



The Lion's Tale

The monthly newsletter of Stainland Lions Running Club
January 2012



Well here we are; That was Christmas, that was December, and that apparently was 2011, gone in the blink of an eye! Another busy and enjoyable month with many highlights. Excellent team performance again at the Skipton cross country, Amazing times at the Christmas Eve Park run [including Josh Whitely in 17:46!] Brilliant climax to the 2011 GP at the Hot Toddy, Fantastic turnout for the Carol Run [66 of us!] Record entry of 255 for the 25th Boxing Day run [almost £2,000 raised for the Hospices again!] **Successful Children's Christmas party, and throughout the month the sight of yet more new runners joining us [oh....and I became a Grandad] A good time for me to bow out.**

Spoke to the partner of one of our new people as she came down to pick him up after a Thursday night run; **"I can't believe all these runners coming back grinning from ear-to-ear, you should bottle this"** Her words - not mine. **Whatever we've got at the club nowadays is obvious for all**

to see, the spirit at the races, the comments from outsiders on Boxing Day, the results we're achieving. It's been an honour for me last year to have been a part of it, and it's been an insight to see how much work some of the "quiet people in the background" really do to keep our success going. There are too many Thank-yous to record here, and that's probably best kept for the AGM and Presentation night anyway, but to everyone who has got involved and helped in any way [and that's just about everybody!] a big Thank You from me for making it such an enjoyable year.

In looking forward to 2012 and keeping the momentum going I wish Jon all the best with the new challenges that this new year will bring. I know the Committee will work hard as always giving their time and effort and I know everybody will support Jon as much as they did me. I also know all the ones who get involved in organising races and events will continue to do just that, I know people will give their time to help out where needed, most times without being asked - **I know all of this, because I know that's the sort of people you are! And it's all of you, with that attitude, who have made us the envy of so many other clubs!**

As we start 2012, thanks to all the dedication and hard work of everybody involved, I think it's safe to say that these other clubs no longer see us just as a "Fun-Running" club. But I also believe we're a club who, no matter how good we get, will never lose the Fun out of running.....and that'll do for me!

I'd just like to sign off by wishing a Happy New Year to one and all.

John B.

Subs

I know you've all got loads of money left over from Christmas, so just a timely reminder that as we are now in 2012, your subs are once again due by the 31st of January!

Renewal is being held at only £25 for full members, this provides first claim with our club, [registered with UKA for Road races / Fell races / Trail races / Cross Country races] and includes membership of UK Athletics, reduced race entry fees etc.



Geriatric membership is £20 for the over 60s [that should get me into trouble].

2nd claim member for cross country AND road races is £20; Should a member be 1st claim for another club, eg a fell running club, but wishes to run road and X/C races.

2nd claim for cross-country only is £15.

“Social membership” only fee is £5, [Typically a non-running partner who just wishes to join in with our social life and make a small contribution towards the costs]

Is it a bargain? Absolutely! **£25 is amazing compared with most other sports, only 48 pence per week.**

Where does this money go and what do you get for it? Well; Firstly, each year we have to pay English Athletics a “universal” affiliation fee to cover the club. We are additionally charged a further £5 for each member based on our headcount. Your EA membership in return allows you to get a discount [typically £2] per race entry, because EA provide your insurance cover, whereas unattached runners pay that £2 themselves. It also allows you to get access and discount to coaching qualifications, and even discounts in many sports stores.

We pay a further £6.50 per member to Heath RUFC, for the use of their facilities. Again this represents good value for our members. Where else could we park so many cars free on a club night, have an excellent base for the Bluebell and our other races, have discounted access to the bar facilities if anyone wants to hold a private party etc.

Now you are convinced and you want to know how to pay.

