PB</b>
Sandy Gee	1:46:37
Maria Harron	1:48:29 <b>PB</b>
Clive Siddall	1:48:57
Jon Pridgeon	1:49:33
Steve Hallam	1:49:36 <b>PB</b>
Susan Gledhill	1:49:46 <b>PB</b>
Karl Martin	1:51:12
Victoria Carek	1:51:23 <b>PB</b>
Peter Bebb	1:51:55
Antony McManus	1:53:58
Sharon Kay Carter	1:54:06
Alan Gibson	1:54:34
Jonathan Taylor	1:54:41
Lynne Davies	1:55:06
Paul Costello	1:56:02
Angela Fawthrop	1:56:32
Susan Manning	1:57:10 <b>PB</b>
Catherine Mellor	1:57:17
Helen Fay	1:59:43
Eileen Hiller	1:59:45
Paul Wallis	2:01:04
Steve Boyer	2:01:07
Steven Crowther	2:03:14
Raymond Mooney	2:04:09
Chris Tetlow	2:07:12
Carol Lord	2:09:44
Wendy Goodwin	2:13:04
Louise Sutcliffe	2:13:04
Lesley Henderson	2:20:34
Susan Aitken	2:20:50
Janet Bebb	2:21:08
Richard Brear	2:22:10
Anna Griffiths	2:23:09
Judith Greenwood	2:25:07
<b>Oulton Park Half Marathon</b>	<b>08/03/09</b>
Jess Riley	1.32.36 1 <sup>st</sup> L
<b>Ballycotton 10</b>	<b>08/03/09</b>
Louise Cavanagh	(Bandon AC) 1.02.55 1 <sup>st</sup> L40
<b>Trimpell 20</b>	<b>15/03/09</b>
Angela Jordan	2:18:11
Mags Beever	2:18:41

**London ½ marathon @ Silverstone** 15/03/09  
 Susan Gledhill 1:48:49  
 Karl Martin 1:56:22

**Spensorough 20** 15/03/09  
 Karl Gray 1:54.52 2<sup>nd</sup>M  
 Gavin Dodd 2:44.44  
 Amelia Wheelwright 2:54.49

**St Annes 10 mile** 15/03/09  
 Mark Preston 1:14:15  
 Ellie May 1:19:32 **PB**  
 Caroline English 1:27:30 **PB**

**Trafford 10k** 15/03/09  
 Lorraine Naylor 41.14 3<sup>rd</sup> L35  
 Diane Waite 44.50 2<sup>nd</sup> L40  
 Andrew Brewer 46.13  
 Helen Brewer 1:00.10

**Dentdale 14** 14/03/09  
 Paul Biddulph 1:39:55  
 Stephen Turner 1:47:54  
 Aileen Baldwin 1:55:34  
 John Ingles 1:59:14  
 Alexander Gee 1:59:38  
 Paul Costello 2:02:52  
 James Carville 2:04:40  
 Susan Manning 2:08:41  
 Paul Wallis 2:09:48  
 Jonathan Taylor 2:13:42  
 Steven Crowther 2:17:09  
 Julie Talbot 2:19:48

## Trail/Fell

**Noon Stone Fell Race** 28/02/2009  
 Colin Hughes 1:36:18  
 G D 1:41:17

**Half Tour of Pendle** 07/03/09  
 Ben Mounsey (CV) 1.06.17  
 Gav Mullholland (CV) 1.10.36  
 Linda Murgatroyd (CV) 1.39.01

**Roddlesworth Roller 6m** 08/03/09  
 Martin O'Brien 46.41

**Ian Roberts Fell Race** 08/03/09  
 G D 52.29  
 Mark Preston 58.56  
 Gary Clay 62.25

**Windmills Whizz** 14/03/09  
 Official results still not out – see next month's newsletter

## Grand Prix Results

### Road

### Results after event 3

Div 1	1	Steve Turner	(3)	54 pts
	2	Mark Preston	(3)	46 pts
	3	Sylvain Husson	(2)	44 pts
Div 2	1	Aileen Baldwin	(3)	56 pts
	2	Ammelia Wheelwright	(3)	53 pts
	3	John Hirst	(3)	45 pts
Div 3	1	Peter Bebb	(3)	64 pts
	2	Steve Hallam	(3)	62 pts
	3	Helen Fay	(3)	47 pts
Div 4	1	Angela Fawthrop	(3)	50 pts
	2	Ray Mooney	(3)	42 pts
	3	Eileen Hiller	(3)	42 pts
Div 5	1	Lesley Henderson	(3)	52 pts
	2	Richard Brear	(3)	49 pts
	3	Janet Bebb	(3)	46 pts

