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## Coming Events: May, June & July 08

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

Date	Event
Wed 4 <sup>th</sup> June	<b>Chevin Fell Race. 7.30pm. Short, sharp event.</b>

Date	Event
<b>Sun 1<sup>st</sup> June</b>	<b>Race For Life, Lister Park. Can you help???</b>
Sun 1 <sup>st</sup> June	Roberttown 7, 11am.
Sun 1 <sup>st</sup> June	Humber Bridge 10k, 11am. No entries onday. Race fills.
<b>Thurs 5<sup>th</sup> June</b>	<b>Bronte 5. Vets race. 7.30pm. Replaces June Run for All. Get your entries in!!!!</b>
Sat 7 <sup>th</sup> June	Waharfedale Off Road marathon & Half ( approx 25m or 13m, off road), CL. Marathon 10.30am, Half 11am.
Sun 8 <sup>th</sup> June	Harewood House Chase (approx 10k), women 10.30am, Men 11am.
<b>Sun 8<sup>th</sup> June</b>	<b>West Yorks Fire Service 5, 2.pm.</b>
<b>Wed 11<sup>th</sup> June</b>	<b>Otley 10, 7.30pm. Popular local 10 miler.</b>
<b>Sun 15<sup>th</sup> June</b>	<b>Castle Howard 10k. 11.15am. Trail race plus 2 fun runs.</b>
<b>Sat 5<sup>th</sup> July 08</b>	<b>Carr Lane Challenge 5, 2pm. Scenic trail race. Start &amp; finish in Wrose Carnival showground. Amnuay was 1<sup>st</sup> woman last year!!</b>
Sat 6 <sup>th</sup> July 08	City of Manchester 10k.
<b>Sat 12<sup>th</sup> July 08</b>	<b>Baildon Carnival Canter, 2.15pm.</b>
<b>Sun 13<sup>th</sup> July 08</b>	<b>Eccup 10, 10am. Fun run 9.15am.</b>
Sat 19 <sup>th</sup> July 08	Yorks Wolds Half marathon, Bishop Wilton (York). A scenic, challenging course (I remember this it was 12 miles up & 1 down!! But show & craft fair so family day out – Davina.
<b>Sun 27<sup>th</sup> July</b>	<b>Pudsey 10k Challenge. 10.45am, a scenic, hilly, road, tracks, woods. PlusPark run &amp; family fun run.</b>
Sun 27 <sup>th</sup> July	James Herriot Country Trail Ran (14k) 11am.

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## Attendance Scheme/ Club races – 2008 details:

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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).

Leon is April's attendance winner who gets to choose something from the Prize Box.

The Top 21 Club races for 2008, where points can be earned are as follows.

Date	Race Details	Comments.
<b>March 16<sup>th</sup> – Sun</b>	<b>Spenn 20mile, 10am.</b>	Good turn out with Sean Duffy, Dave Lewis & Hannah Peacock running debut 20milers. F35 CR from Jo with 2.45.

March 23 <sup>rd</sup> – Sun	Guiseley Gallop (Approx 10k)	7 Idle Vest for this popular Easter 10k . A sprint finish from Pete & Gary!!
March 30 <sup>th</sup> - 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 1 <sup>st</sup>	Bunny Run (1) 3miles, 7pm.	9 Idle vests for Bunny Run 1. Phil Goode led them home in a speedy 20.34.
May – Sun 4 <sup>th</sup>	Bluebell Trail 10. Multi Terrain. 10am. Very scenic course.	Dave, Lisa & Ana ran this tough 10m course.
May – Wed 7 <sup>th</sup>	John Carr 5k, Esholt, 7.30pm. Fast, flat course.	15 ran, MCR from Leon, Female CR from Hayley. An all time M50 CR from Dave Lewis.
May – Wed 7 <sup>th</sup>	Lothersdale Fell race. See fell list.	5 Idle AC members choose a scenic fell race instead of a fast 5k road race.
May – Tues 13 <sup>th</sup>	Jack Bloor fell race. See fell list.	Shaun, Phill & Warren took an outing over Ilkley Moor.
June – Wed 4 <sup>th</sup>	Chevin Fell Race, AS, 3.5m/900'. 7.30pm.	
June – Thurs 5 <sup>th</sup>	Bronte 5, 7.30pm. Hilly two lap course. Includes vets champs.	<b>This race will replace the June Run For All. All club invited !!</b> <b>Get your entries in.</b>
June – Sun 8 <sup>th</sup>	West Yorkshire Fire 5 2pm. Hilly & rural. Free food!!	
June – Wed 11 <sup>th</sup>	Otley 10. 7.30pm.	
June – Sun 15 <sup>th</sup>	Castle Howard 10k. 11.15am	
July – Wed 9 <sup>th</sup>	Stirton Fell Race. BS. 5.5m/1200'. 7.30pm.	
July –Sun 29 <sup>th</sup>	Pudsey 10k, 10.45.	
Sept – Sun 7 <sup>th</sup>	Leeds Half marathon.	
Sept – Sun 14 <sup>th</sup>	Yorkshireman Marathon or Half, 10am.	
Sept – Sun 14 <sup>th</sup>	Wetherby 10k.	
Sept – Sun	Horsforth 10k, 10am.	Date to be confirmed.
Oct –Sun 26 <sup>th</sup>	Withins Skyline Fell Race, BM, 7m/1000' 11.30am.	
Oct – Sun 26 <sup>th</sup>	Holmfirth 15mile. 10.30am.	
Nov – Sun	Guy Fawkes 10mile 10.30am.	Date to be confirmed.
Nov - Sun	Abbey Dash 10k, 9.30am.	Date to be confirmed.

