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Coming Events: March, April & May 08

Events in bold indicate a 'club' event which members are encouraged to run.

Date	Event
Tues 1st April 08	Bunny Run 1, 7pm. FREE CHOCOLATE!!
Sat 5 th April 08	Rother Valley 10k, Sheffield.
Sun 6th April 08	Baildon Boundary Way Half marathon. Race full.
Sun 13th April 08	London Marathon. Jo, Davina, Ana & Hannah will be there!
Sun 20 th April 08	Rothwell 10k, Event full.
Sun 20 th April 08	Garstang 10k. Lancs.
Sun 20 th April 08	Epilepsy 10k, Bradford.
Sun 27th April 08	Sheffield Half. 9.30am. C/D 15/4/08.
Wed 7 th May	John Carr 5k one
Sat 17th May	Meanwood Valley Trail 7.5 miles, Alwoodley Leeds

Please don't forget to sign in the book each time you attend a club session (but only pay once per week) as each attendance at a club training session is worth 1 point. Each attendance at a "Club" designated race earns you 5 points (see below).

Phill, Hayley & Jo were January's Attendance winners. Phill was also February attendance winner.

The Top 20 Club races for 2008, where points can be earned are as follows.

Date	Race Details	Comments.
March 16th – Sun	Spennings 20mile, 10am.	Good turn out with Sean Duffy, Dave Lewis & Hannah Peacock running debut 20milers. F35 CR from Jo with 2.45.
March 23rd – Sun	Guiseley Gallop (Approx 10k)	7 Idle Vest for this popular Easter 10k . A sprint finish from Pete & Gary!!
March 30th - Sun	Wakefield 10k.	Awaiting results.
April – Tues 1st	Bunny Run (1) 3miles, 7pm.	
May – Sun 4th	Bluebell Trail 10. Multi Terrain. 10am. Very scenic course.	
May – Wed 7th	John Carr 5k, Esholt, 7.30pm. Fast, flat course.	Get your entries in ASAP.
June – Wed 7th	Chevin Fell Race, AS, 3.5m/900'. 7.30pm.	
June – Thurs 5th	Bronte 5, 7.30pm. Hilly two lap course. Includes vets champs.	This race will replace the June Run For All. All club invited !!

July – Wed 9 th	Stirton Fell Race. BS. 5.5m/1200'. 7.30pm.	
July –Sun 29 th	Pudsey 10k, 10.45.	
Sept – Sun 14 th	Yorkshireman Marathon or Half, 10am.	
Sept – Sun 14 th	Wetherby 10k.	
Sept – Sun	Horsforth 10k, 10am.	Date to be confirmed.
Oct –Sun 26 th	Withins Skyline Fell Race, BM, 7m/1000' 11.30am.	
Oct – Sun	Holmfirth 15mile. 10.30am.	Date to be confirmed.
Nov – Sun	Guy Fawkes 10mile 10.30am.	Date to be confirmed.
Nov - Sun	Abbey Dash 10k, 9.30am.	Date to be confirmed.

Fell Races 2008: March to end May 08.

Please note that many races require that competitors carry waterproof clothing, map and compass for the competitor's safety. Failure to comply with a race organiser's requirements will mean that you will be barred from taking part in the race.

Competitors should arrive at races prepared to carry any or all of the following equipment: Windproof whole body cover, other body cover appropriate to the conditions, map and compass suitable for navigating the course, whistle, emergency food (long races). This equipment is mandatory at all Cat A Long and Medium races.

If this is the first time you have considered fell racing select a race distance well under the distance you normally run on the road.

If you retire during a race you **MUST** notify the officials at the finish.

If you like the idea of fell running and would like to have a go please speak to

in length (NASTY);

B, not less than 125 feet climb per mile, not more than 30% on roads (FAIRLY NASTY);

C, not less than 100 feet of climb per mile, not more than 40% on roads and contain genuine fell terrain (NOT VERY NASTY). Length is indicated by: **L**, 12 miles or more; **M**, 6 miles and over but less than 12 miles; **S**, under 6 miles.