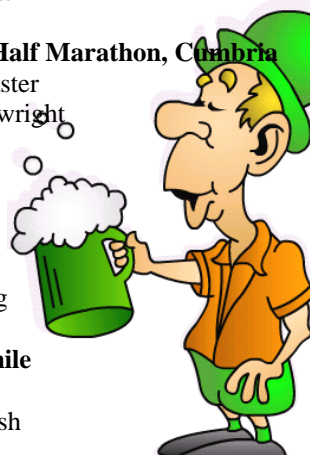
### PB Corner

**Huddersfield Road Runners 10k** 22/02/09  
 John Ingles 47.19

**Great North Western Half Marathon** 22/02/09  
 Warren Thomas 1.32.27

**Haweswater Half Marathon, Cumbria** 01/03/09  
 Michael Lancaster 1:33:28  
 Amelia Wheelwright 1:43:08  
 John Hirst 1:43:58  
 Maria Harron 1:48:29  
 Steve Hallam 1:49:36  
 Susan Gledhill 1:49:46  
 Victoria Carek 1:51:23  
 Susan Manning 1:57:10

**St Annes 10 mile** 15/03/09  
 Ellie May 1:19:32  
 Caroline English 1:27:30



!!!WELL DONE EVERYONE!!!

# Grand Prix 'Running' Commentary

## Haweswater 1/2 Marathon - 1<sup>st</sup> March 2009

Fourty two Lions completed the Haweswater half, that's almost as many as Huddersfield. It was no where near as hilly as some Lions predicted, but ranks alongside Dent & Coniston as one of the most scenic road runs in the country. I did this race last year and was very impressed with the course, the marshalling and especially the cakes at the end.

Well done to Judith for organising the coach. Although from what I understand it wasn't actually a coach at all but a converted refrigeration lorry with seats put in. Luckily the coach arrived nice and early so everyone had just about thawed out for the start of the race. I had the luxury of staying over in Penrith the previous night at a guest house owned by a member of the club and marshalled on the day.

Despite the minor hail storm just before the half way point the weather was kind to us and another 8 PBs were recorded. Well done to all those concerned. I suggest you all do Freckleton because providing the weather isn't too hot you should all knock a further 5 minutes off your Haweswater times.

Only 5 runners turned out in division 1. With all his potential rivals absent Sylvain once again dominated the field, finishing 10 minutes clear of Craig Geoghan. Not a frequent visitor to the club, but a big improvement from Craig since I last saw him run. John Bassinder had a good run in third in 1:34:34 with Steve Turner in 4<sup>th</sup> and Mark Preston in 5<sup>th</sup> (Ok last then). That said by default I have moved into 2<sup>nd</sup> place overall behind Steve Turner. This is completely due to the fact that I have competed in all the events so far.

It was bad luck for the unbeaten Emma Fawcett in division 2, out through injury. Hope you make a speedy recovery Emma. With John Ingles also absent it was looking like a 2 horse race at the top between Aileen and Amelia. They were both within a few seconds of each other at the 3 mile mark when Aileen began to forge ahead on the hill. By the turn Aileen had extended this lead to what I would estimate was about 30 seconds. I caught Aileen at the turn and shamelessly used her legendary stamina to get me through the second half. At mile 12 we were still running strongly but were no match for Amelia who had closed the gap and passed us with ease. By the finish Amelia had pulled out a 34 second lead over Aileen and recorded a PB as well.

It was another strong performance from John Hirst finishing 3<sup>rd</sup> in yet another new PB. Long distance specialist Sandy Gee put in his best performance of the year so far in 4<sup>th</sup> place. Slightly further down the field there were strong PB performances from Maria Harron, Victoria Carek & Sue Gledhill.

It was a well earned 1<sup>st</sup> place from Clive Siddall in division 3. Clive has run several full marathons over the years and it clearly showed here. Steve Hallam posted an impressive PB to overhaul Peter Bebb for the first time this season to finish 2<sup>nd</sup>. Peter's tried and trusted training plan consisting of playing squash and hockey, but strictly no actual training runs at all clearly showed over the longer distance. Alan Gibson finished a strong 4<sup>th</sup> closely followed by captain full English himself, Jonathan Taylor. Jonathan has been putting in more miles lately and this now seems to be reflecting in his performances.

