



The Lion's Tale

The quarterly newsletter of the
Stainland Lions Running Club, Jan/March 2010

A view from the Chair



Hello Everyone

A view from the chair, let's begin; there has been plenty to comment on so far, can I firstly expand on my role. My vision of chair - is to collectively guide the many individual efforts forwards that begat the Stainland Lions, so firstly please can I extend my thanks on all our behalf to Sandy Gee, the new Editor of Newsletter, who is making this narrative possible. For those who have followed the newsletter previously (*ten years for me!!*), before the website and the forum, the Lions Tail Newsletter was eagerly awaited as the chronicler/informer of what was happening in the club, these days with the instant gratification real-time comments on the forum, do the same. Now, the newsletter has become a retrospective, a marker of our tour de force, important club developments and a biography of the clubs achievements.

So now let's review as the chair sees it our Winter Season: well there was plenty going on, even though we suffered the worst winter since the 1970(s), and for the road tarmac guzzlers and trackies...there was dire misery, i.e. cancelled runs, low level runs, avoiding icy roads, track sessions and worse still the cancellation of the victory parade the Stainland Cross Country, nonetheless in Stainland, our very own jesuit off-roadies and fellies - the snow couldn't have been better, as they laid their shoe treads in virgin snow!

Saying all, there were some great achievements to pick-out and apologies now,

in advance, if I do not mention everyone as I am under instruction from our editor to keep this as short and punchy, as possible!

For the second successive season, Stainland Lions, were winter **Cross-Country Champions**, and in a club overlaid by the fairer sex - we were also overall **Men's Champions**, Second Place Ladies, and I also assisted in helped the vet's achieve 5th place 'we must do better', as well - I am hoping our ladies will make me eat my earlier comment in 2011, they certainly have the depth and ability! Well Done to Cross Country Captain Ben Mounsey, also 1st placed man, followed by 3rd Gav Mulholland, 8th Tristan Sheard. The ever youthful wistful Bob Ambler was 1st V60, Individual females: 3rd Jess Riley, 5th Julie Field, Aileen was also 1st V55 and Janet Carter was 2nd V50. The National Cross Country Final is on the 21st March 2010, and Richard Fawthorpe is looking into a coach from West Vale there and back.

Ben summed it up when he said a '**very proud captain**'!

Mark the Preston Roadie Grand Prix - due to a re-schedule for the weather was off and running on the 17th Jan. Division 1, well done to Mark Pigford and first lady Julie Field, Division 2, Amanda Zito, Division 3, Sarah Taylor, Division 4 Ian Threlkeld, Division 5 Lesley Henderson. and as I write, the results from forthcoming events will change the standings further, giving you even further opportunities to - beat the chair!

On a late and not so sober night at Berties, 'I pledged to support all running' and I hope you will all of a justifiable age, take this as earnestly, in the Vets League. Paul Patrick, really has put his enthusiasm behind the VETS, the races are now on the website, and as I write, I am looking forward personally to running (*pensively looking forward to Meltham - extremely hilly, the town of my birth*) - at three pounds and sandwiches and cakes afterwards, these are some of the best value events - **the fells**, Colin and Jon

Pridgeon and Graham Dyson have taken it upon themselves to promote the fells March 27th Midgely Moor and April 10th Wardle Skyline, we all know we live in some of the most outstanding beautiful countryside in the UK and through running we can enjoy it; come the summer months May to September, I personally am going to take to the fells,

From memory you only need four events to complete the Fell Grand Prix. Richard Fawthrop, forthwith performing at a more pedestrian pace, loves them, so paradoxically they are not only for the fellies, they are for runners - who love the fells!

A couple of individual notables in passing, on a hilly Huddersfield 10K, First Stainland Man, Tristan Sheard 41.2 5th male 35 and well done to first lady Maria Harron 45.05. Aileen Baldwin, 1st Female 55, the ladies team prize well done Maria, Aileen and Amanda Zito!

Berties again hosted a superb Stainland Lions Annual Dinner and I thank you all for getting behind the prize winners and achievers of 2009, and for your appreciation of the outgoing chair Diane Rafferty, who has done so much for the beginner runner.

I would like to finish my docket on those committed to the improvement of others, our coaches, Jess Reilly, Gav Dodd, Sue Gledhill and Richard Fawthorpe. I believe my running is improving from their guidance - Hill Rep Sessions for me, and I am confident they can improve all our running abilities; recently David Swarbrick added his name to the list with a coaching secession designed to start/lift/begin your running after injury.....