FRA Website: www.fellrunner.org.uk

TUES APRIL 8th BUNNY RUN 2 CS 7.15pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start) £2 on night only. Crème Egg to all finishers. All prizes Easter Eggs. 3 out of 4 races to count for overall awards. Highly recommended event.

SUN APRIL 13th GISBOROUGH MOORS RACE. BL. 11am. 12.5m/2600' from Guisborough Rugby Club. £9 to organiser. Website: www.nym.ac

TUES APRIL 15th BUNNY RUN 3 CS 7.30pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start) £2 on night only. Crème Egg to all finishers. All prizes Easter Eggs. 3 out of 4 races to count for overall awards. Highly recommended event.

TUES APRIL 22nd BUNNY RUN 4 CS 7.30pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start) £2 on night only. Crème Egg to all finishers. All prizes Easter Eggs. 3 out of 4 races to count for overall awards. Highly recommended event.

SUN APRIL 26th THREE PEAKS RACE. AL. 10am. 24m/4500' from the Playing fields, Horton in Ribblesdale. £20. Must pre-enter. Visit website for details: www.threepeaksrace.org.uk

TUES APRIL 29th BUNNY RUN RELAY CS 7.30pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start) £6 per team of 3 on night only. 1st leg 2.5m/250', 2nd & 3rd legs 2m/200'. Almost any conceivable team composition welcome including mixed, family etc. Relay batons are

MON MAY 5th COINERS FELL RACE. BM. 12 noon. 7m/1100' from Mytholmroyd Community Centre. £3.50 on day. website: www.cvfr.co.uk

WED MAY 7th FLOWERSCAR. AS 7pm. 4m/1400' from Hare & Hounds Pub, Burnley Rd, 1 mile from Todmorden centre. Website: www.todharriers.co.uk

WED MAY 7th LOTHERSDALE BS 7.30pm. 3.6m/600', Village Hall, Lothersdale, Nr Skipton. Website: www.kcac.co.uk

SUN MAY 11th MYTHOLMROYD FELL RACE. BM. 11.30 am, 7m/1350' from Mytholmroyd Community Centre. £3 on day. website: www.halifaxharriers.co.uk

TUES MAY 13th JACK BLOOR RACE. BS. 7.15pm. 5.2m/1150' from Darwin Gardens, Ilkley. £3 on night. Website: www.jackbloor.co.uk

WED MAY 16th BLACKSTONE EDGE FELL RACE. AS. 7.30pm. 3.5m/1200' from Lydgate Hamlet, Blackstone Edge Old Road, Littleborough. £3 on night. Registration, presentation & refreshments at Knowl Farm, Blackstone Edge Rd. now 28 June.

WED MAY 21st KILDWICK. BS. 7.30pm 3.75m/800' from White Lion, Kildwick, between Keighley & Skipton. £3. Website: www.kcac.co.uk

SAT MAY 24th HUTTON ROOF CRAGS RACE. BM. 2.30pm. 7m/1300' from Hutton Roof Village Hall, near Kirkby Lonsdale. £4 on day. Best Tea & cakes in FRA calendar!! Busy weekend add extra time for heavy traffic. Website: www.huttonroof.org.uk/

MON MAY 26th AUSTWICK AMBLE. BM. 1pm. 8m/1200' from Austwick Village centre, Austwick, near Settle. £3.50 on day. Course partially marked and local knowledge an advantage. Street market, gala, refreshments etc. Website: www.austwick.org

Adrian mentioned this race last year as a possible weekend away run. Unfortunately it clashed with the Idle Trail Race in 2007 so we couldn't really 'sell' it to the club as we needed you all to marshal! The good news is that it doesn't clash in 2008. Here are the details.

Why run it? It was voted the number 1 race in Runners World in 2007. It looks stunning!