The in-form Ian Appleyard missed this race because of a minor operation. This left the field open for the equally in-form Angela Fawthrop. Angela did indeed win in 1:56:32. One of the 2 performances of the day in my opinion came from Sue Manning in 2<sup>nd</sup>. Sue closed the gap to Angela from 22 seconds per mile at the club handicap to just 3 seconds per mile at Haweswater. It doesn't sound a lot, but you just try increasing your pace by 19 seconds per mile and running a PB. It was a good 3<sup>rd</sup> from Eileen Hiller, once again breaking the 2 hour mark for a half marathon.

Division 5 comprises several runners who have competed against each other for several years in the same Grand Prix division. It's always difficult to pick the winner. The 2<sup>nd</sup> performance of the day came from the ever smiling Carol Lord. It was not so much the fact that Carol finished 1<sup>st</sup> in the division, but the gap over her rivals that was impressive. Carol was over 3 minutes clear of the rapidly improving Louise Sutcliffe, but a staggering 10 minutes plus clear of all her usual rivals. Once again marathon training seems to have played a part. It was a close run thing for 3<sup>rd</sup> with Lesley Henderson finishing in 2:20:34 and Sue Aitken in 2:20:50.

Comment of the day came from Paul Wallis; "I had a gel pack at 10 miles which gave me a real kick up the bum". It doesn't really need a punch line does it?

By 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 1<sup>st</sup> 50pts 2<sup>nd</sup> 47pts 3<sup>rd</sup> 45pts 4<sup>th</sup> 43pts 5<sup>th</sup> 42pts dropping in single points**

The fell handicap grand prix is now underway. The first event staged up at Ogden Water saw nine fearless Lions whiz around some windmills on what turned out to be quite a blustery day. Although dry and relatively warm conditions made the whole experience a pleasurable one and this 'fell' race turned out to be not so scary after all. The route started on a lane not far from the Cause Way Foot pub on Keighley road, heading up a very gradual incline over Ovenden moors to follow a left handed loop around the windmills on Hollins Hill. Despite clear instructions from the race director that the windmills should always be on your left hand side, the front runners were duped by some idiot messing around with the race flags. Consequently, many runners coming off the moor took a right turn resulting in a two mile detour and costing them the race. Those that took a left were soon faced with what was the brant hill

of this race. A steep but relatively short ascent on road to the top of the hill spread the field and separated the men from the boys. Soon enough we reached the peak and the 'roadies' in us managed to pull it back before a fast trail descent back down to Ogden Water. Colin Hughes was the first Lion home followed by Jess Riley and Warren Thomas.

Personally I really enjoyed the relaxed atmosphere at the start and finish of this race and for a change there was no need for clock-watching, which eased the pressure further. However, this same casual mind-set seems to have filtered into the results service which we are all still eagerly awaiting...

Next event is Midgley moor on Sat 28<sup>th</sup> March.

By Jess Riley.

# Runner's Rambles & Race Reports

## Memories of the Bradford Marathon - 1982

Why can music evoke a past event so well, just taking you right back to that time? That happened to me recently whilst out on a solo lunchtime run. Swords of a Thousand Men by Ten Pole Tudor came into my ears through my recently acquired iPod Shuffle and it took me right back to late 1981, when someone told me that I couldn't run a mile let alone a marathon.

Now I was never really built for running or any other "sport" for that matter. Always the last to be picked for any team sport at school, I decided at an early age that I was never going to be a sporty person. It was with some surprise then, that at the age of 22, I accepted the challenge of running a local marathon, from a mate who wasn't too keen unless someone else was doing it. Following several beers, I reluctantly agreed to give it a go and started training the very next day.

During my late teens, I could manage around 2-3 miles every so often just to try to keep fit for other activities such as climbing and canoeing etc, but never saw myself as a proper runner. For someone "not very sporty" I surprised myself by running without stopping for almost 3 miles uphill! (well I wasn't going to be first to give in), then went on to complete 7 miles – a distance that I previously didn't think was even possible. Once I realised that I was capable of actually stretching myself to new heights, my confidence grew dramatically and I really started to develop a positive attitude that has proved to be a real advantage for life in general.

Anyway, the training continued and developed over the coming months, and in the Spring of 1982, I found myself on the starting line of the (now defunct) Bradford Marathon – my first ever running event. I'm still amazed at this as most people start their competitive running with a 5K or other sensible distance!

I remember having no proper running gear as we all have now. I just turned up at Apperley Bridge in some old trainers, a cotton t-shirt and tatty shorts and didn't even have a wrist watch, let alone a Garmin (which of course didn't exist then). The course ran through some private land owned by Yorkshire Water (through Esholt Sewage Works!) before continuing on through lower Baildon, into Shipley, through Bradford City Centre, then up Leeds Road to Dawsons Corner, left down the Leeds Ring Road, up into Horsforth, then left through Yeadon close to Leeds/Bradford Airport, then into Guiseley. It was around this point that I stopped for several minutes at a St John's Ambulance Brigade point, in sheer agony because my thighs had chafed so much they were actually bleeding. I had completed about 17 miles but just didn't have the will to go any further. I had reached a low point and convinced myself that I should stop right there and not go any further.