My final thoughts are - we all have ability, please push towards your ability, never be frightened to enter a race because of your ability, and be proud of your achievements.

Have a great running year from the Chairman

Alan Gibson

Park Run - what's it all about

Park Run is a free 5k run held each Saturday at 9am, a number of events are held in towns and cities in the UK and abroad. Our nearest events are Hyde Park Leeds and Lister Park Bradford.

All you need to do to take part is go onto the website, sign up, print off your barcode and turn up at an event. Your barcode will be read as you finish and your results will appear on the park run website later that day.

I have been taking part in park runs in an attempt to work on my pace and reduce my 10k time, I find that a lot of other runners are taking part for similar reasons, using the session as a kind of tempo run. The range of runners covers elites running 5k in about 15 minutes to people who have never ran before and are walking most of the 5k.

So why would you run a park run 5k and not just go out and run your own training run with friends? - Personally I think the race style environment makes me run harder than I ever would on my own, it has also helped me get used to pre-race nerves, being stood on a race style start line each week instead of once every few months has helped me become relax and prevented me from expending unnecessary energy.

It's also a really friendly environment, and well organised.

Have a look round the web site, see what you think - and give it a go.....

<http://www.parkrun.org.uk/leeds/Home.aspx>

Gavin Dodd

Grand Prix Event 1 – Stainland Winter Handicap

Last year's Grand Prix produced some excellent friendly competition & some outstanding individual performances. Several runners had new personal bests in 2009 & made huge improvements as the competition progressed. Division 2 was unbelievably competitive & not decided until the very final race of the season. Aileen (Duracell) Baldwin beat John Ingles in the final race. This meant they finished level on points & deservedly shared the trophy.

2009 Results

	Division 1	Events	Pts
1	John Bassinder	10	169
2	Mark Preston	11	162
3	Alan Whiteley	8	141
	Division 2		Total
1=	Aileen Baldwin	12	152
1=	John Ingles	9	152
3	Amelia Wheelwright	11	147
	Division 3		Total
1	Peter Bebb	9	170
2	Steve Hallam	11	165
3	Ellie May	9	162
	Division 4		Total
1	Ian Appleyard	10	136
2	Angela Fawthrop	10	127
3	Sue Manning	10	126
	Division 5		Total
1	Linda Williamson	8	151
2	Lesley Henderson	11	145
3	Richard Brear	10	139

There are 106 entrants in this year's Road & Trail Grand Prix, the highest number in the clubs history. I've done several races over the years where the total number of competitors in the race has been less than that. This sort of numbers ensures that Stainland is a club that really is recognised within the local running scene.

As in previous years there are 5 divisions. There is no automatic promotion or relegation from divisions; they are established based on recent race times, potential race times & for new runners who have not raced before, people of a similar speed at the club. I've always

refused any cash offers in order to try & secure a place in the division below & got wise to the runners that suddenly have an inexplicable loss of form around October & November time, when I'm putting the competition together for the following year. Just for the record, I don't think either of the above scenarios has ever happened.

There are several new races this year, as suggested by club members (the Sowerby Scorchers for instance). Let's hope it is a scorcher after this winter. As I talked to people in last year's competition a central theme began to emerge. Unless you are in contention for some silverware towards the end of the year, is it worth turning out on a cold rainy November day to do a 10 mile race. My own view is yes, apart from anything else at the race in question, the Guy Fawkes 10, you receive your own body weight in chocolate at the end. I can see their point though.

As a result I looked at a number of ideas to address the issue. The idea of an age graded system had been suggested. It sounds good in theory, but let's face it we might as well give the trophy straight to Aileen. Hence the idea of the handicap competition was borne. The overriding principle being that everyone can compete on an equal basis. In order to do this handicaps are adjusted after each event. The winners will not be determined until the final race of the year. I won't bore you with all the rules (there on the website).

The Stainland Winter Handicap is traditionally always the first GP event of the season. It is a good way to introduce new club members to racing. Hopefully by doing this event they will realise that entering that first 10K is not as daunting a prospect as they thought it was. Trust me when it comes to racing there's nothing scarier than entering a race that has Colin Hughes as the main organiser.

5 Miles! Yeah right. The race was cancelled twice because of the weather. It needed to be though, safety has to come first when organising a road race. It was a good course & actually fairly flat for a Stainland event. A big thank you to Colin, John Bassinder & all the Lions who helped marshal & organise the event on the day.

Rather than comment on all the individual performances I will concentrate on the new Handicap competition. The top 10 on the ladder consists of 2 runners from division 1, 2

from division 2, 2 from division 4 & 4 from division 5.

