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Coming Events: April, May & June 08

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

Date	Event
Sun 4th May	Blue Bell Trail 10m.
Wed 7th May	John Carr 5k. Esholt. 7.30pm. Race 1. Vets champ race. Fast, local event.
Wed 14 th May	John Carr 5k. Esholt. 7.30pm. Race 1. Fast, local event.
Sat 17 th May	Meanwood Valley Trail 7.5 miles, Alwoodley Leeds
Thurs 22 May	Apperley Bridge Canter 10k Woodhouse Grove
Wed 4th June	Chevin Fell Race. 7.30pm. Short, sharp event.
Thurs 5th June	Bronte 5. Vets race. 7.30pm. Replaces June Run for All.
Sun 8th June	West Yorks Fire Service 5, 2pm.
Wed 11th June	Otley 10, 7.30pm. Popular local 10 miler.
Sun 15th June	Castle Howard 10k.

Attendance Scheme/ Club races – 2008 details:

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).

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.	Male CR for Phil Goode. Female CR for Hayley. F35 CR for Jo. Pb's for Leon and Andy Moakler.
April – Tues 1st	Bunny Run (1) 3miles, 7pm.	9 Idle vests for Bunny Run 1. Phil Goode led them home in a speedy 20.34.
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.
May – Wed 7 th	Lothersdale Fell race. See fell list.	An alternative to a fast 5k.
May – Tues 13 th	Jack Bloor fell race. See fell list.	
June – Wed 4th	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 !! Get your entries in.
June – Sun 8th	West Yorkshire Fire 5 2pm. Hilly & rural. Free food!!	
June – Wed 11th	Otley 10. 7.30pm.	

July – Sun 29 th	Pudsey 10k, 10.45.	
Sept – Sun 7 th	Leeds Half marathon.	
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 Chris.

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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

SUN MAY 4th GREAT HAMELDON HILL RACE. BM. 12 noon. 6m/1100' from Peel Park pub, Turkey St, Accrington. £4.50 on day. See website: www.clayton-le-moors-harriers.co.uk

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

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

Northumberland Coastal Run.

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

Midgley Moor Fell Race 29/3/08 5m/1250'

58	Phill Routh	55.06	
65	Tony Blythe	56.49	104 ran

Bunny Run 1 1/4/08 3m/300'

41	Phil Goode	20.24
65	Dave Lewis	21.34
92	Leon Winder	22.24
102	Tony Blythe	22.50
130	Phill Routh	23.50
151	Simon Blackburn	24.54
198	Rhea Hawkins	27.26
206	Lisa Hall	28.20
220	Amy Wright	30.47

Rother Valley, Sheffield 10k 5/4/08

133	Rhea Hawkins	46.52
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Baldon Boundary Way Off Road Half Marathon 6/4/08

20	Chris Stubbs	1.33.11
52	Simon Bellwood	1.39.42
70	Adrian Trevelyan	1.42.37
104	Gary Naylor	1.47.43
105	Shaun Lennon	1.47.48
112	Phil Joyner	1.48.43
127	Trevor Hooley	1.51.40
170	Sean Duffey	1.57.06
182	Phill Routh	1.58.54
229	Jo Belcher	2.08.06
263	Clare Sweeney	2.13.03

Dave Lewis 3.28.08 **PB M50 CR.**

Bunny Run 2 8/4/08 3m/300'

52 Phil Goode 19.24
88 Leon Winder 20.50
115 Phill Routh 21.46
192 Rhea Hawkins 24.49
246 Amy Wright 29.37 265 ran

Coniston 14 5/4/08

Denise Frost 1.44.50 3rd F50 1303 ran

London Marathon 13/4/08

268 Jo Belcher 3.24.35 **F35 CR**
3500 Davina Smith 4.22.27
6200 Ana Lincoln 4.51.33
7995 Hannah Peacock 5.18.33 **Debut marathon.**

Bunny Run 3 15/4/08 3m/300ft.

59 Phil Goode 20.23
168 Simon Blackburn 24.36

Epilepsy Action Bradford 10k 20/4/08

45 Leon Winder 40.41
51 Pete Hilliard 41.25
57 Tony Brayshaw 41.50
60 Pete Helliwell 41.54
68 Hayley Atkinson-Windsor 42.28 5th female.
72 Gary Naylor 42.35
98 David Hudson 44.21
104 Tim Whitcombe 44.37 PB
152 Andy Moakler 47.16 PB
347 Martin Burnside 49.25

117 Simon Blackburn 22.36 218 ran

Sheffield Half Marathon 27/4/08

433 Sean Duffey 1.32.46 pb
464 Adrian Trevelyan 1.33.29
538 Phil Joyner 1.34.46
617 Leon Winder 1.35.59 pb
696 Tim Whitcombe 1.37.10 pb
3028 Andy Moakler 2.01.41

There were 4537 runners.