When? 20th July 2008 at 10.30am.

Where? Point to Point race from Beadnell to Alnmouth, Alnwick, Northumberland.

Distance? 14 miles multi-terrain.

What the race organiser (Via Runners world, enter on online) says?

Stunning scenery down Northumberland's coast from Beadnell Harbour to Alnmouth Estuary - start and finish on sandy beach with dunes, cliffs, more beaches and roads en route. Distance and terrain depend on the tide; there is an established route using well-marked footpaths and roads. This year the tide will be well out but your feet will still get wet. Pre-race transport available from Alnmouth to Beadnell £2.50 extra. Technical Tshirt for all finishers. See alnwickharriers.co.uk for pics. Voted BEST RACE IN BRITAIN in RW Runners Poll 2007. Finish times given to 3 hours.

Website details: www.alnwickharriers.co.uk

Race Results Various:

East Hull 20, 9/3/08

146	Tony Brayshaw	2.40.30	
193	Jo Belcher	2.48.38	FCR
266	Davina Smith	3.04.53	
319	Ana Lincoln	3.36.24	F50 CR 330 ran

U... .. U... .. 21... .. F... ..

222	Pete Hilliard	1.37.07	
471	Andy Moakler	1.55.09 PB	668 ran

Spent 20 16/3/08

97	Dave Lewis	2.41.29	Debut 20miler in prep for Paris.
116	Jo Belcher	2.45.47	FCR (again!!)
133	Sean Lennon	2.49.40	Debut 20miler in prep for Edinburgh
203	Davina Smith	3.17.07	
218	Hannah Peacock	3.35.29	Debut 20miler in prep for London.
222	Ana Lincoln	3.49.24	224 ran

Keighley 10k 16/3/08

64	Rhea Hawkins	51.00	
249	Jane Lewis	68.41	322 ran. See Jane's article.

Guiseley Gallop 10k (approx) Trail Race.

84	Pete Helliwell	43.27	
85	Gary Naylor	43.30	
90	Dave Lewis	43.38	
232	Shaun Lennon	51.53	
239	Rhea Hawkins	52.02	
334	Andy Moakler	58.27	
408	Ana Lincoln	1.16.07	410 ran.

Wakefield 10k 30/3/08

147	Phil Goode	40.36	Male CR
201	Leon Winder	42.00	PB
206	Hayley Atkinson-Windsor	42.11	Female CR
215	Peter Hilliard	42.46	
390	Jo Belcher	46.44	F35 CR
397	Rhea Hawkins	46.49	
576	Andy Moakler	50.09	PB
584	Lisa Hall	50.15	
622	Martin Burnside	51.54	

This month we welcome Phil Goode (Yes another Phil!) Phil ran a great cross country race in the final WYWL race at Skipton and has just got a Male Club Record (see above) at Wakefield. A handy new member to have on board!! Welcome.

Great Daffodil Appeal.

Thanks to all those who helped us to support the Marie Curie Cancer Care Great Daffodil Appeal during Feb/March. We had a box of daffodils at the club and two weeks subs were given to the charity.

- Marie Curie Cancer Care provides high quality nursing care and emotional support, completely free of charge, to thousands of cancer patients and their families across the UK.
- This year they will care for around 25,000 terminally ill patients in their own homes and in the Marie Curie Hospices.
- By taking part in the Great Daffodil Appeal, we will have helped to make it possible for this special care to continue.

Visit their website www.mariecurie.org.uk/daffodil.

Annual General Meeting – Thursday 10th April 08.

Idle AC's sixth AGM will be held on Thursday 10th April at 7.15pm at the **Cricket Club**. **This is your big chance to air your views on the club's present and future policy and activities.** Please note that there will be no club training on this date. An agenda has now been sent to all members. Members are reminded that subs will be collected (£15) at the AGM when a membership form will need to be completed.