The much preferred method is by Internet or telephone banking to the Stainland Lions Running Club bank account using the details below:

Sort code: 30 - 93 - 76 Account number: 03671320
Reference: your first name & surname

Alternatively, set up a standing order by going to the Membership Renewals page of the website, printing out the form, completing it and forwarding it to your bank. Finally, pay by personal cheque made payable to **“Stainland Lions Running Club”**. Pass to any member of the committee at a club meeting or post to the membership secretary at the following address:

Carol Lord, 16 Grasmere Drive, Elland, Halifax, HX5 9PW

+++++ Plea to last year's Trophy Winners +++++

It's getting towards that time of year again - Presentation night planning is well under way.

But we won't have anything to present if we don't appeal for the return of the “Annual” cups and trophies, which we know last year's lucky recipients have cherished and given pride of place to, since last January.

If you have one of these trophies, no doubt gleaming on your mantelpiece, it's time for one final polish and one final lucky kiss before you return it, with a tear in your eye, to John Bassinder or any committee member in time for the 2012 name to be engraved, and for you to pass into Lions history.

12 Marathons In 12 Months

The Sunrise to Sunset Holly Challenge, Telford 27th Dec



My last marathon of the year was very different from the others. There is not a lot of choice for events in December, some on the south coast but a long drive away. Therefore, I plumped for this **race. It is a “challenge” to do as many laps as you want around a 0.84 mile long route track through the woods by a certain Denzil Martin's house. The race starts at sunrise and goes on till sunset or till you decide to stop.** Most folk decide to do marathon distance but others run over 40 miles. There are about 30 runners, most being friends of Denzil who organises the event. You arrive before sunrise, he ticks you off on his list, gives you your race number and 31 rubber bands. You set off with the 31 rubber bands on your wrist and at the end of each lap you throw one in the barrel. When you have discarded the last one you run back down the route to a red mark and then back to the start finish line. It is all based on trust that you do all the laps you say that you have. The route is, keep taking right turns on the Land Rover track through the woods.

So we set off at official sunrise (8:20am). I was surprised by the hilly nature of the route it was all uphill or downhill with no flat sections. From the start there was a short drop to cross a large pool before a sharp climb, turn right for a long rapid descent before turning right and gradually gaining height again to find yourself back at the start. All of it being quite rural with woods surrounding 80% of the way. I set off much too fast on this deceptively hilly route and lapped my first person on my third circuit but also found myself being lapped from about lap 4 onwards. It was difficult to know exactly who was actually ahead of you on such a short course as some would speed past you only to stop at the lap end to eat or warm by the open fire. The fantastically well stocked refuelling station had Christmas cake, 9-Bar muesli bars, jelly babies, bananas, crisps, Quality Street etc plus all of the snacks we all brought for our personal use.

Karl Martin had also entered the event but had hurt his leg a week before so did not start. He came down anyway with Sue and son Eddie as they had already

booked a hotel for the nights before and after race. I had got up at 5:00am and travelled down for the race due to family commitments on the day before (Boxing Day). Karl and family arrived at the course when I had done about 18 miles and stayed to watch me finish. Young Eddie (8 years old) helped me deposit my rubber bands in the barrel at lap ends and ran a couple of laps with me. This included the last lap where I professed to him that the hill was getting steeper and I would have to walk part of it. **“Well you are 50” he said to console me and make me feel not too bad. I responded “I am actually 54 ½”** and truly felt it as my back was hurting along with my legs. I had originally thought of carrying on to 32 miles to make it my longest run but did not have enthusiasm for this after the first 26.2 miles. It was strange but running around this course 31 times did not seem too repetitive or boring. You knew where the hills were and that they were runnable. You also knew that you would be back at the start within less than a mile for drink, food or toilet stop.

When you cross the finish line with no rubber bands on your wrist you are presented with a medal, engraved beer glass filled with 9-Bar muesli bars and offered a hot meal. Others chose to run on collecting a rubber band each lap. These are placed on their wrists to see how many extra laps they have completed - crazy but it works. **When I got home I MapMyRUN'd the course and found it had 89 feet of ascent per lap.** This does not sound so bad but when you multiply it by 31 laps you find it makes over 2700 feet of ascent on marathon distance. So I am reasonably pleased with my time of 4 hours 22 minutes.