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## Fell Races 2008: May 08 to end July.

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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.**

All fell races are given a grade indicating length and difficulty. Difficulty is indicated by:

**A**, no less than 250 feet climb per mile, not more than 20% on roads, at least 1 mile 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](http://www.fellrunner.org.uk)

**SUN MAY 11<sup>th</sup> MYTHOLMROYD FELL RACE. BM.** 11.30 am, 7m/1350' from Mytholmroyd Community Centre. £3 on day. website: [www.halifaxharriers.co.uk](http://www.halifaxharriers.co.uk)

**TUES MAY 13<sup>th</sup> JACK BLOOR RACE. BS.** 7.15pm. 5.2m/1150' from Darwin Gardens, Ilkley. £3 on night. Website: [www.jackbloor.co.uk](http://www.jackbloor.co.uk)

**WED MAY 16<sup>th</sup> 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 21<sup>st</sup> KILDWICK. BS.** 7.30pm 3.75m/800' from White Lion, Kildwick, between Keighley & Skipton. £3. Website: [www.kcac.co.uk](http://www.kcac.co.uk)

**SAT MAY 24<sup>th</sup> 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/](http://www.huttonroof.org.uk/)

**MON MAY 26<sup>th</sup> 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](http://www.austwick.org)

**WED JUNE 4<sup>th</sup> CHEVIN FELL RACE. AS.** 7.30 pm. 3.5 miles/900' from Otley Town Centre. £3 on night. [www.skyrac.org.uk](http://www.skyrac.org.uk)

**SAT JUNE 7<sup>th</sup> PEN Y GHENT. AS.** 3 pm . 5.9 miles/1650' from Horton in Ribblesdale Playing Fields. £4 on day. Part of Horton Gala Day. Website: [www.settleharriers.org](http://www.settleharriers.org)

**SAT JUNE 7<sup>th</sup> WHARFEDALE OFF ROAD MARATHON & HALF MARATHON. CL/BL.** See website for full details: [www.wharfedalerufc.co.uk](http://www.wharfedalerufc.co.uk)

**SUN JUNE 8<sup>th</sup> HEBDEN BRIDGE BS.** 11am. 5.9M/1150' from Calder Holmes Park, Hebden Bridge. £3.50. Website: [www.todharriers.co.uk](http://www.todharriers.co.uk)

**SUN JUNE 8<sup>th</sup> LAYCOCK GALA FELL RACE. BS.** 2pm. 4.5m/900' from Laycock Gala Field £3 on day. Limited toilet facilities.

**SAT JUNE 21<sup>st</sup> BUCKDEN PIKE FELL RACE. AS.** 2.30pm. 4m/1500' from Buckden Village Green, Buckden, Nr Skipton. Village gala. Website: [www.wharfedaleharriers.org.uk](http://www.wharfedaleharriers.org.uk)

**FRI, SAT, SUN JUNE 20<sup>th</sup> 21<sup>st</sup> & 22<sup>nd</sup> MIDSUMMER MADNESS THREE DAY EVENT : FRI 20<sup>th</sup> WICKEN HILL WHIZZ. AS.** 7.30pm. 3m/1000' from Mytholmroyd Community Centre, Near Hebden Bridge. £4 Race 1 of Mid Summer Madness 3 day event. See website for full details: [www.cvfr.co.uk](http://www.cvfr.co.uk)

**SAT 21<sup>st</sup>: RESERVOIR BOGS. BM.** 11.30am. 7m/1100' from Hare & Hounds, Chiserley, Hebden Bridge. £4 per race. Race 2 of Mid Summer Madness 3 day event.

**SUN 22<sup>nd</sup> : TOM TITTIMAN BS.** 1pm. 4m/700' from Hare & Hounds, Chiserley (Wadsworth Old Town), Hebden Bridge. £4 on day. Race 3 of Mid Summer Madness 3 day event.