It would be appreciated if all subs could be paid by the beginning of May at the latest as annual subs then need to be paid to England Athletics.

ChiRunning combines the inner focus and flow of Tai Chi with the laws of physics to create a revolutionary running form that reduces injury and increases efficiency.

ChiRunning could benefit you by:

- Reducing impact, pain & injury enabling runners to train more consistently.
- Improving running efficiency & reducing your effort allowing you to increase speed and distance safely.
- Virtually eliminating post running soreness and reducing post run recovery.
- Increasing performance & reducing race times.
- Making running more enjoyable.

It is claimed that ChiRunning helps runners realise these benefits by:

- Strengthening core muscles.
- Improving posture.
- Loosening joints & relaxing limbs.
- Improving breathing techniques.
- Increasing mental focus and clarity.

The above info was provided in a poster that I received from Julie Parker. Julie practices Tai Chi in addition to her running. Two of her friends, both certified ChiRunning instructors run Workshops. If anyone wants any further info about future courses you can email Bridget Barr or Sarah Tomlinson at revolutionaryrunning@hotmail.co.uk. Alternatively I can pass on their phone numbers. For further info about ChiRunning visit: www.chirunning.com.

Help wanted.

Just a reminder: Those of you who were at the Tuesday Training Session on 19th Feb will know that Rhea, on behalf of her friend, Jenny, Area Event Manager for Race for Life, is asking the club to support the Race for Life by volunteering their

UK's Race for Life event this year, the date and times are below.

Race	City/Town	Postcode	Date	Time	Expected Participants
Lister Park	Bradford	BD9 4NR	01/06/2008	10:30	2,500
Lister Park	Bradford	BD9 4NR	01/06/2008	14:30	2,500

Cancer Research UK's Race for Life 2008 is the UK's largest women only fundraising event where women of all ages and fitness levels are invited to come together to walk, jog or run 5k and raise money to help beat cancer.

In 2008 there will be 262 Race for Life events taking place across the UK from 3rd May 2008 until the 27th July 2008, which will hopefully raise over £50 million to fund Cancer Research UK's life saving work .

More and more Running clubs across the UK are getting involved and volunteering to help out on the day and therefore I am writing to see if this is something that you and your club would also be interested in.

Volunteering at Cancer Research UK's events is an immensely rewarding experience. Race for Life has a unique atmosphere which is both celebratory and emotional. It is an inspiration to see the charity's supporters come together to raise money for the life-saving work of Cancer Research UK.

Please can anyone who is able to assist with this let me know ASAP. I can then let her know how many of our club are able to help.

This provides a valuable opportunity to assist with a huge event which is useful experience but also helps a really worthwhile charity.

Check out the following websites:

So far there are over twenty of us going so it should be good. I have booked accommodation at Hawkshead Youth Hostel on the Friday and Saturday nights for those people who requested it before the cut-off date. If you've not yet paid, please give cash or a cheque (£15.95ppn) to Chris or Davina. If you've not yet told me you want to come then you can probably still get in, or you can camp or book a B+B, as some are doing. Friends and family are welcome as well.

If you are interested in joining Sean Duffey for a steady cycle up to Hawkshead on the Friday, or walking up the Old Man of Coniston that evening with Tony Brayshaw, then please speak to them for details.

There might be places left in the Lakeside to Gummer's How fell race on Saturday evening so speak to Chris Smith or Tony Blythe if you want an entry form.

On Sunday morning we're mountain biking in Grizedale forest so let me know if you'd like to be included in group bike hire.

I'll write a rough timetable so we all know when and where to meet up for walks, runs, going to pub etc and I'll sort out car sharing nearer the time as well.

Please let me know if you have any questions or suggestions (you can get my number from Chris).

- *Lisa*

Vasque Ultrarunning Championships 2008.