My twelve marathons ended clocking 327 miles. Incidentally Jon Aston of Wrekin Road Runners ran in the same race, I had seen him at other events in the year. He mentioned in talking to him during the race that this was his 35th marathon of the year. That is one challenge that I will not be taking up!

By Jimmy Smith



Eddie giving a thumbs up at the finish after running the last lap with me.

Cross Country report

18/12/2011 at Skipton

Stainland Lions travelled to Skipton this weekend, looking to continue their excellent start in the West Yorkshire Winter League Cross Country Competition. At the start of the day, The Lions led the Women's, Vets and Team competitions and sat in 2nd place in the Men's behind Pudsey Pacers, and despite Stainlands men's best efforts the final standings remain unchanged.



The 5 mile course across the playing fields surrounding Aireville College was dusted with the first snow of the year and made for some excellent running conditions. Although the course perhaps lacked the variety of the previous races, it certainly provided the Lions with a tough mental test

It was Stainland's Ben Mounsey who was out of the blocks the fastest and took an early lead just ahead of Baildon's Quentin Lewis and LBT's Rob Bridges. Mounsey pushed the pace hard and increased his lead over the three laps to take 1st place and Lewis 2nd. Gav Mulholland had a steady start, but quickly climbed through the pack to take 3rd place ahead of Bridges. Josh Whiteley chased Richard Hand for two laps after Hand made a blisteringly fast start. Whiteley finally caught him on the final lap to take 10th place and Hand 13th.

A slightly out of sorts Mark Pigford managed a commendable 17th place, while Phil Tucker was in fine form and gained four places over his first race to come in 23rd. New Lion Matt Higham significantly bettered his previous finish to climb into the final counting place despite struggling with a hip injury, however it was Pudsey's men who accumulated the highest score of the day with 1312 vs Stainland's 1306 allowing them to increase their series lead to 12 points.

In the ladies competition, Leeds Bradford Triathlon clearly set out their intentions by fielded some big guns, and it was their runner Donna Edmondson- Booker who crossed the line first. She was closely followed by team mate Lizzie Spencer, however Stainland's Mags Beaver denied LBT the 1, 2, 3 by pushing ahead of Jenny Latham. Angela Jordan and Lucy Thompson were 5th and 6th, while Amanda Zito gained a place on her previous finish to finish 8th. LBT led by a point on the day, however Stainland's ladies lead the overall competition by 12 points.

The final scores for the day also saw Stainland increase their lead in Vets and Team competitions. With three fixtures remaining, including a home race, the men still have time to overhaul Pudsey's lead but they will need to get more points on the table at the next race, whilst Stainland's ladies will also need to guard against complacency as LBT will now surely have one eye on the top spot. Next race, Baildon 8th January 2012.

By Richard Hand

Stainland Lions.

Nomination for Committee roles - AGM Thursday 12th January 2012.
President Colin Hughes - Elected by the Committee in 2009 for a 4 year term.

Management committee 2012;

Chairperson: [Jon Pridgeon, Vice Chair 2011]
Immediate Past Chairman: [John Bassinder, Chair 2011]

I am applying for the following role[s] and have numbered my preferences from 1-3 [1 being most preferred **role**]. **I understand that I can only hold ONE committee position, but that I may hold a “non-committee” position** in addition to a committee position.

Stainland Lions Committee Positions; [ie. Voting positions] From 12th January 2011

Vice Chair: 2012.....
Secretary: 2012.....
Treasurer: 2012.....
Welfare Officer: 2012.....
Men’s Captain: 2012.....
Ladies’ Captain: 2012.....
Beginners’ Captain: 2012.....
Social Secretary: 2012.....
Membership Secretary 2012.....
Committee Position 1: 2012.....
Committee Position 2: 2012.....
Committee Position 3: 2012.....