**SUN JUNE 22<sup>nd</sup> SETTLE HILLS RACE. AM.** 1.00 pm. 7 miles/1750' from North Ribblesdale Rugby Club, Settle. £3.50 on day. Course partially marked and local knowledge an advantage. Website: [www.settleharriers.org](http://www.settleharriers.org)

**SAT JUNE 28<sup>th</sup> 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.

**SAT JUNE 28<sup>th</sup> : ELDWICK GALA FELL RACE. BS.** 3pm. 550' from Eldwick Memorial Hall, Eldwick. £2.50 on day. website: [www.bingleyharriers.org.uk](http://www.bingleyharriers.org.uk)

**TUE JUL 1. CRAGG VALE BS.** 7.30 p.m. 4m/720' from nr Cragg Vale church (GR SD999232). £3.50. Registration and refreshments in Church Hall. Details: Jackie Scarf, Cock Hill Farm, Cragg Vale, Hebden Bridge, HX7 5TU. Tel: 01422 882555. Email: [thescarfs@hotmail.com](mailto:thescarfs@hotmail.com) **Website: cvfr.co.uk**

**WED JUL 2. DANEFIELD RELAY (R).** . 7.15 p.m. 3m/450' per leg. A three-leg relay from Danefield Park, East Chevin Road, Otley (GR SE217442). £7.50 per team of three on night only. **Website: fellandale.com**

**FRI JUL 4. WHARFE DALE TTT** A three day race series on Tarmac, Trail and Tussock. Friday - Uphill only road race (NB as a road race this is not registered/insured via the FRA), 8.00 p.m., 2.5m/950'. Saturday - Fell race, AM, 11.00 a.m., 12.5m/3000' from Kettlewell P.O. (GR971723). ER/NS/PM. Over 18. Sunday - Short fell race, 11.00 a.m., AS, 1.5m/500' from event field (GR971722). Entry fee £4 each race, £10 for series - see website for further information. Family camping (no caravans), parking, showers, refreshments etc. **Website: bingleyharriers.org.uk**

**SAT JUL 5. TOCKHOLES. BS.** 2.30 p.m. 5.8m/1100' from Rock Lane, Tockholes (GR 662234). £3.50. LK/NS/PM. Over 16. Short, tough course visiting Darwen Tower. Please use the designated parking area. **Website: dashers.org.uk**

**SUN JUL 6. LANGDALE END. BM.** 10.30 a.m. 6m/1400' from opposite the Moorcock pub, Langdale End, Scarborough (GR 936914). £5. Teams men(4), ladies(3). LK/NS/PM.. Part of the Northern Runner/N.E. Hill Running Assoc. Summer Series. No safety pins. **Website: nym.ac**

**TUE JUL 8. STOODLEY PIKE BS.** 7.30 p.m. 3.7m/700' from the Top Brink Inn, Lumbutts, Todmorden (GR SD996052). £3.50. Teams men(4), ladies(3). PM. Over 16. **Website: todharriers.co.uk**

**WED JUL 9. STIRTON. BS.** 7.30 p.m. 5.5m/1200' from Tarnhouse (GR 975531), Stirton, Skipton. £3. Full set of junior races for over 6s upwards. See website for details. Parking limited. **Website: kcac.co.uk**

**SAT JUL 12. OAKWORTH HAUL BS.** 3.00 p.m. 5m/690' from Oakworth Gala Field, Victoria Road, Oakworth. £3. Teams free. Over 16. No toilets. Entry to gala by donation. Junior races in gala field. **Website: kcac.co.uk**

**SUN JUL 13. HOLME MOSS AL.** 11.00 a.m. 17m/4000' from Cartworth Moor Cricket Club, Cartworth Moor Rd, Holmfirth (GR 134067) - note change from start given in the printed Calendar! £4.50 to organiser by July 5th or £5 on day. ER/LK/NS/PM. Over 18. **Website: holmfirthharriers.com**

**WED JUL 16. WIDDOP. BM.** 7.15 p.m. 7m/1200' from the Pack Horse Inn ("The Ridge"), Widdop, Hebden Bridge (GR 952316). £4. ER/PM. **Website: cvfr.co.uk**

**SAT, JUL 19. INGLEBOROUGH.** AM. 3.00 p.m. 7m/2000' from the Community Centre Sports Field, Ingleton (GR 695731). £4. PM/NS. Email: david.mcgonnigal@btinternet.com

**SUN, JUL 20. CONISTON COUNTRY FAIR .** AM. 2.00 p.m. 6m/2400' from Coniston Hall, Coniston (GR303963). £5 entry to Fair, race free. ER/LK/NS/PM. Traditional country fair. Free parking, refreshments etc. Local camping (015394 41223).  
**Website: conistoncountryfair.com**

**SUN, JUL 20. OLDFIELD CS.** 11.30 a.m. 5.5m/550' from the Grouse Inn, Oldfield, nr Oakworth, Keighley (GR 011383 on OS 104). £4. PM. Over 16. Email: jcollinson@beeb.net

**SAT, JUL 26. TURN SLACK** AM. 2.30 p.m. 8m/2000' from Calderbrook Playing Fields, nr Summit, Littleborough. £3. Teams (4) Details: Tel: 01706 370080.