In 1st place is new club runner Lisa Richardson, followed in 2nd by a rejuvenated Maggie Blaylock who has not raced much, if at all in the last couple of years. New mum Gen Thompson is in 3rd with another new runner Rachel Whiteley in 4th.

The bad news is that there flat 10k handicap for the next race will now be adjusted. Lisa's time for instance will move from 1:12:00 to 1:09:50. Conversely the runners who struggled & are towards the bottom of the ladder should find it easier for the 2nd event, the Huddersfield 10K.

Mark Preston

Fell

A Mystery Tour of Wadsworth.

Well, having missed a couple of early year fell races due to work I decided to take on the challenge of Wadsworth Trog as my first race of the year. Having raced this last year and making a total hash of the last few miles I decided on a couple of reces around the 20 mile route. Due to the deep snow my first recce was cut short at Dean Head Reservoir....3ft deep in places. For the second recce I decided on a cunning plan:

1. Get a weather update from "local weather man Geoff"

2. Get some other "nutters" to come with me.

So after a text from Geoff giving me the "all clear". Colin, Julie, Jess and myself set off from Old Town up to the first checkpoint at High Brown Knoll. Within a mile my feet were freezing. Yes Geoff was right, there had been a thaw, but it had turned into slush, resulting in us having to run through deep icy snow or freezing ankle deep slush. By the time we reach High Brown Knoll we had all had enough but decided to try and recce the last section. Not a good idea. The snow got very deep resulting in us navigating back to the road. Four very cold and wet runners retired back to our cars, and a quick text to Geoff informing him he was "sacked!"

Anyway, "Spring?" forward a week or so to race day, and the "warmer?" weather had arrived, but brought with it a thick clag of fog.

I knew it would be difficult navigating, I had got lost last year on a crystal clear day.

At 1011am prompt 150ish of us set off. The first few miles went well, picking up the checkpoints at High Brown Knoll and Dean Head before the hard climb up to Burnt Stones. The fog then really took hold. No one in front to follow and no one behind. I decided for a safe but longer route that took me to the road crossing at Cock Hill. Runners were coming from all directions. I had my compass out for the first time in three years and managed to get the right direction to the road. For the next few miles to Withens Ruins I stuck to a group of about 10 other runners, and then I realised they had missed a turning to the Ruins causing us an extra mile back down the track. Once at the Ruins I decided to take my destiny in my own hands and set off at a pace across the flagstones, navigating around Wadsworth Moor and back to the welcome sight of Cock Hill. At this point (about 16 miles) I started to suffer. I knew the route back across the moor to High Brown Knoll, but fatigue and the clag made me doubt myself resulting in me holding back with a couple of other runners. Eventually we hit High Brown Knoll and I thought that's it, all downhill from here. The other two runners seemed to know the way back as well so we set off at a pace into the thick claggy fog. We kept going and going, missing the turn to the airshafts. A group of runners then came from our left (God only knows where they had been), but we all set off in a line with 10 metres between each of us heading up the hill looking for the checkpoint at Sheepstones Edge. I managed to pick up another runner who had been going round in circles for the last half hour, and then we heard a cry of "IT'S HERE," as one of the others found the checkpoint at Sheep Stones Edge. Brilliant, now a long run in to Chiserley and then the very hard climb with very tired legs back up to Old Town and the finish. The lap around the cricket field was excruciating, but the welcome home from our Calder Valley friends was absolutely fantastic. A lovely hot mug of soup and as much tea and sarnies as you could eat!

So for the second year running I managed to turn Wadsworth's 20 miles into 22.5 miles. Two years, two different routes, two totally different races.

I will be back for more - I don't think that Wadsworth Moor can throw anything more challenging at me than it already has!

- Men, rest to count. (Aggregate points for all male finishers from a club outside the top 4)
- Men, all to count. (Aggregate points for all male finishers)
- Ladies, first 4 to count. (Aggregate points for the first 4 female finishers from a club)
- Ladies, rest to count. (Aggregate points for all female finishers from a club outside the top 4)
- Ladies, all to count. (Aggregate points for all female finishers)

Individual Awards

- Category prizes are given at each of the races.
- At the end of the series trophies are awarded in each category based on the runners' best 7 scores from the 10 races. A minimum six races have to be completed to qualify for an award.

Fees and Race Details

Entry fee is £3.00 for each race. Race entry is made on the day.

Your race number for the season will be issued when you attend your first Grand Prix race of the season. Keep this number for the series. If you forget to bring this to a subsequent race you will be charged an extra £1.