Non-Committee Positions

Vice- Welfare Officer: 2012.....
Vice-Captain-Men: 2012.....
Vice-Captain- Ladies: 2012.....
Cross Country: 2012.....
Vets Captain: 2012.....
Vice-Beginner’s Captain.....
Newsletter: 2012.....
Website: 2012.....
Kit: 2012.....
Grand Prix Co-ordinator: 2012.....
Away runs Co-ordinator: 2012.....
Coaching Co-ordinator: 2012.....
Fund Raising Co-ordinator: 2012.....
Race Director Bluebell Trail: 2012.....
Race Director Stainland 7: 2012.....
Race Director Boxing Day Fun Run: 2012.....
Publicity Officer:.....
Heath Committee 1.....
Heath Committee 2.....
Heath Committee 3.....

Name.....Signature.....

My Seconder is;

Please return as email to Jon Pridgeon ; jon@pridge.co.uk or by post, or in person.

Good luck; The Vote will be at Heath RUFC - If there is more than one nomination for a position there will be a secret ballot, in which you can vote for yourself [with a Seconder] and total discretion will be assured.

For this month's newsletter I interviewed Jackie Barker

1. Age & occupation?

Wrong side of 50 / out of school club co-ordinator & hairdresser

2. Favourite film/music/book?

Titanic, Some like it hot, Drop dead Fred/ Killers, Take That, Adele

3. Favourite food/drink/restaurant?

Fish / G&T, red wine / anywhere Italian food is served

4. When did you start running & why?

Seven years ago a friend at work invited me to the beginners and haven't looked back since. Met lots of great people and made new friends.

5. Do you have any hidden talents?

Ask Graham !

6. Hobbies or interests apart from trying to be a supreme athlete?

Walking & cycling, especially club outings when and if we make it to the coffee stop!

7. Embarrassing story or anecdote?

When I was an apprentice hairdresser I once accidentally turned a clients hair green. Coincidentally it was St. Patricks day!

8. Which celeb or famous person (alive or dead) would you like to have a couple of drinks with?

Marilyn Monroe - she would have a tale to tell or Peter Kaye as he always makes me laugh.

9. Who would you snog/marry/push off a cliff?

Graham / tried that twice already / Jeremy Clarkson.

10. What junk do you always have in your handbag?

Bits of paper with things written on I need to remember.

11. Favourite possession?

TV remote control

12. Worst habit or vice?

Being late and being indecisive, I think

13. Your porn-star name (first pet's name & street you grew up on)

Peggy Moor

14. Favourite place in the world?

Graham's water bed or failing that Cornwall.

15. Who's your nemesis or arch rival at the club?

All the Tuesday group, although I am usually at the back they encourage me and push me along.

16. Pre-race ritual or anything you need to wear?

Visit the loo at least six times / big knickers

17. Preferred running shoe or piece of kit?

Adidas trainers / Stainland Lions kit of course

18. Favourite/worst (up)hill inCalderdale?

Any of the hills that go up to Norland from Sowerby bridge.

19. Goals for this year?

Like to do Amsterdam half marathon, try to get to the track it seems to have done wonders for many.

20. Favourite race and one that you want to run in the future?

Would like to have another go at the Bluebell.