Bunny Run Relay Idle Buggers V40

23rd Team. Phil Goode 16.39 Phill Routh 13.02 Shaun lennon 12.47
Total Time 41.28 There were 82 teams.

Congrats to Phil Goode 4/4 !! *

Leeds Park Run, 5k. 3rd May. races every week!!!

13 Sean Duffey 20.33
15 Leon Winder 20.38

There were 111 runners. **Check out leeds.parkrun.com for FREE 5k**

Bluebell Trail, 10m, Stainland, 4/5/08

106 Dave Lewis 1.28.31
254 Lisa Hall 1.47.22
361 Ana Lincoln 2.14.51

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

Paris Marathon.

I got booted out of the French class at school. When you're 15, it seems kind of odd to be learning a language that says a tampon is masculine and boxing is feminine! It didn't make sense then... and frankly it doesn't make much sense now. When it comes to languages, I'm about as linguistically challenged as they come. Subconsciously, my experience of French all those years ago has tainted my view of the country. I've had no real yearning to experience France: I've often thought of the French as being a bit aloof and I would prefer to leap-frog over them and go to Spain instead. So it probably seemed a bit odd that I decided to line up for the start of the Paris Marathon on my 50th birthday.

But I wanted this birthday to be something different. Fifty sounds so old and I needed to draw a line in the sand: from now on I'm going to fight back against the onward march of time. There's no better way of fighting back than putting your mind and body through a marathon. The only marathon I could find on my birthday was in Paris. It was a done deal.

After traversing 26.2 miles of Paris (including through the tunnel where Princess Diana and Dodi crashed), I'd not only proved to myself that I'm probably a lot younger in 'fitness years' than many non-runners but I also laid to rest a few demons about our Gallic neighbours across the channel.

My journey started on the Champs Elysees. Not only is it home to swanky shops but it's also an eight-lane highway cutting through the heart of Paris. As the starting grid for a marathon, it was ideal. It was so wide that within just a matter of minutes all 28,000 runners were underway. I couldn't believe the rousing support from the Parisians who lined the route. As I worked my way around the course a mantra was

Jane had stuck a small sign on the back of my Idle vest. She had drawn a big 50 and underneath had written *Anjord bui*. An amazing number of fellow runners came up and wished me a happy birthday! Even though I didn't speak the language, there was a camaraderie that I felt part of.

My race plan worked up to the 22 mile mark – at that point I was on for finishing somewhere between 3.15 and 3.30. But the wall – part psychological, part physical – began to affect me. My legs stiffened. I slowed down. I had passed the 3.30 pacers at about the half-way stage but with a mile to go, the 3.30 pacers caught up with me. This provided a much-needed boost. The guy leading them was like a sergeant-major. He was yelling at the people around him. I don't know what he was saying but his energy seemed infectious. For a few crucial minutes, fatigue gave way to exhilaration as he led us through the crowds – which by this stage were so thick they were pushing onto the course. It was like I was caught on a wave. Somehow slowing down wasn't an option. He got me to the finishing funnel at 3.28.

That night, shuffling, I went out and celebrated. I celebrated my birthday and I celebrated completing a marathon. And I reckon I stuck two-fingers up at the ageing process. Back in 1982, when I was a handsome young man I ran the London marathon. It was the second year it had been held. I got round in 3.40 – about 12 minutes SLOWER than I managed at Paris 26 years later! And dare I say it, I toasted the French. Their language is odd but I found them a welcoming bunch... so much so, I might be back next year!

-Dave Lewis

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 assistance. A recent email explains:

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:

www.raceforlife.org or www.cancerresearchuk.org/10k .

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 (£15.95pppn) 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*

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 are available via www.runnersworld.co.uk & on www.ukresults.com. And have already started to come in! This year we will be raising money for Yorkshire Cancer Research. We have 5 great sponsors on board: Travel Company, Upton Bannister, Market Town, Tomago, Windsor, Coniston and Skipton.

In the coming months we will be starting to provide members with details of some of the local organisations, groups, events and companies in the vicinity of Idle, Thackley, Wrose, Calverley, Greengates etc. Hopefully this will be of interest to members and their families. Please put any suggestions forward of any organisation that you think should be featured.