Several more minutes passed by and then.....I heard a familiar voice – "you can't stop now, you've already done most of it, just get yourself going again". This was the voice of Bob Light who was actually someone's Dad (the parent of a couple of sisters that I knew well). I replied that I was done for, and it was all over for me now. Then I watched him disappear into the distance.

But do you know what - sometimes you just need some inspiration from someone, anyone, and that day, Bob provided it. It started to sink in that I had indeed already done two thirds of the race, so why couldn't I find the inner strength to carry on? With that thought still swirling around my head, I grabbed a great handful of Vaseline from the St John's caravan, slapped it generously over my raw thighs and set off to chase Bob to the finish line!

At about mile 20, every muscle in my body started to scream at me to stop – I had hit the wall, but I'd just nicely got going again and stopping now just wasn't going to be an option. With dogged determination, I forced myself onwards and eventually, at the top of Apperley Lane in Rawdon, I could sense the finish line. There was still a mile and a bit to go but it was all downhill. Very soon, I could actually see the end, and from somewhere I found every last bit of energy to accelerate downhill and finish in the best possible time, passing quite a few on the way down. Within minutes, I crashed over the line with the clock reading 3 hours 33 minutes and several seconds – I had done it. Bob was already there to greet me and had finished 5 minutes in front of me. The sense of achievement was unbelievable and I still rate it as one of my life's highlights, even after all these years.

I know that I am never likely to surpass that Marathon PB – Just over three and half hours to complete a marathon is a great time by anyone's standards. However hard I train, I have to accept that time is not on my side and having just past my 50<sup>th</sup> birthday, I still have many running goals left to achieve, but doing another Marathon isn't currently one of them. Instead, I prefer to simply remember that incredible day and just leave that one the way it is. Although I've since run occasionally for most of my adult life, just to generally keep fit, it was to be another 23 years before I entered another competitive running event. Looking back, I really should have made the most of my best running years between the ages of 25-40, but I have no regrets. I've already had a great life so far and there's still a lot left to do and I'm more than happy with that.

By Steve Hallam

# Calderdale Kills Joggers

Several full moons ago... that may suggest the intellectual merit of what follows...

...it was briefly thought that Calderdale were out to get, or had it in for, the runners of Calderdale. When they so kindly supported the provision of the running track on Huddersfield Road, two councillors commented. One suggested that this was kind to local joggers, who would not now have to run the streets and hills of Halifax. Another suggested, obliquely perhaps, that this might help tidy unappealing displays of distressed lycra from the streets.

Clearly it did not work. The track is used - but the club of determined street trawlers has gone ever onwards and upwards. Stainland Lions is bigger than it ever was, and the lycra leaves even less to the horrified imagination of the passing councillors.

So, the track failed to get us off the streets. Whatever next? Well, we are an environmental problem - our carbon footprint is exceeded only by our sweaty footprint. So Calderdale came up with the Wheelie Bin.

I was stood in a queue of one the other day at a Calderdale Payments office. I was hoping to get to the front in time to pay my parking fine before it doubled - and there were only two days left. I listened to a very patient cash clerk listen to an elderly lady who was making it quite clear, and at very considerable length just how pernicious are the new wheelie bins recently visited on us.

My mind does not stand idly by, and I soon began to work out that in fact Calderdale's plan is to litter the pavements of Halifax with dark wheelie bins. These buggers will be left unannounced, and unlit, outside people's houses over the dark winters ahead of us. We will run into them. We will fall over them, and we will roll about in the smelly stinky contents. Our lycra will be even more distressed.

The true depths of Calderdale's evil cunning can be seen by the additional provision of even less visible, even smaller and even smellier 'caddies' whose sole purpose in life can only be to trip up the smaller (and often smellier) runner. These caddies will contain the rotting meat and two veg of the citizens of Halifax. They will be left out on the pavement purely in the hope of catching out the distracted runner.

From next winter, to the cries of 'Car' and 'Bloody Big Puddle' will be added the warnings of 'Waiting Wheelie Bin' and 'Caddie Trap'. Heaven help us all. I wonder if this will be covered in the Jog Leader's course?