Prior to the races, keep in touch with your club rep i.e. me, who will have greater details on each race, including directions.

If details of any race have to be changed, your club rep will be informed.

The dates and times for this year's GP races are

Regards,
PP.

Cross Country report 2009/10

Wow! What a year it has been! A very interesting season to say the least, with plenty of disruption, mainly because of the freak winter weather that we've all had to endure! Unfortunately, several of the XC fixtures were affected by this, especially as we had to cancel our very own fixture at Stainland! However, thankfully in the end it didn't hamper our chances of winning trophies too much!

I suppose the big question on everyone's lips at the start of the season was could we win the league again for the second year in a row? And could we retain the men's and women's team trophies?**NEVER IN DOUBT!!!**

For those of you that haven't heard yet (hard to believe!) we are once again the champions of West Yorkshire AND we have also won the men's team trophy for the second successive year. Unfortunately we didn't win the women's trophy but we did finish in a very strong second position behind LBT and our ladies showed their class by sharing first place on the day in the penultimate fixture at Dewsbury.

After last year's domination of the league, all of the teams (especially LBT and Pudsey!) have had to raise their game. This year LBT won the ladies team prize outright and the quality of the overall field has improved significantly. Colin will no doubt remind you that this league was initially formed for those runners who usually run outside of the 6 minute mile mark. I can assure you that this is simply not the case anymore! Our very own Karl Gray, Gav Mulholland, Chris Loftus and Adam Breaks are amongst the best in the country and have all contributed to raising the level of competition in the league and demonstrating the strength of our team. What I have also found most encouraging is that we now have a number of rising stars amongst our ranks, athletes who are improving race after race. Tristan Sheard and Richard Hand are always in and amongst the top finishers, with Tristan finishing in a very creditable 8th position overall. In the women's competition, Julie Field emerged as the new star of the Stainland team, an outstanding season for her, finishing in 5th place overall and winning the first vet 35 trophy!

Other notable achievements this year...
Women's captain, Jess Riley, finishing in bronze medal position! We all want you to

beat Karen Pickles for first place next year Jess so keep training hard!!!

Our 'Super-vet' Aileen Baldwin once again successfully defended her vet 55 title and in the process managed to finish in 7th place overall, a very inspiring achievement. I'm hoping she may even make the presentation night this year so I don't end up keeping her trophy and prize for another 11 months! Sorry about that Aileen ;-)

Angela Jordan, who despite missing the 3rd fixture still managed to finish in a very impressive 11th position overall!

Unfortunately Janet Carter missed the last race, probably due to the horrendous weather conditions. She would have undoubtedly finished as first lady vet 50 so I'm very excited about her chances of winning the title next year!

And finally, a special mention to Lorraine Naylor, who after a very difficult year has made her comeback in style and showed a massive improvement in the last race by finishing in 18th position, 13 places higher than the previous fixture. Good to see you back Lorraine!!! ;-)

We also enjoyed huge success in the men's individual standings. Fortunately I just managed to win the league for the 3rd year running, despite plenty of threat from Quentin Lewis of Baildon and our very own 'Pocket Rocket' Gav Mulholland. The leprechaun finished 3rd overall and showed us all this season what a massive talent he really is! I'm genuinely scared about racing him next season! Tristan Sheard finishing 8th just shows that he is another one to watch in the near future!

President Colin proved that age doesn't matter ;-) as he finished 27th overall and was 3rd vet 50.

The impressive Bob Ambler once again secured the vet 60 title after showing consistent form throughout the season. Good to see that all the dog walking is obviously keeping him fit!

In the Turpin 'improvers' trophy, Richard Fawthrop finished joint second with Colin close behind in 5th. A big well done guys!!!

All in all, another great year of cross country running to remember!!!

Finally I would like to wish the next XC captain the very best of luck next season and hope that we can defend our title for the 3rd year in a row. A massive thank you to all the members who have competed or supported the team this season and over the last few years.

I've been VERY proud to lead the team over the last 5 years.

Any victory is a shared victory and we can all enjoy the trophies for at least another 12 months! ;-)

Ben

P.S. All results can be found on www.wymedia.co.uk/wywl

Quality, Not Quantity



A number of friends in the club have been asking me recently about how my training is going for the London Marathon. When I tell them what I am doing they are surprised by how little training I do and how close to race pace I am running. This all stems from the book "Run Less, Run Faster" by Pierce, Murr and Moss which I saw in a Runners World article in late 2009. After four attempts in the London Marathon ballot, I had finally secured a placed and was already thinking how I would train for it through the winter. So I asked for the book as a Christmas present and avidly read it over the holiday break when snow and ice prevented much running.

