



The Lions Tale

Monthly Newsletter - November 2017

Cheers from the Chair



York10/Marathon: it was an early start for those trekking to York for the Marathon and the 10 miler on 8th October. A big thank you to **Dawn Medlock** for arranging the fun bus for 33 of us, and to those who took time to bake cakes for everyone, think it was a great success. Massive congratulations to our Marathon Runners: **Sean Thompson, Catherine O'Shaughnessy, John Hirst, Ranjit Uppal** and **Liz Norman** – it's always a huge commitment to undertake such a race and the training is usually the worst part of it. John, Ranjit and Liz were also using the opportunity to raise funds for their favoured charities, and a big thank you to those of you who sponsored them. We had a huge pride doing the 10 miler as it was a Championship run, apologies that we didn't manage to get a full team photo, the marathon runners set off first and as usual at a large race there is always somebody queueing for the loos when you are trying to round everyone up for a photo ☺ However, I hope you all enjoyed the experience, this year's t-shirt was rather snazzy, in a nice royal shade of purple, the medals were good and there were plenty of snacks in the goody bags as well! We also had some of our newer runners taking part this year, which included **Wendy Paulson, Julie Murphy,** and **Renee Comerford**. So well done to everyone!



Marathons 2018: Congratulations to the following members who will be representing the club in next year's London and Paris Marathons. I don't have a comprehensive list for Paris runners so have managed to source some names below.

Tim Neville	Martin Carr	Tim Walker
Stephen Hall	Richard Crombie	Colette Croft
Andrew Laird Boldy	Steve Ashworth	Abi Howarth
Andrew Falkingbridge	Sandra Robertshaw	Anne Cawdron
Ginny Rushworth	David Rushworth	
Jenny Walker	Alison Pearson	

Am sure details of training runs will be posted regularly on our Facebook page and/or Forum in the New Year going forward, so plenty of opportunity for you to get some mileage in yourselves and provide some much needed light-hearted chatter and company for our marathoners as they pound their way round the streets and canals of Calderdale. Good luck to each and every one of you!

Committee 2018: you may have seen Paul Armitage's post on the Forum, he will be taking over as Chairman of the club following the AGM in January 2018 (details will be confirmed soon regarding the date), and he has already posted on the Forum details of all the committee roles available for next year. The core group of roles are voting ones and you will be expected to attend monthly meetings. There is also a list of roles that do not involve attending meetings but are part of the support network that helps the club. If you have what it takes to move the club forward, if you have the time to commit to monthly meetings, or any ideas that will benefit our members, and you are prepared to roll your sleeves up and get involved and are interested in continuing to enhance our members experiences with the club, then check out Paul's post on the Forum and get in touch with him for a chat. Don't be shy, we all work together as a team and decisions are made as a group, so you will be amongst friends.

The End: we are moving towards the end of the year, with lots of social outings and Christmas festivities on our doorstep and this also means the end of the 2017 Club Championship coming ever closer. There have been a lot of tense faces at races recently and the forthcoming Guy Fawkes 10 will be no exception. Just get out there and do your best, don't worry about other runners, do your own thing and enjoy the fact that you can get out and run. It's been a fantastic year as always for the club, with some wonderful achievements, from those who completed the Beginners Course, our Snake Lane Trophy win, James Penson's attempt at the Bob Graham Round, Andrew Falkingbridge and his numerous outstanding and interesting races, Ben Mounsey casually getting on with running for club and country in races both home and abroad, Richard Crombie travelling all the way to the USA and taking part in the Chicago Marathon, well the list goes on. Never doubt that you aren't improving as you run, be it from club runs, to parkruns, to your first 10k, half marathon or full marathon. With the help of our Coaches, Run Leaders and experienced members providing encouragement, you have all made your own individual achievements this year. So as we trot swiftly to the end of the year, take some time to look back at where you started in January, and I bet you will be able to celebrate numerous achievements of your own. Look forward to 2018, where you will all no doubt continue your improvement journey and do the club proud, I for one can't wait to wait to leap into the new year and see what unfolds – bring it on!