Annual Dinner & Presentation Night at
Berties on Friday 27th January 2012

Bucks Fizz and sticky sausages on arrival

Starters

Homemade winter vegetable broth
Salmon and crayfish roulade with herb mayonnaise
Tandoori chicken, potato and cauliflower korma with
coriander bread
Warm goats cheese and cherry tomato tart with herb dressed
leaves

Mains

Roast rib of beef with Yorkshire pudding and roast potatoes
Oven baked haddock with pea puree, sautéed mushrooms
and charred lemon
Breast of chicken wrapped in pancetta with white bean and
tarragon sauce
Wild mushroom and parmesan risotto with grilled asparagus

All main courses served with seasonal green vegetables
and potatoes

Desserts

Fresh fruit pavlova
Rhubarb brulee with almond shortbreads
Chocolate chip sponge with hot chocolate sauce

Coffee and mints

£27.50 per person – book now, pay online or give money to a
member of the Social Committee

Yorkshire Vets presentation dinner - 3rd December 2011

With all the vets GP races completing in November December was **time to celebrate the team's successes.**

20 Lions made their way to the Woodland Hotel on the outskirts of Leeds to join the members of the other clubs who had taken part in the competition.

Cups were picked up by Julie Field, Gavin Mulholland and Aileen Baldwin with Mark Pigford collecting a bottle of wine for competing in all 8 GP races, and Dave Hutchings winning the prize draw for 'a week's accommodation in France'.



Trophy winners: Julie (1st F35), Gavin (1st M35) & Aileen (2nd F55).

As one season ends so begins the next, here are the Grand Prix Races for 2012. Further details can be found at <http://yvaa.org/>

Races

- | | | | | |
|---|---------|-----|-------|--------------|
| 1 | Feb 12 | Sun | 10:30 | Horsforth |
| 2 | Mar 4 | Sun | 13:00 | Otley |
| 3 | May 22 | Thu | 19:30 | Kirkstall |
| 4 | May 29 | Tue | 19:30 | Bingley |
| 5 | Jun 12 | Tue | 19:30 | Pudsey |
| 6 | Jul TBA | | 19:30 | Meanwood |
| 7 | Aug 8 | Wed | 19:30 | Knavesmire |
| 8 | Nov 11 | Sun | 11:02 | Spenborough. |

By Paul Patrick

2012 Grand Prix events



<u>Date</u>	<u>Day</u>	<u>Event</u>	<u>Distance</u>	<u>Notes</u>
Every Saturday	Saturday	Huddersfield Park Run	5K	Fastest 1 To Count
29-Jan-12	Sunday	Idle Cross Country	4.5M	Cross Country
Jan/Feb/Mar	Sunday	Stainland Winter Handicap	6M ish	Probably Hilly
04-Mar-12	Sunday	Otley Vets	5M ish	Trail
11-Mar-12	Sunday	Ian Roberts	5.5 Miles	Fell
15-Apr-11	Sunday	Overgate Hospice	10K	Road, Canal, Flat
May	Saturday	Sowerby Scorcher	10K	Undulating
May & Sep	Wednesday	Track	3K	2 Chances
Jun	Wednesday	Joe Percy	10K	Road. Undulating
24-Jun-12	Sunday	Hepworth Dryad	6M	Trail
Jun	Wednesday	Spenn Greenway	10K	Flat
21-Jul-12	Saturday	Wolds	Half M	Road, Undulating
08-Aug-12	Wednesday	Knivesmire Vets	5.5M	Flat
26-Aug-12	Sunday	Norland Moor	6.5M	Fell
05-Sep-12	Wednesday	Cowm Res	4.2M	Trail
15-Sep-12	Saturday	Rombalds Romp	8M	Fell Or Trail, You Decide
28-Oct-12	Sunday	Holmfirth	15M	Road, Undulating
Nov	Sunday	Leeds Abbey Dash	10K	Flat
Nov	Sunday	Guy Fawkes	10M	Multi Terrain, Undulating
Dec	Sunday	Xcountry	5ish	Cross Country