The book is written by staff from the Furman Institute of Running and Scientific Training (FIRST) based at the Furman University in Greenville, South Carolina USA. I am not a great fan of US hype and this book has quite a bit of that, but it did appeal to me and make sense in a way.

The schedule is basically one long run (15 to 20 miles), one medium run (6 to 11 miles) and a track session every week plus the two cross training sessions. This was ideal for me as I go to the track on the Wednesday, I could have my long run on Saturday and have the medium run on Monday. As I said these are meant to be quality sessions so you have a target pace that you should aim for. The actual pace is based upon your target for the marathon. I chose the 3:50 plan as my half marathon PB indicates that I should be able to achieve that.

SOCIAL

Next Events

Sun 9th May Bacon Buttie run/ walk / cycle

Fri 14th May Night out in Hebden Bridge –
further details later

Fri 4th Jun Family games night at Heath

Sat 18th Jun – Pub crawl on along canal

Sat 19th July – Mongolian BBQ / band / disco

Social Committee

Contacts:

Carol Lord	07742 110652
Maggie Blaylock	07812 089935
Liz McGrath	07951 556875
Rachel Whiteley	07790 663567
Jackie Barker	07769 667813
Diane Rafferty	01422 350656

or email social@stainlandlions.com

Editor's note

What amazes me looking at all the results / reports / social stuff is how busy everyone is. Please keep updates and reports coming through (and ideas for different features or format) and maybe with a bit of luck I'll get the next Newsletter out a bit quicker.

But don't worry if all this activity is getting too much – there are rumours that running may be subject to state control. There've been interesting postings on the Forum about the pro's and con's of wearing hi-viz gear and potential public liability issues. These subjects generate strong opinions on and debate around themes of common sense / personal choice / political correctness (thanks Jimmy for recent posting on 'Government bans jogging due to 'natural highs' from endorphins' which is my favourite this year.

Sandy Gee

Kit

Kit has a new home now, and anyone wanting to try or buy can see Graham Halstead - usually on Tuesdays at Manor Heath and Thursdays down at the club. I can also be contacted at yam.60@tiscali.co.uk

Results 2009**(Q1 2010 in next edition)****Joe Percy - 15/06/09**

Mark Jones	40.26
James Penson	41.12
Graham Dyson	43.35
Gavin Dodd	43.56
Jimmy Smith	45.50
Amelia Wheelwright	47.52
Guy Williams	49.44
Steve Hallam	50.47
Victoria Clark	51.21
Laraine Penson	52.10

East Hull Harriers 24 Hour race - 11/07/09

Karl Martin 102 miles (and a bit)

Yorkshire Wolds Half – 18/07/09

Diane Waite	106.03
Sandy Gee	112.55
David Waite	117.49
Helen Learoyd	147.58

The Gravy 6 - 20/07/09

Martin O'Brien	44:39
Steve Boyer	48:49

Pudsey 10k – 26/07/09

Jessica Riley	00:43:33
Margaret Beever	00:43:54
Richard Hand	00:44:25
Steve Turner	00:47:44
Mark Preston	00:48:53
John Ingles	00:49:01
Aileen Baldwin	00:49:03
Karl Martin	00:50:03
Amelia Wheelwright	00:50:14
Ellie May	00:50:21
Emma Fawcett	00:50:29
Antony McManus	00:50:32
Martin O'Brien	00:51:45
Susan Gledhill	00:51:54
Paul Patrick	00:52:10
Alan Whiteley	00:52:53
Ian Appleyard	00:52:59

Peter Bebb	00:53:08
Maria Harron	00:53:08
Steve Hallam	00:53:35
James Carville	00:53:36
Sharon Carter	00:56:00
Alan Gibson	00:56:07
Brian Conroy	00:58:10
Susan Manning	00:58:23
Angela Fawthrop	00:58:23
Iain Threlkeld	00:59:56
Steven Crowther	01:00:56
Helen Fay	01:02:05
Carol Lord	01:02:19
Lesley Henderson	01:02:51
Richard Brear	01:04:17
Judith Greenwood	01:06:05
Brian Crowther	01:07:57
David Crowther	01:08:17
Richard Fawthrop	01:10:54
Janet Bebb	01:14:27