Diary Dates:

5th November – Guy Fawkes 10 (Championship Race): the rather “undulating” 10 miler with Guy Fawkes himself starting the race and the finish line is at Ripley Castle itself. I’ll be on hand to support on the day and will have my trusty phone with me, taking some quality snaps as you all come over the finish line, so make sure you do your best running pose and try and flatten your racing hair as best you can.



26th November – Race Day: Yep, this is a major racing day, we have three biggies, **Clowne Half Marathon**, **Barnsley 10k (Championship Race)** and the **Dewsbury XC** (first race of the season). If you aren’t able to run but fancy doing some supporting then get in touch with your fellow runners who are going, we always need “bag” ladies/men at races who can look after folk’s car keys and fleeces etc and runners always appreciate a friendly face and lots of shouted encouragement too ☺

10th December – Queensbury XC (Championship Race): the final Championship race for 2017, so if you are still fighting for one of the top three spots in your division, this is pretty much your last chance other than squeezing in a few more parkruns.

26th December – Boxing Day Fun Run: yes its early days I know, but we are already gearing up for this year’s fun run. It’s the 30th year of the race and will be taking place as usual from 1885 The Pub up in Stainland on Boxing Day, it’s a short course and a good way of working off the Christmas excesses. Co-race Directors this year are **Caroline Ford** and **Mark Pigford**, they need your help with marshalling, registration team, finish team and most importantly of all need raffle prizes – so this is an ideal time to offload any unwanted Christmas gifts! All profits are going to good causes this year, with Forget Me Not and Andy’s Man Club the chosen charities this year. So let’s all dig deep, search every nook and cranny and see if you have anything to donate (make sure, if relevant, that you check any sell by dates though!). See Caroline’s post on Facebook and on the Forum if you are able to help.

Social Dates:

12th November – End of Vets Season Celebration: drinks in Sowerby Bridge this evening to celebrate the end of the Vets Season. Please see the details posted on the Forum by our Vets Captain, **Emma Forester-Thompson**. Everyone who has run a vets race is welcome to attend (along with other halves of course). Just make sure Emma knows you are coming along.

17th November – Bier Keller: just a reminder for those of you who have booked tickets on the club trip for this one. **Diane Thornley** will be Mistress of Ceremonies (receiver of tickets). Please note that you are solely responsible for attending, if you can't make it and have to pull out at the last minute you won't get your money back unless you manage to sell it on to somebody else (friend or other club member). Anyone who might be interested in going but doesn't have a ticket then suggest you post on the Forum Thread on the Social section so if tickets need offloading we can check if there are any interested parties. Don't forget to get your outfits ready, everyone dresses up for this one (lederhosen and knee length socks for the men, wench outfits for the ladies).

26th November – Celebration Night: As mentioned above, this is to celebrate a busy day of racing with the Clowne Half Marathon, Barnsley 10k and the first XC of the season at Dewsbury. Beer and curry in Sowerby Bridge, please see details posted on the Forum from our Social Team Chairman, **Rebecca O'Neill**. All runners, supporters and other halves are welcome, just make sure you have added your name to the attendance list. It's always great to get together after a big day of racing so if you haven't mingled with club members for a while this is a great opportunity to get together, have a chinwag, compare running experiences and generally get to know your fellow club members. Don't worry if you haven't been out racing, it doesn't matter, if you are a member of our club and would like to meet up then come along 😊

8th December – Lions Christmas Dinner: this event is fully booked, but again if you need to pull out at short notice please make sure you let **Rebecca O'Neill** know so that your place (and food order) can be passed on to somebody else. Anyone not coming along to the dinner but fancies meeting up for a drink, feel free to organise something amongst yourselves, but make sure you post on the Forum and Facebook as am sure those attending the dinner would be happy to meet up with other members for a drink afterwards (maybe even a boogie somewhere 😊).

Happy running everyone and I hope you enjoy Bonfire Night!