Your editor has also received the following correspondence:

## 1. (From Creative of Copley)

Do you think that Calderdale have missed a trick here? It is said that only emptying the bins every two weeks will encourage rats. What they could have done is to make a small compartment at the bottom of the bin, which would operate as a rat trap. Holes in the bin above could allow odours, attractive to rats no doubt, to entice any passing little so-and-sos (and the bigger so-and-sos as well) in to be caught. They could then be collected with the rest of the rubbish in special compartments for the purpose on the vans.

This would answer Calderdale's critics. If rats are encouraged, they will be caught, and if none are caught that would prove that they were not being encouraged.

For squeamish residents unwilling to see a rat starve to death over two weeks, a special attachment could be provided to feed any rats caught from the scraps caddie. It would also provide a delight in watching the trauma induced in animal-loving-green type people. Good for the environment all around.

I had also heard that a plan had been got together by a certain H h h Harriers running club to sabotage the wheelie bin system by knocking them all over as they ran the streets. "Not on your Nellie" will be their answer if this might release several bad tempered and hungry rats about their feet.

## 2. (From Worried of Warley)

May I share my idea with other residents concerned at the possible untidiness to be inflicted on us by Calderdale in the shape of the wheelie bin. As soon as I mine arrived, I placed it and my neighbour's bins together in a small corner at the foot of our garden. In order to stop them being stolen by nasty neighbours, knocked over by any passing joggers, or becoming a place of solace for any rat colony, I immediately built a small wall approximately two feet high all around them. It looks very nice, and the bin men will still be able to get to our black bags.

PS What are the wheels for?

By David Swarbrick



## Cross Country Season 2008-09

Well what an amazing season! Stainland are finally 'on the map' now after our heroic team effort and we are finally the champions of the West Yorkshire league!

For those members that haven't heard (as if!)...Not only did we finish as first team overall but we also finished top of both the men's and women's league, as well as scooping a whole host of individual honours.

Individual winners over the course of the season were Aileen Baldwin who secured the female vets 55 title for the second year in a row, Colin Hughes was 3<sup>rd</sup> male vet 50 and Bob Ambler was 2<sup>nd</sup> male vet 60. A very modest Ben Mounsey finished the season as winner of the league for the 2<sup>nd</sup> year in a row ;-)

Finally it is also worth mentioning that despite the fact Stainland didn't have an individual winner in the female category, it was a real team effort that stole the show. Angela Jordan, Mags Beever and Jess Riley finished 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> respectively and on this evidence sent out a clear message to the rest of the league that the women's trophy will be gathering dust in our cabinet for a few more years to come!

We also had the pleasure of hosting the presentation night at Heath which was very fitting considering we won ALL of the major prizes! I think I speak for everyone when I say the food was just as good as our running this season- so many thanks to Joanne and her kitchen team for all of their efforts! It was a fantastic night filled with plenty of celebration and I thoroughly look forward to doing it all over again next season.

We have the final to look forward to next month and hopefully we can show the rest of the country what we are made of. I hope to see you all there to celebrate more silverware (notice the optimism!).

Finally I would just like to say many thanks to all those who have helped me with the team over the course of the season, it has been a real pleasure to lead the side.

Ben

## New Member Profile

Name: Sharon Nettleton

Age: 37

Occupation: Midwife

Email Address: Sharon.nettleton@blueyonder.co.uk

*When did you start running and why?*

I started running in April 2008 on a treadmill to lose weight and have a host 5 stones 9 lbs a size 18 to an 8 along the way.

*What made you join Stainland Lions?* A colleague at work met some lions on a an away run and said how sociable and friendly the group was, and the fina push was the courier article.

*Tell us something funny, embarrassing or secret about yourself.*

I was picked as a madwife from Halifax on the PRICE IS RIGHT to 'come on down' with Joe Pasquale, I was so excited to see my name flash up on the screen I hurdled over my friends next to me shouting and cheering flailing my arms about and wiggling all. Needless to say they cut all of the above and my moment of fame came and went with a wrong guess and a flash of me on national TV. Hey I got a photo and signed t-shirt and embarrassed children in to the bargain.

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

The Voice: Alan Rickman (Snape in Harry Potter) also Nicholas Cage is easy on the eye.

*What is your worst habit, behaviours or vice?*

Known to do an emergency fruit trolley dash at 10 o'clock at night for cherries MMmmmmmm.

*Favourites:*

*Food:* Curry

*Drink:* Latte

*Pastime (a part from running):* Shopping, meeting friends, cooking and a good book!

*Book:* Sohpie's Choice and Call the Midwife

*Film:* Jazz Singer/Gone with the Wind

*Music:* Bit of all sorts and of course Bon Jovi

*Talents & Skills:* Seeing off a good bottle of red....