Idle Trail Race - 02/08/09

Aileen Baldwin	0:48:59
Steve Hallam	0:52:41
Richard Brear	1:02:47

Jane Tomlinson York - 02/08/09

Shelley Green	0:49:19
John Hirst	0:50:09
Helen Learoyd	0:59:42
Dave Crowther	1:01:52
Tanya Seagar	1:03:31
Joanne Hirst	1:05:06
Liz Smithies	1:12:08
Alison Buckle	1:12:27

Crow Hill Reverse - 4/08/09

Richard Hand,	37:51
Mark Jones,	37:55
Warren Thomas,	38:50
Lee Naylor,	39:22
John Bassinder,	39:24
Jamie Smith,	40:37
Graham Dyson,	41:09
Tony McManus,	44:07
Karl Martin,	47:25

Askern 10 miles - 09/08/09

Mark Preston	75:35
Diane Waite	76:37
Karl Martin	82:49
Sandy Gee	83:33
David Waite	85:30

Isle of Man Marathon - 09/08/09

Ellie May	4:03
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Cinnamon Lodge 10 k – 19/08/09

Richard Hand	45.18
John Bassinder	47.04
Mark Preston	49.39
Karl Martin	50.24
Amelia Wheelwright	50.29
Aileen Baldwin	51.33
Emma Fawcett	53.00
Martin O'Brien	53.15
Susan Gledhill	54.20
Maria Harron	55.01
Gary Clay	55.23
Peter Bebb	55.34
Alan Whiteley	55.51
Steve Hallam	56.17
John Hirst	56.30
Alan Gibson	56.37
Victoria Carek	56.50
Steve Boyer	56.50
Ian Appleyard	58.47
Brian Conroy	62.36
Ben Clay	62.36
Steven Crowther	63.44

Angela Fawthrop	64.38
Carol Lord	69.27
Lesley Henderson	70.20
Richard Brear	72.29
Judith Greenwood	73.59
Janet Bebb	76.14
Richard Fawthrop	77.38

Birchwood 10k – 23/08/09

Tristan Sheard	38:47
Jessica Riley	41:20
Mark Preston	43:56
Diane Waite	44:18
Jimmy Smith	44:19
Emma Fawcett	46:31
Karl Martin	48:41
Susan Gledhill	48:50
Martin O'Brien	48:58
David Waite	49:13
Martin Cordingley	50:32
Alan Gibson	50:45
Terry Costello	51:36
Lesley Cresswell	53:22
Steve Boyer	54:48
Carol Lord	54:52
Karen Thorne	56:41

Alice's Run- 30/08/09

Richard Hand	41.45
Jeff Anderson	44.58
Paul Roper	46.30
Mark Speight	47.59
Martin O'Brien	48.42
Stephen Rorrison	49.40
Jonathan Pybus	50.44
Lynne Davies	50.52
Ian Appleyard	52.16
Fran Nowell	53.59
Karen Thorne	57.15
Amanda Speight	62.47
Julie Hollingdrake	62.47
Robin Cresswell	66.21
Steve Boyer	71.46

Stainland 7 – 06/09/09

Ben Mounsey	00:40:52
Gavin	00:44:14
Mulholland	
Richard Hand	00:51:26
Paul Biddulph	00:52:02
James Penson	00:53:37
Aileen Baldwin	00:56:03
Robert Ambler	00:57:55
Roger Fleming	00:57:57
Paul Patrick	00:59:01
Dave	00:59:04
Hutchinson	
Martin O'Brien	00:59:57
Sandy Gee	01:00:02
Lucy Thompson	01:00:22
Steve Turner	01:00:51
Amelia	01:01:19
Wheelwright	
Andrew	01:02:54
Gaukroger	
Karl Martin	01:03:30
Fran Nowell	01:03:56
Ian Appleyard	01:04:29
Andrew Toft	01:08:34
Paul O'Connor	01:10:52
Eileen Hiller	01:11:53
Richard Brear	01:20:01

Penistone 10k – 12/09/09

M Preston	43:34
J Ingles	46:44
K Martin	47:41
A Wheelwright	48:23
P Bebb	49:00
S Gee	49:27
H Hudson	49:28
S Gledhill	49:30
S Hallam	50:33
M Harron	51:05
I Threlkeld	55:06
S Manning	55:13

R Mooney	56:56
L Williamson	57:09
C Mellor	57:22
J Bebb	68:04

Fleetwood Half – 13/09/09

Wendy Goodwin	2hr 6mins
Judith Greenwood	2hr 14min
Lesley Henderson	2 hr 14 min
Sue Aitken	2 hr 19 min
Julia Newsome	2 hr 19min