Sandra



CAT DANIELS

CLUB PUBLICITY OFFICER

A compendium of this month's Courier Reports are as follows:

Littleborough 10k

4 lions tackled this reasonably flat but surprisingly tough course taking in Hollingworth lake and the surrounding area

RESULTS:

Gaby Ferris 0:46:37, Cat Daniel 0:49:16 , Roy Lunt 0:51:42, Anne-Marie Killeen 1:01:48

Pontefract half marathon

Rebecca O'Neill travelled to Pontefract for this undulating half marathon completing the distance in 01:48:16.96

Royal Parks Half

Three lions travelled to London to see the queen and take on the beautiful royal parks half marathon.

Tim Walker 1:57:48 , Anne Cawdron 2:30:09 Abi Howarth 2:40:15

Brighouse 10k

This flat PB friendly route is part of the Brighouse running festival and saw runners take on the dark streets of Brighouse

Results: Gavin Mullholland 33:43, Damian Pearson 38:37. Tim Neville 45:41, Gareth Knight 46:33, Jason Berry 52:10

Withens Skyline

Ray Mooney travelled across to Haworth to take on the Withens Skyline fell race covering 12km in 1:13:30.

York Marathon and York 10 miles

A huge pack of lions travelled to York to take on the Yorkshire Marathon and 10 mile races. The weather and the flat course through the streets of York and its surrounding villages was definitely kind to the lions who certainly made their presence know. In the 10 mile component Tanya Blake lead the entire ladies field home winning the First Lady prize and Margaret Beever followed closely behind in third.

Results:

Full Marathon: Sean Thompson 03:15:41, Catherine O'Shaughnessy 03:54:40, John Hirst 04:39:05, Ranjit Uppal 04:39:06, Liz Norman 04:45:58

10 mile route: Tanya Blake 01:03:18, Margaret Beever 01:03:52, Craig Miller 01:04:24, Phillip Moyles 01:07:49, Clayton Cutter 01:08:08, Derek Doyle 01:10:04, Paul McCormick 01:10:34, Leon Severn 01:11:19, Mark Preston 01:11:32, Gerry Banham 01:12:11, Lorraine Naylor 01:13:52, Helen Fay 01:15:08, Paul Corns 01:17:55, Jan King 01:17:53, Ian Hoskins 01:17:59, Michelle Rogerson 01:18:44, Cat Daniel 01:20:40, Angela Lee 01:22:42, Gemma Berriman 01:22:01, Joanne Kitcher 01:23:46, Joanne Cooke 01:23:53, Gail Schofield 01:27:30, Rikki Hammond 01:27:43, Paul Armitage 01:28:47, Dawn Medlock 01:28:43, David Rushworth 01:28:49, Diane Thornley 01:30:42, Caroline Ford 01:32:11, Catherine McHugh 01:33:49, Graham Robertshaw 01:35:06, Sarah Williams 01:32:15, Wendy Goodwyn 01:34:25, Holly Maddocks 01:34:32, Linda Devine 01:38:30, Kerri Walton 01:37:49, Lesley Henderson 01:37:32, Jo Lumb 01:38:22, Angela Goulden 01:40:20, Kim Ison 01:41:14, Zoe Mallinson 01:41:23, Caroline Palmer 01:39:48, Debbie Hyde 01:42:55, Helen Shenton 01:44:41, Louise Sutcliffe 01:43:47, Jacqui Chaplin, 01:44:37, Samantha Varley 01:44:20, Alex Whyte 01:46:07, Simone Zoledziejewski 01:46:19, Carol Heptonstall 01:47:12, Jackie Barker 01:49:10, Wendy Paulson 01:51:01, Patricia Hallowell 01:49:46, Julie Murphy 01:53:57, Cheryl Hill 01:53:02, Joanne Lumb 01:54:31, Gail Fawcett 01:59:44, Jeanette Campbell 02:07:50, Judith MacDonald 02:08:07

Oulton Park Duathlon

This Autumn Duathlon takes place on the Oulton park race track seeing competitors tackle running 2 laps, cycling 9 then running one final lap.

Results: Steve Crowther 02:19:56, Tim Rushworth 02:37:58

Chicago Marathon

Richard Crombie travelled to the windy city for his first international marathon finishing in 4:18:14 despite the warm conditions.

Chester Metric Marathon

Mike Dunning completed the Chester metric marathon (16.3 miles) in 02:12:55

Manchester Half Marathon

A determined pack of lions travelled to Manchester in search of a PB. This super flat and super fast route has just 41m of elevation gain and a 2 mile finishing straight.