Yes, it's here, the Vasque (formerly Montrail) Ultrarunning Championships 2008 race table! It all started with Wuthering Hike on 15th March. You can compete by completing any four including at least one in each distance category, or you can do all twelve. Chris Stubbs was eyeing up that 61 miler last time I spoke to him, and it only takes three to form a team if you want to join him. I (Lisa) have done four of these before if you'd like to know anything. Or you might be better asking Tony Wimbush since he is actually good at it. Register and find further details at

27 September	Linnams Summer	29	Wiltshire
Medium			
12 April	Calderdale	37	Yorkshire
17 May	Marlborough	33	Wiltshire
05 July	Osmotherly Phoenix	33	North Yorkshire
20 September	High Peak 40	40	Derbyshire
Long			
10 May	Fellsman	61	Yorkshire
09 August	Devil O'The Highlands	43	Scotland
06 September	Bullock Smithy	56	Peak District
04 October	Long Mynd	50	Shropshire

The Idle Trail Race – Sunday 3rd Aug 2008

Following the amazing amount of positive feedback from our hosting of the of the 3rd Idle Trail Race we are now organising this year's event, which we hope will be even bigger and better than last year. Entry forms will shortly be available on our website. On-line entries will shortly be available via www.runnersworld.co.uk & on www.ukresults.com. This year we will be raising money for Yorkshire Cancer Research. We will be starting to contact certain organisations to seek sponsorship/support in raising money for this charity. If anyone knows any companies that might be interested in supporting our efforts please let me know. The Trail Race committee will be: Chris, Davina, Lisa, Steve, Tim & Sean Duffey. For details of the charity visit: www.ycr.org.uk - **Davina**.

- 4 individual races on successive Tuesday evenings, 2008 dates are:
1 April 7.00pm, 8 April 7.15pm, 15 April 7.30pm, 22 April 7.30pm followed by the Bunny Relays on the 29th April 7.30pm.
- All from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth, W. Yorks (GR 026372), 5 mins. from start.
- Individual Bunny Runs: CS. 3m/300'. £2 on night only
- Dave & Eileen Woodhead have been involved with organising fell races for many years: the Bunny Runs, Withins Skyline, The Stoop, Auld Lang Syne, Stanbury Splash, and others too. Visit: www.woodentops.org.uk

Reflexology for All...

Just a reminder that Idle AC now has a qualified reflexologist within our club - Carmel Beswick (Reflexology For All). Carmel, is based at Farsley Phyiotherapy and Sports Injury Clinic, 20 Town Lane, Farsley. The price is £25 per session.

If anyone at the club wants more info Davina has a number of Carmel's business cards, including her mobile & email address.

Keighley 10k

If you love running down ginnels, through muddy allotments, up steep slippery stone steps – and let's face I know you do – then the Keighley 10K has to be a must for the club.

Any ideas that this was going to be a “fun run” were quickly dismissed when I joined the line-up for this new local race promoted by the enthusiastic Keighley Sport co-ordinator John Dennis.

And this race certainly was not for the faint-hearted. The first six kilometres were seriously hilly – and forever uphill at that until you got to run round a very boggy field called Burgess’s Field which the marshals swore was the highest point and it was downhill from there. They were lying of course. There were more hills to face at Cliffe Castle.

Nevertheless, this was a very interesting excursion around Keighley’s four parks (yes, Keighley has four parks - Victoria, Lund, Devonshire and Cliffe Castle) and around its back streets which bordered on back yards and mansions alike. And there are some lovely grand houses in Keighley. One of them belonged to Mollie Sugden.

If nothing else, this was a myth busting tour – demonstrating the loveliness of this town when we hear so much about its dark side. John Dennis wrote reams about Keighley heritage in the race pack he sent out. It was quite endearing.

What also contributed to the success of this race were the fantastic organisation and the superb encouragement from the marshals. And finally, everyone was knocked out by the support on the streets from Keighley folk – all ages and all races – turning out to enthusiastically cheer us on.

All your entry money for this race goes to the Manorlands Hospice in Oxenhope. You can raise further money if you so wish.