*What are your running plans for the coming year (goals, races etc)?* Manchester 10k. Hopefully the Great North run on behalf of Myeloma.

# Existing Member Profile



Name: Colin Hughes  
Age: 53  
Occupation: Health,  
Safety &  
Environmental  
Manager

(Geoff Matthews Photography)

*How long have you been a member of the club?*

21 years plus

*Positions held (previous / current) with the club:*

Chairman 5 times / Vice Chair 5 times currently President

*How long have you been running?* Running 24 years, playing sport since I was 11 every weekend, injury and wedding permitting.

*What is your most embarrassing moment associated with the club?* Too many to mention or repeat...

Go on then, I will tell you one from way back. We first entered the Calderdale Way relay in 1993 from memory. We had no idea of the course, computers/ Internet, what were they? We had to get a map of the legs. I photocopied one map at work, but it was in two halves. After being on the beer the night before, I got caught short, like we all do now and again. Well on returning to the group they asked me where do we go now, I got out the map and said something like "Oh S—T" they of course, not realising the relevance of that statement, the only piece of paper I had related to the part of the course we had just run. Well needless to say we aborted the run.

*What is your fondest running memory and what is your worst running memory?*

I once said to someone if you get chance to do something special then do it, because when you get older and you cannot do it, all you have to live on are your memories so make sure you have plenty of them. Well I can say without hesitation Stainland Lions and its members have given me and my family many happy memories over the last twenty or so years.

Fondest running memories have to be the early years when the club was relatively small and we used to go racing at least twice a month taking the kids and having a picnic afterwards etc

Also I have to say completing my first marathon and everyone thereafter, a marathon is special and always will be.

Our first venture abroad in 1993 to do the New York Marathon was special too.

Raising money for worthwhile charities, we once raised over £1000 Ravenscliffe, The children ran the fun run with so much enthusiasm despite their obvious handicap and all we do is complain about our injuries.

Seeing others achieve goals they thought were impossible when they first joined the club

Worst running memory has to be doing a mountain bike duathlon in Hamsterly Forest with Mick Woodhouse over a hundred started and only 40 of us finished, it was that dangerous. The race was never run again experienced fell and mountain bikers were giving up it was that bad.

*What is your favourite (none club route) place to run:*

Around Ripponden and the Calderdale Way, we do not appreciate what we have in terms of landscape.

*Which are your favourite races and why?* Enjoy

the long fell races Howarth Hobble/ Yorkshireman / Calderdale Way. The scenery is stunning all the year round. Hate the Stainland 7 why people run it I will never know.

*Recommendations:*

*What type of shoes do you wear?* Tried them all / look for special offers at Shoes Unlimited.

*What is/are your favourite bit(s) of running kit?* Sorbathane running soles, saved my knees over the years.

*What is your best running tip?* Keep running through pain, its all in the mind. Run with a smile.

*Statistics*

*When / how many times a week do you run?*

Now only 3 or 4 times

*What is your average pace (min/mile)?* Now circa 7.4 min mile faster if challenged.

*What is your average weekly mileage?* Used to be 50 miles plus now around 30-35 miles

*Personal Bests:*

Yorkshireman	3 hours 32 mins
5 mile Littleborough	30 mins 15 secs
10k Harrogate Way	35 mins 50secs
Marathon Nottingham	3 hrs 15 secs
½ Marathon York	81 mins 50 secs
5k Race for Life in Sweden	18 mins 5 secs

# Notice Board

## Helpers Required

As our club goes from strength to strength we seem to set ourselves ever higher standards and targets. In the next few weeks we have the privilege of hosting the National finals of our cross country league on Sunday 19<sup>th</sup> April, the first time this race has ever come to Yorkshire. Two weeks later, Sunday 3<sup>rd</sup> May, we host our Bluebell Trail race, remember this has been voted 26<sup>th</sup> in the top 50 races [out of thousands of other races] with "Runners World".

Organising these races to a standard which keeps our good name is obviously hard work and both Richard Fawthrop with the Cross country and G D, Bluebell, have put a lot of time and effort in so far.

What's needed now is for as many members as possible to come and help!

It's a brilliant way for new members to get involved. We need marshals, help with catering, car parking, raffle prizes and all sorts of things. If you've never done a race you may not feel confident in volunteering, don't worry - you won't be abandoned at a Marshal post on your own, you'll be with someone else and the more of you the better. It helps runners enormously to be cheered on and encouraged by Marshals, and it's always a sign of a good club when the enthusiasm of the organisation shows through.