Robin Hood Marathon – 13/09/09

Ellie May	3:42
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Yorkshireman – 13/09/09**Marathon**

Mark Jones	4:16:58
Graham Dyson	4:35:30
Aileen Baldwin	5:01:55

Half

John Bassinder	2:06:35
Sandy Gee	2:29:22
Lynne Davis	2:37:40
Steve Boyer	2:43:40
Alan Lashbrook	2:58:05

Trafford 10k 13/09/09

Jessica Riley	39.00
Margaret Beever	39.26
Gavin Dodd	44.21
David Hutchings	44.26
Roger Fleming	45.35

Great Langdale Half - 20/09/09

Sandy Gee	1:59:40
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Shell Sutton 10k - 20/09/09

Dave Hutchings	44 15
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Great North Run – 20/09/09

Mark Preston	1.39
Emma Fawcett	1.40
Steve Hallam	1.46
Karl Martin	1.47
Sue Gledhill	1.49
Peter Bebb	1.51
Maria Harron	1.52
Catherine O'Shaughnessey	1.56
Paul Costello	1.56

Stephen Rorrison	1.58
John Hirst	1.58
Guy Williams	1.59
Terry Costello	2.00
Frances Nowell	2.01
Brian Conroy	2.01
Sharon Carter	2.03
Helen Fay	2.03
Linda Williamson	2.03
Steve Boyer	2.04
Iain Threlkeld	2.06
Rachel Roberts	2.09
Sharon Nettelton	2.12
Janet Bebb	2.13
Louise Sutcliffe	2.16
Amy Jackson	2.19
Nicola Lay	2.25
Elizabeth Davey	2.27
Liz Forster	2.33
Ann Shewan	2.35
Joanne Hirst	2.38
Helen Falsey	2.38
Roy Henstock	3.09
Ruth Maney	3.10

Norland Moor Trail 27/09/09

Jamie Smith	48.37
Aileen Baldwin	52.38
Martin O'Brien	53.22
Antony McManus	56.34
Ellie May	57.24
Ray Mooney	62.58

Salford 10k - 27/09/09

Mark Preston	41 43
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Harewood Trail 10 - 04/10/2009

Diane Waite	82.24
David Waite	82.55
Ellie May	86.54
Steve Hallam	87.37
Steve Boyer	95.53
Richard Brear	108.28

Leicester Marathon 11/10/09

Graham Dyson	3:54:58
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Woodland Challenge 11/10/09

Sylvain Husson	41:10
Richard Hand	42:51

Mark Preston	45:22
John Bassinder	45:44
Jimmy Smith	47:23
Amelia Wheelwright	48:33
Aileen Baldwin	48:42
Lucy Thompson	48:53
John Ingles	49:01
Maria Harron	49:15
Martin O'Brien	49:19
Peter Bebb	49:55
Susan Gledhill	49:59
Alan Whiteley	50:00
Ellie May	50:02
Ian Appleyard	52:03
Helen Hudson	52:19
John Hirst	52:28
Antony McManus	52:49
Gary Clay	53:00
Brian Conroy	53:03
Michael Fox	53:20
Lynne Davies	53:54
James Carville	54:08
Steve Hallam	54:16
Sharon Carter	56:21
Iain Threlkeld	56:28
Sandy Gee	56:32
Steve Boyer	57:10
Angela Fawthrop	57:42
Alan Gibson	59:15
Susan Manning	59:18
Clive Siddall	59:58
Linda Williamson	61:28
Lesley Henderson	61:31
Richard Fawthrop	62:36
Carol Lord	62:43
Paul Wallis	63:48
Karen Thorne	64:27
Karl Martin	64:46
Judith Greenwood	66:26
Eric Greenwood	66:29
Wendy Goodwin	66:36
Janet Bebb	67:40
Richard Brear	68:16
Julia Newsome	72:56
Elizabeth McGrath	75:18
David Crowther	76:09
Alison Buckle	78:06

Tooting Bec 24 hrs 17-18/10/09

Karl Martin	101.16 miles
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Snowdonia Marathon 24/10/09