Idle AC runners would love this multi-terrain route and it would be good to support a race that is local and where all the money goes to such a worthy cause. How can you refuse?

- *Jane Lewis*

PS Its sounds like a must for next year! – Davina.

London Marathon 2008: BLISS charity.

Donating through this site is simple, fast and totally secure. It is also the most efficient way to sponsor me: BLISS will receive your money faster and, if you are a UK taxpayer, an extra 28% in tax will be added to your gift at no cost to you.

My twins, Joseph & Katie, were born 6 weeks premature on in October 2003. I observed first hand the support the BLISS was able to give. Joe & Katie spent 6 weeks in the SCBU in Bradford. It was through the support of BLISS that we were able to deal with the roller coaster of emotions that we felt.

I will be celebrating my 42nd birthday when I run the London Marathon on 13th April. This will be my 22nd marathon and it will be great to 'give something back' to such a wonderful and deserving charity.

Hopefully Joe & Katie (now very lively 4 year olds!!) will watch their mum on TV!

Thanks so much for your support! – *Davina*.

Thursday Nights Run for All

We started our first 'Run for All' (first Thursday of each month) on Thursday 4th Oct and it's continued to prove to be a huge success. We tend to all stay together as a group with lots of running back for the front end runners and a pace that would be suitable for ANY member. Please continue to all come along as it's a night when we encourage members of **all abilities** to attend the club (7pm). The next Run for All Night is on **Thursday 1st May**.

STOP PRESS: The June Run For All will be the Full Bronte 5 (2 laps – Haworth) on Thurs 5th June at 7.30pm. Please all enter ASAP (forms at club) or via www.keighleyandcravenac.co.uk . The race incorporates the Yorks Vets champs. It would be great to have the whole of Idle AC there???. Plus for a drink in the Old Sun pub afterwards.

Happy Birthday!!

Idle AC has once again affiliated the club to the Yorkshire Veterans Athletic Association (YVAA) for 2008. The next race is on 1st June at Walton – more details when they are known.

See the Vets Website for more info: www.yvaa.org.

From the Coach...

I enjoyed walking down to the co-op in Idle last Sunday evening. For the first time in months it was still light, of course. It was mild, and in the trees behind the housing association flats the birds chirped loudly, clearly savouring the extra hour of daylight afforded by the sudden arrival of British Summer Time. At home the twins were rebelling, since in their bedroom Katie's pink "Peppa Pig" curtains were so obviously failing to hide the fact that it just wasn't bedtime.

We only get the amazing realisation of extra light once a year – then we are used to it straight away. The benefits do remain all summer for the confirmed off road runner, who can set him or herself the challenge of running a ten miler without touching tarmac, and spend blissful hours undisturbed by anyone except like minded people. Stay on the road though, and you might wish again for the darkness and skin sandpapering precipitation which clears the winter streets of loitering youths.

For most people, most training is done in the evening, because of daytime commitments. This happens to be when the body is best able to train, warmed up and loosened as it is by a day's activity. I often notice how impressive the 5k times are when we do that handicap session on a Tuesday night. But most races are in the morning, and the times do not usually translate well. I recall my best ever half marathon times were in the old York Half, with a 1:30pm start. I never got close to that elusive 1:13 (it was a long time ago!) in a morning race. In fact it gets worse, as pressure from the police and local authorities sanctioning road closures drives race start times ever backwards into the early morning.

So the point is evening races of course. "Anyone doing the John Carrs?" I shouted

performance will also be enhanced as your legs will gain vital experience of sustained quicker leg speed. You could follow them with the ABC 10k on Thursday 22nd May. For the off roader the evening fell races appear, and Stirton in July, for example, is a fine mixed terrain outing on the club list. The Bunny runs at Haworth are with us for the next two Tuesdays, and there are several other weekday evening events locally which will appear in the Gossip fell list.