Many hands and all that, so; If anybody is able to get involved in any way contact Richard, Graham, or have a word with any committee member at training and they'll point you in the right direction [Which, after all, is all you need to do with the runners on the day].

John Bassinder

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## Games/quiz/auction/fun night

To be held at Heath on Friday 27<sup>th</sup> March.  
Tickets on sale soon in aid of Childline and Overgate.

## Easy Carrot Cake

It's got less fat but all the flavour or regular carrot cake, it also provides some beta-carotene, fibre and calcium.

310g wholemeal self raising flour  
1 tsp bicarbonate of soda  
2 tsps ground cinnamon  
1 tsp mixed spice  
95g soft brown sugar  
80g sultanas  
2 eggs lightly beaten  
2 tablespoons veg oil  
80ml skimmed milk  
140g apple puree/sauce  
290g carrot coarsely grated  
Oven 108 or Gas 4.

Lightly grease a 10 x 18 cm loaf tin and cover the bas with baking paper.

Sift the flour, soda and spiced into a large bowl.

Stir in the sugar and sultanas.

Combine the egg, oil milk and apple puree well in a large jug.

Stir the egg mixture into the dry ingredients, then stir in the carrot.

Spread into the tin and bake for 1 ¼ hours.

After 5 mins turn out to cool on a wire rack.

(You can top with 125g ricotta mixed with 30g icing sugar and ½ tsp grated lime rind to make it extra yummy).

By Diane Waite

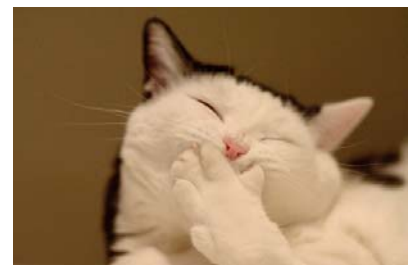
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## Joke of the month

**Q** What do you get if you cross a skeleton and a detective?

**A** Sherlock Bones

If you know any funny jokes (good ones like this), email them to us for next month's newsletter.



## Upcoming races

### Road

**Vera Hirst 5k Road Race**, Falcon Inn, Church Street, Littleborough, nr. Rochdale OL15 9AA (A58 Halifax Road) 2009 entry fees £4/£6 + £1 on the night (payable to "Andems Runners VH5K")  
**Contact: A. O'Sullivan MBE, 40 Crowshaw Drive, Lower Healey, Rochdale OL12 0SR - tel 01706 750620**

**Wakefield Hospice City 10k**, Thornes Park, Horbury Road, Wakefield, W. Yorks. This fast and flat race continues to remain popular. The course record of 27.57 was set in 1997 by Luka Cheron of Kenya, although the course has changed slightly since then and a new course is set of 2008. Also fun runs of 3 mile (11.30am) and 1 miles at 11.35am - under 18 £4, 18 and over £6 (untimed, medals to finishers) 2009 entry fees: £11/£13 + £2 on day ("Wakefield Hospice") c/d 19/3 - Online entry available numbers will be posted to you inclusive in the entry cost **Contact: 10k Organiser, Wakefield Hospice, Aberford Road, Wakefield WF1 4TS - tel: (01924) 213900**  
<http://www.wakefieldhospice.org/>

**Salford 10k**, Salford Sports Village, Littleton Road, Salford. Continually popular flat 10k race with consistently good prize list. Also Fun Run at 11.00am, £2.00 2009 entry fees: £7/£9 + £1.00 on day (to "Salford Harriers") c/d 15/3  
**Contact: Salford 10k, 17 Inchfield Road, Moston, Manchester M40 5QH**

**Garstang Gallop 10k**, Garstang Sports & Social Club, nr. Preston, Lancs PR3 1EB 2009 entry fees: £6/£8 +£1 on the day (to "Garstang Running Club (Gallop)"). c/d 13/4  
**Contact: Garstang Gallop, Snapewood Farm, Cabus, Garstang, Preston PR3 0JP - tel. 01995 603192**  
<http://garstangrc.co.uk/>

**Goyt Valley 10k Trail Race**, Errwood Sailing Club, Goyt Valley, Derbyshire Multi-terrain race on roads and footpaths (was a 5 miler in 2008). 2009 entry fees: £4/£6 + £1 on the night (pay "Buxton Mountain Rescue Team")  
**Contact: Goyt Valley Race, 10 Haddon Close, Macclesfield, Cheshire SK11 7YG - tel. 01625 434235/07941 447358**

**Oldham Mayor's Half Marathon**, Sports Centre, Lord Street, Oldham 2009 entry fees: £7/£9 +£1 on the day (payable to 'Oldham Mayoral Appeal') c/d 30/3 **Contact: Half Marathon Entries, The Mayor's Secretary, PO Box 30, Civic Centre, Oldham OL1 1UJ**