Sandy Gee 4 32

Workshop half marathon 25/10/09

Louise Cavanagh 1:28:42

Guy Fawkes 10 miles 01/11/09

Tristan Sheard 01:07:51
 John Bassinder 01:15:57
 Mark Preston 01:16:06
 John Ingles 01:18:40
 Amelia Wheelwright 01:20:03
 Alan Whiteley 01:20:36
 Jimmy Smith 01:20:42
 Ian Appleyard 01:22:30
 Maria Harron 01:22:38
 Aileen Baldwin 01:23:07
 Ellie May 01:23:15
 John Hirst 01:23:26
 Martin O'Brien 01:23:34
 Steve Hallam 01:23:57
 Susan Gledhill 01:24:43
 Paul Costello 01:27:07
 Karl Martin 01:30:25
 Sharon Carter 01:31:08
 Angela Fawthrop 01:31:58
 Sandy Gee 01:31:59
 Susan Manning 01:34:12
 Alan Lashbrook 01:37:01
 Steve Boyer 01:38:13
 Linda Williamson 01:40:14
 Iain Threlkeld 01:42:11
 Tracey Cowell 01:46:14
 Louise Sutcliffe 01:46:16
 Zoe Huckle 01:49:04
 Joanne Hirst 01:55:36

New York Marathon 01/11/09

Steve Turner 3.43.07
 Diane Waite 4.03.28
 Alan Gibson 4.28.26
 Wendy Goodwin 4.30.47
 Carol Lord 4.45.54
 Cath O'Shaughnessy 4.16.16
 Shelley Green 4.16.16
 Sue Aitken 4.43.29
 Lesley Henderson 5.12.57
 Julia Newsome 5.15.23

Judith Greenwood 5.34.50

Guy Williamson 5.53.37

Rivock Edge Fell 22/11/09

Graham Dyson 1:05:18

Leeds Abbey Dash 23/11/09

Angela Jordan 00:38:45
 Jessica Riley 00:39:41
 Richard Hand 00:39:36
 David Hutchings 00:44:13
 Ellie May Female 00:45:24
 Susan Gledhill 00:45:59
 Karl Martin 00:46:08
 Michael Fox 00:46:40
 Martin O'Brien 00:46:03
 Steve Hallam 00:47:06
 John Hirst 00:46:08
 Brian Conroy 00:48:50
 Julie Hollingdrake 00:48:10
 Steve Boyer 00:54:01
 Sharon Carter 00:50:37
 Chris Cooper 00:50:54
 Catherine Mellor 00:51:56
 Steven Crowther 00:56:06
 Jo-Anne Langley 00:49:43
 Linda Williamson 00:54:15
 Janet Carter 00:53:06
 Joanne Hirst 01:02:25
 Robert Arnold 01:03:18

Clowne Half Marathon 29/11/09

Alan Gibson 1:56:29
 Carol Lord 1:55:54

Thirsk 10 miles 29/11/09

Mark Preston 01:10:13
 Julie Field 01:11:42
 Sally Caton 01:12:58
 Aileen Baldwin 01:16:18
 David Waite 01:16:05
 Martin O'Brien 01:17:45
 Steve Hallam 01:17:48

Hot Toddy 27/12/09



Graham Dyson	39:23
John Bassinder	40:21
Paul Patrick	41:00
Aileen Baldwin	41:25
Alan Whiteley	42:04
Mark Preston	42:16
John Ingles	42:18
Ellie May	43:23
Roger Fleming	43:39
Steve Hallam	43:45
Sandy Gee	44:04
Ian Appleyard	44:22
David Hutchings	44:25
Helen Hudson	44:56
Lynn Davies	45:58
Antony McManus	46:31
Sharon Carter	47:22
Angela Fawthrop	48:57
Susan Manning	49:22
Eileen Hiller	51:08
Raymond Mooney	51:43
Steven Crowther	52:13
Liz Bates	52:52
Angela Goulden	52:54
Iain Threlkeld	53:05
Lesley Henderson	54:21
Catherine Mellor	54:39
Richard Fawthrop	55:02
Anna Griffiths	55:16
Judith Greenwood	55:22
Brian Crowther	57:20
Roger Smith	58:59

Auld Lang Syne 31/12/09



Jamie Smith	52-25
Paul Patrick	56-12
Aileen Baldwin	60-06
Ellie May	65-41
Sandy Gee	67-17
Roger Fleming	68-55
Lynne Davies	74-20

Yorkshire Vets AA Grand Prix

Race 8 Starbeck 20/08/09

Aileen Baldwin	39.52
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Race 9 Greetland 04/10/09

Mark Preston	47.09
Aileen Baldwin	48.38
Roger Fleming	48.40
Sandy Gee	52.10
Jonathan Taylor	54.17
James Davey	56.44
Janet Carter	61.22

Race 10 Spenborough 15/11/09

Aileen Baldwin	42.19
Mark Preston	40.24
Paul Patrick	43.01
Martin O'Brien	44.15
Dave Hutchings	44.51