Race Results

Chevin Chase 7 mile multi-terrain, Sunday 26th Dec

47 Phil Tucker 00:47:08 MO
109 Lee Greenwood 00:51:08 MV35
603 Diane Waite 01:11:30 FV45
604 David Waite 01:11:31 MV45

Hot Toddy 5.8 mile road race, Tuesday 27th Dec

24 Richard Hand 33:56
39 Mark Pigford 35:40
45 Mags Beaver 36.22 ----- * Ladies team winner *
53 Dave Webb 37.14
55 Dan Marsden 37.20
75 Amanda Zito 38.54 ----- * Ladies team winner *
95 John Hirst 40.34
100 Aileen Baldwin 40.46 --- * Ladies team & F60 prize *
105 John Ingles 41.32
114 Steve Hallam 42.18
120 Gareth Duckworth 42.52
125 Dave Cooper 43.02
130 Paul McCormick 43.22
135 Helen Hudson 43.34
137 Sandy Gee 43.40
153 Ian Appleyard 45.03
163 Rachel Parkinson 45.37
183 Julie Hollindrake 46.31
185 Paul Patrick 46.45
198 Janet Carter 47.43
204 Clive Siddall 48.07
216 George Serban 48.48
225 Mark Halliday 49.09
231 Alan Gibson 49.31
233 Lesley Henderson 49.45
237 Amanda Speight 50.07
239 Iain Threlkeld 50.25
246 Judith Greenwood 51.08
250 Steven Crowther 51.39
255 Raymond Mooney 52.24
258 Lindsay Sykes 52.45
259 Carol Lord 53.01
261 Linda Williamson 53.10
272 Steve Boyer 55.08
280 Brian Crowther 58.05 ----- * M70 prize winner *
291 Charles Weatherburn 1.13.35

Huddersfield Park Run 5K, Saturday 31st December

3 Joshua WHITELEY 17:44 New PB!
4 Mark PIGFORD 17:56 New PB!
7 Richard HAND 18:15 PB stays at 00:18:13
11 Dave WEBB 19:09 First Timer!
18 David HUTCHINGS 20:12 PB stays at 00:19:43
21 James PENSON 20:35 PB stays at 00:20:28
24 Jamie Paul SMITH 20:59 PB stays at 00:20:23
46 Julie HOLLINGDRAKE 24:06 First Timer!
49 Mark SPEIGHT 24:19 PB stays at 00:21:40
57 Steve HALLAM 24:30 PB stays at 00:22:53
64 Janet CARTER 25:02 New PB!
72 Steven CROWTHER 25:31 New PB!
79 Lesley HENDERSON 25:54 New PB!
82 Amanda SPEIGHT 26:02 First Timer!
87 Cheryl CARTER 26:11 PB stays at 00:26:09
89 Grace CROWTHER 26:26 New PB!
92 Alan GIBSON 26:41 PB stays at 00:24:32

97 Stephen GORMAN 27:16 First Timer!
100 Linda WILLIAMSON 27:18 First Timer!
102 Steve BOYER 27:39 New PB!
103 Christine CROWTHER 27:51 New PB!
108 Carol LORD 28:49 PB stays at 00:27:43

Giant's Tooth 3 mile fell race, Sunday 1st January

65 Aileen Baldwin F60 24:48:00
105 Steve Boyer M40 30:25:00

Julie Field's race diary

January

SUN 08/01 1pm 3rd X-C
Baildon approx 5miles

SUN 08/01 11.00 Garstang
10k ROAD (Nr Preston) £8

SUN 22/01 10.00 Brass Monkey Half Marathon ROAD £20

SUN 22/01 11.00 Four Villages Chester Half Marathon
ROAD £18

SUN 29/01 10.00 Meltham 10k ROAD £8

SUN 29/01 10.00 4th X-C Idle approx 5miles

February

SUN 05/02 Pennine Bridleway Relay

SUN 05/02 09.00 Dewsbury 10k ROAD £14

SUN 12/02 11.00 Liversedge Half Marathon ROAD £10

SUN 19/02 11.00 17th Village Bakery Half Marathon,
Wrexham ROAD £12

SUN 19/02 10.00 5th X-C Stainland approx 5miles

SUN 26/02 Snake Lane 10 Miles ROAD £8

SUN 26/02 Huddersfield 10k ROAD



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