So following my own advice, I should look for ever later race starts. Perhaps the Hoy half marathon in the Orkney Islands, since in the Orcadian midsummer you can play golf at midnight. Or somewhere else as near the Arctic Circle, where night never falls in summer. Norway appeals. When I was in Auckland, New Zealand for the Millennium marathon, I was approached by a foreign sounding person as I waited at Harbour City for an island boat.

“Ah, you are here for the marathon, yes?” he said, pointing at my London Marathon T shirt. I responded positively, pointing to his T shirt.

“Stockholm marathon!” You are Norwegian then?

“Yes I am Norwegian. But Stockholm is in Sweden.”

So that’s it. The Tromso Midnight Sun Marathon. In Norway. I think. A PB one day. Or night.

-Chris.

Distance	Category	Name	Time
5 Km	Senior	Vacant	
	M40	Simon Bellwood	18:30
	M45	David Lewis	18:40
	M50	Steve Little	21:09
5 Miles	Senior	Vacant	
	M40	Chris Stubbs	31:06
	M45	Richard Lyons	33:22
	M50	Trevor Hooley	38:42
10 Km	Senior	Phil Goode	40:36
	M40	Chris Stubbs	36:25
	M45	Dave Lewis	38:57
	M50	Steve Little	46:28
10 Miles	Senior	Vacant	
	M40	Chris Stubbs	1:05:14
	M45	Simon Bellwood	1:06:54
	M50	Steve Little	1:16:21
Half Marathon	Senior	Phil Joyner	1:35:57
	M40	Chris Smith	1:24:05
	M45	Simon Bellwood	1:22:48
	M50	Steve Little	1:40:19
15 Miles	Senior	Chris Stubbs	1:37:03
	M40	Simon Bellwood	1:43:58
	M45	Simon Bellwood	1:45:53
	M50	Vacant	
20 Miles	Senior	Chris Smith	2:24:00
	M40	Simon Bellwood	2:17:26
	M45	Simon Bellwood	2:13:50
	M50	Vacant	
Marathon	Senior	Chris Smith	3:04:12
	M40	Simon Bellwood	3:02:18
	M45	Simon Bellwood	3:07:03
	M50	Trevor Hooley	4:15:08

Distance	Category	Name	Time
5 Km	Senior	Vacant	
	F35	Clare Sweeney	22:13
	F40	Davina Smith.	26:08
	F45	Kay Gambles	20:59
	F50	Ana Lincoln	27:01
5 Miles	Senior	Vacant	
	F35	Amnuay Scott	40:06
	F45	Kay Gambles	40:03
	F50	Ana Lincoln	43:13
10 Km	Senior	Hayley Atkinson-Windsor	42:11
	F35	Jo Belcher	46:44
	F40	Amnuay Scott	46:55
	F45	Vacant	
	F50	Denise Frost	43:15
10 Miles	Senior	Vacant	
	F35	Amnuay Scott	1:23:29
	F45	Kay Gambles	1:16:50
	F50	Ana Lincoln	1:32:38
Half Marathon	Senior	Hayley Atkinson-Windsor	1: 32:21
	F35	Jo Belcher	1:43:29
	F40	Kay Gambles	1:51:00
	F45	Vacant	
	F50	Denise Frost	1:38:24
15 Miles	Senior	Lisa Hall	2:03:39
	F35	Julie Parker	2:29:59
	F40	Vacant	
	F45	Vacant	
	F50	Ana Lincoln	2:34:19
20 Miles	Senior	Joanne Belcher	2:37:11
	F35	Joanne Belcher	2:45:47
	F40	Kay Gambles	3:02:00
	F45	Vacant	
	F50	Ana Lincoln	3:36:24
Marathon	Senior	Joanne Belcher	3:21:31
	F35	Joanne Belcher	3:44:00
	F40	Davina Smith	4:02:58
	F45	Vacant	
	F50	Ana Lincoln	4:47:06