### Fell

SAT.MAR 28. MIDGLEY MOOR (R). AS. 11.00 a.m. 5m/1250' from Booth Cricket Club, Booth, Halifax, West Yorks. (GR 004271). £3.50. ER/LK/NS. Over 18. Records: 37.06 S.Oldfield 2000; f. 43.20 J. McIver 2007. Details: Rod Sutcliffe, Sherwood, Cragg Vale, Hebden Bridge, HX7

5RX. Tel: 01422 882082. Email: rod.sutcliffe@btopenworld.com Website: cvfr.co.uk

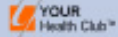
SAT.APR 4. ASKHAM (R). BM. 11.00 a.m. 8.5m/1800' from Askham Village Hall (GR 513237). £6 pre-entry on website, £8 on day if numbers allow (check website before travelling). PM. Over 18. New race. No safety pins. Details: Nigel Thomas, Firbank, Helton, Penrith, CA10 2QA. Tel: 01931 712819. Email: nigel.thomas@ncl.ac.uk Website: homepages.cs.ncl.ac.uk/nigel.thomas/Askham (no www)

SAT.APR 11. HALF MANX MOUNTAIN MARATHON (R). BL. 12.30 p.m. 13m/2600' from St. Johns crossroads, Isle of Man (GR277818). £9 to organiser by April 4th. NS/PM. Over 18. Records: 1.39.43 L. Taggart 2008; f. 1.56.37 J. Lee 2008. Last 13 miles of the Manx Mountain Marathon route. Details: David Quine, 3 Station Road, Peel, Isle of Man, IM5 1AY. Tel: 01624 845337. Email: davedaquine@hotmail.com Website: manxfellrunners.org

SAT.APR 11. WARDLE SKYLINE (R). BM. 2.00 p.m. 7.2m/1250' from Wardle Square, off A58 Rochdale-Halifax road (GR 912171). £4 + £1 to scouts. Teams free. PM. Over 18. Records: 40.47 J. Taylor 1990; f. 47.17 R. Smith 2002. No parking in Wardle Square. Park 0.25m beyond at Watergrove reservoir. Details: John Armstrong, 4 Marsett Close, Norden, Rochdale, OL12 7QT. Tel: 01706 526876. Email: johnstrongarm@o2.co.uk Website: rochdaleharriers.co.uk

SAT.APR 18. PUMA HAWKSHEAD TRAIL (R). BM. 2.00 p.m. 9.3m/1460' from Hawkshead, Cumbria . See website for entry details. Limit 1000. Teams(5) free. PM. Over 18. Records: 54.43 A. Jones 2008; f. 62.45 V. Wilkinson 2008. Sport trail (over 12) and U8/U10/U12 fun trails. Event T-shirt. 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: lakelandtrails.org

SAT.APR 25. THREE PEAKS (R). AL. 10.00 a.m. 24m/4500' from the Playing Fields, Horton-in-Ribblesdale (GR 805727). £16 pre-entry, on-line only (from early Jan.), by March 31st or earlier if 850 entry limit is reached. Teams (3) including MV40, MV50, LV40 and LV50 free. ER/LK/NS/PM. Over 18. Records: 2.46.03 A.Peace 1996; f. 3.14.43 A. Pichrtova 2008. Places guaranteed for 1st 10 men and 1st 5 ladies from 2008. Substitution accepted up to closing date but not restricted to same club, subject to usual race entry qualifications. Details: Bryan Speight, The Beeches, Wath Road, Pateley Bridge, Harrogate, HG3 5LN. Tel: 01423 711372. Email: 3peaksentries@live.co.uk Website: threepaksrace.org.uk



# ChildLine and



# The Overgate Hospice Fundraising Evening

Auction of running equipment and some rugby related items,  
plus fundraising fun and games

Heath RUFC, North Dean, Greetland, Halifax HX4 8LS - Friday 27th March 7:30pm onwards

**Tickets £5 per person (including supper)**

For tickets or info please ring Ian Conroy 07918 886 903  
or Dianne Rafferty 01422 350656



Registered  
charity numbers  
216481, 511919 and 9203717

### Auction items include:

One More Mile running tee's • Brooks His 'n' Hers gilets • Brooks His 'n' Hers long sleeve tops  
New Balance mens trainers (size 9) • Hilly socks & long sleeve tee (signed by Dr Ron Hill) • Lucozade Clothing  
Your Health Club (Huddersfield YMCA) 3 months membership for two