Results: Gavin FOSTER 01:23:03, Stefanie HOPKINS 01:33:42, Clayton CUTTER 01:34:38, Suzanne PATTERSON 01:34:39, Danielle HIRST 01:36:38, Leon SEVERN 01:39:25, Amanda ZITO 01:39:58, Paul CORNS 01:45:07, Rebecca GREEN 01:48:59, Lesley HODGSON 01:55:59, Sarah LUNT 01:58:13, Gail SCHOFIELD 02:02:51, Carol LORD 02:10:18, Valerie NICHOLSON 02:17:17, Alan GIBSON 02:19:15, Clive SIDBALL 02:45:26

Helvellyn 15km Trail Challenge

3 lions travelled to the beautiful shores of Ullswater in Glenridding to travel footpaths and bridleways into the footfells of Helvellyn.

Results: Michelle Rogerson 1:38:03.1 , Steve Boyer 1:47:34.9, Ian Hoskins 1:38:02.9

Palma Mallorca Marathon

John Ingles travelled to the stunning city of Palma to enjoy a course along the breathtaking promenade with views over the bay and the turquoise blue Mediterranean Sea, towards the cathedral and into the historic old town. He completed the course in 03:59:21

Exeter Great West Run

Tracy Mott pounded the streets of her home town of Exeter completing this 13.1 mile course in 1:48:45. This was the latest in a series of challenges which see Tracy run at least a half marathon a month to raise money for blood cancer.

Northern Jumble

The Northern Jumble is a flat out and back along the canal from Slaithwaite perfect for those in training or looking for a pb.

Results:

10k - Carol Heptonstall 01:07:57, Jackie Barker 01:09:04

Half Marathon - Rebecca O'Neill 02:03:17, Roy Lunt 02:04:14

Leicester Half Marathon

Catherine O'shaugnessey travelled to Leicester to compete in her 3rd marathon in just 4 weeks in an outstanding time of 4hrs

Brid Half Marathon

Anna Stones tackled this lovely seaside half marathon starting on the seafront taking in the sights of Sewerby, Flamborough and Bempton. She completed the 13.1 miles in 02:12:53

Venice Marathon

Gerry Banham headed to Venice in search of a London good for he qualifying time. The race itself started in damp but humid conditions in the pretty town of strà on mainland Italy and continued along the Brenta Riviera riverside and finally into Venice via the 4km long Liberty bridge but only after the front runners had been sent the wrong way by police. Once in Venice the torture started as runners had to negotiate not only a special pontoon bridge built over the grand canal but then 14 other bridges. The highlight of the race however was the run through St Marks square and onto the finish in Riva Sette Martiri. Despite the challenging course and conditions, Gerry's GFA time was achieved, he completed the course in 3:44:21

Clwydian Hills Fell Race

Ray Mooney headed to North Wales for the very muddy Clwydian hills fell race completing the 9 miles and 3000ft of climb in 2:20:40.

Holmfirth 10k and 15 miles

6 lions braved the rain and wind in last of the summer wine territory at the undulating Holmfirth 10K and 15 miler, organised by the Holmfirth harriers.

Results:

10k: Aileen Baldwin 47.58 (category win), Martin O'Brian 48.17, Jan King 49.48, Sandy Gee 55.01, Paula Pickersgill 56.48.

15 miles: Mark Preston 2.02.4

Jodrell Bank Sportive

Three brave lions, Sarah Lunt, Claire Guest and Karen Thorne, cycled in and around Cheshire accompanied by storm Brian to complete the 80 mile route in the Jodrell Bank Sportive. Even though several competitors scaled back to the 50 miles route when met with wind, rain and numb hands and feet these lions were not to be beaten completing the distance in a total time of 6hrs 28 mins and making the gold time cut off.

Blast From The Past

Where were you on the night of 4 April 2007?

On that night I was at the first night of the track in Halifax. I came across the photo below whilst tidying up and thought you might like to see it. But who do you recognise?

To give you a start it is me (Jimmy Smith the newsletter editor) on the far right stood next to two previous chairmen.