This month we are featuring one of the sponsors of the Idle Trail Race, **Travel Corner**.

Travel Corner are a newly opened travel company who are able to provide all types of holidays at competitive prices. They are also able to arrange business travel. The company is run by Alyson Hunter and Peter Booth at their shop at 2 Town Lane (top of the High Street, next door to the New Inn pub).

Visit their website www.trevelcorner.org.uk, call in and see them (2 Town Lane, Idle) or phone them on 01274 613362.

Bunny Runs 2008

- 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

As you all know I celebrated my birthday the London marathon for the charity BLISS.

BLISS is the premature baby charity helping babies born too soon, too small or too sick to cope on their own.

I was delighted to be on of the 150 runners who supported this very special charity.

In fact 1 in 8 babies in the UK is born premature or sick – that's 80,000 babies a year! Around 17,000 of these babies need intensive care and this figure is rising.

My twins, Joseph & Katie were born 6 weeks premature in October 2003 and spent 6 weeks in the Special Care Baby Unit at the BRI. It was a scary time but the support and information we received from BLISS really helped us to cope. Joe and Katie are now two happy, healthy 4 year olds. They watched a bit of the London marathon on TV but asked Chris, to put Cbeebies back on instead!!

The 2008 London marathon was my 22nd marathon but running it in my BLISS vest, instead of my usual Idle AC vest, made it that bit special. There was an amazing amount of support from the crowds. I ran 4.22, a very disappointing time but I really enjoyed the day.

Afterwards I attended the BLISS reception at a nearby hotel and was treated to a hot shower and refreshments, including a celebratory glass of champagne. It was a great way to end my birthday. I hope to have raised over £350.

Thanks to all at the club who sponsored me.

- *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 start together and

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.

Yorkshire Vets Races 2008.

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, hosted by Wakefield. **This race is pre-entry (If you haven't done races 1 or 2).** Forms are available on the website.

This is another excellent race, entirely off road on good woodland paths and canal side path. The start is a 10 minute jog from the registration/changing so arrive in plenty of time!

This is closely followed by the 5m Championships at Howarth on the 5th, then Pudsey on the 11th and Meanwood on the 17th so June will be a busy months racing.

The YVAA are on the lookout for a new Fixtures Secretary to work alongside Peter May (see Newsletter 9 on their website).

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

From the Coach...

“I think it’s an age thing, Chris,” said Dave after the first John Carr 5k this week. He, like some others, had opted out of the previous night’s speed session, knowing that he had a short, hard race the next day. It is of course accepted wisdom not to put two hard sessions back to back – not to train the same system two days in a row. However what Dave was talking about was the increased importance for him of recovery days after hard sessions as he got older.

Many people will tell us that we should take account of advancing age when judging our performances, and I am very likely to nod in at least partial agreement. Yet the evidence does not all conveniently comply. There are men and women who remain stubbornly at the top of their sport well beyond what might be regarded as peak years. In the season that Stoke City football Club regain the top flight of English football after an absence of many years, I am reminded of their most famous player, Sir Stanley Matthews. BBC Staffordshire's web page devoted to him says:

“At the grand age of 50, Matthews was still gliding past full-backs with the grace and skill that made him an England regular well into his late thirties and early forties.”

In our own sport, Carlos Lopez was an “over the hill” 37 when he ran a 27 minute 10k, a year before he ran a 2:07 world marathon record. I was reminded myself of the need for humility when as a 34 year old I ran a 2:52 to place second at the Bungay marathon. I had been pretty pleased, since at halfway I was in 5th and 5 minutes adrift of the leader, but finished only 9 seconds behind him. The jolt came when I looked at the results – the guy in front of me was a V50 – six years older than I am now.

So I began my research, and opened a can of worms. We cannot assume anything, and there are things we can do. Sir Stanley himself was a great advocate of hot baths as part of recovery from hard training, but he didn't stop doing the hard training. It appears initially that the decline of older athletes, if it occurs, is at least in part a self-fulfilling prophecy, since the first thing that people seem to ease off on is the intense sessions. The long steady runs tend to stay, but they can be more wearing on an aging frame. Far better it seems to concentrate on modest mileage but to retain a regular intense session. Furthermore it seems that the triathletes have probably got it right, with great variety in their training lives.

So for now it may be possible to make decline less of an “age thing”, by retaining intensity of effort at some point in the training week, whilst still allowing recovery. I invite your comments, and next time I write I will know a lot more!

Current Men's Club Records

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	Sean Duffey	1:32:46
	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

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	3:24:35
	F40	Davina Smith	4:02:58
	F45	Vacant	