**SUN, JUL 27. JAMES HERRIOTT RUN.** CM. 11.00 a.m. 8.5m/1000' from Bolton Castle, Castle Bolton, Leyburn (GR 033919 on OL30). £7 to organiser or £8 on day - details on website PM. Over 18. Refreshments available at castle. **Website: wensleydale.rotaryweb.org**

**SUN, JUL 27. ROUND HILL.** CM. 11.00 a.m. 9m/1100' from Timble village crossroads (GR 170531). £3. Registration in Timble village, approx. half a mile from the start. **Website: otleyac.co.uk**

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## Race Results Various:

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### Three Peaks Race, 26<sup>th</sup> April 08:

411 Tony Wimbush 4:27 There were 685 finishers.

### Leeds Park Run, 5k, 3rd May

13 Sean Duffey 20.33

15 Leon Winder 20.38

There were 111 runners.

### Bluebell Trail 10m

106 Dave Lewis 1.28.31

254 Lisa Hall 1.47.22

361 Ana Lincoln 2.14.51

### John Carr Race 1 5k, 7/5/08

85 Leon Winder 19.10 Male CR PB

100 Pete Helliwell 19.33

105 Phil Joyner 19.38 PB

115 Dave Lewis 19.50 M50 CR PLUS M50 All time record.

122 Tony Brayshaw 19.59

134 Gary Naylor 20.09

140 Hayley Atkinson-Windsor 20.22 Female CR

166 Simon Blackburn 20.53

175 Tim Whitcombe 21.03 PB

207 Rhea Hawkins 22.08

237 Andy Moakler 23.13 PB

245 Martin Burnside 23.28 PB

258 Lisa Hall 24.03  
301 Julie Parker-Heys 26.53  
307 Ana Linclon 27.07 346 ran.

**Lothersdale fell Race 7/5/08 3.6m/600'**

22 Phil Goode 28.18  
40 Shaun Lennon 30.49  
92 Warren Fletcher 37.04  
106 Amy Wright 42.42  
108 Phill Routh 42.55

**Leeds Hyde Park time Trial 5k 10/5/08**

David Lewis - 19:45. All time M50 CR.

**Ripon 10. 11/5/08**

135 Steve Little 1.25.31  
197 Kay Gambles 1.37.28  
213 Julie Parker – Heys 1.44.06 253 ran

**Jack Bloor Fell Race BS 5.2m/1150' 13/5/08**

84 Shaun Lennon 53.29  
86 Phill Routh 53.50  
144 Warren Fletcher 62.18  
186 ran

**John Carr 2 5k 14/5/08**

70 Leon Winder 18.58 **Male CR**  
79 Tony Brayshaw 19.17  
87 Phil Joyner 19.27  
92 Pete Helliwell 19.33  
94 Dave Lewis 19.34 **M50 All time CR**  
109 Gary Naylor 19.56  
144 Tim Whitcombe 20.52  
170 Rhea Hawkins 21.36  
205 Martin Burnside 22.51  
219 Lisa Hall 23.37  
245 Steve Little 25.13  
269 Julie Parker-Heys 26.16  
278 Ana Lincoln 27.33 305 ran.

**Mytholmroyd Fell Race, BM 7m/1350' 11/5/08**

45 Shaun Lennon 60.53 128 ran.

**Meanwood valley Trail, 7.5 m, 17/5/08**

74 Gary Naylor 54.41  
186 Warren Fletcher 64.10  
308 Ana Lincoln 87.55 310 ran.

**Bupa Great Manchester 10k 18/5/08**

Judith Wolstenhulme 55.56

Stephen Wolstenhulme 55.56

**Chester Half Marathon 18/5/08**

257 Phil Joyner 1.35.58  
1841 ran.

**Windermere Marathon 18/5/08**

503 Ana Lincoln 4.43.31 Alltime F50 CR/PB. 631 ran.

**John Carr Race 5k Race 3, 22/5/08**

66 Phil Goode 19.03  
76 Pete Helliwell 19.22  
81 Tony Brayshaw 19.29  
90 Leon Winder 19.46  
93 Phil Joyner 19.49  
106 Gary Naylor 20.08  
124 Simon Blackburn 20.37  
136 Rhea Hawkins 21.13 Finished 3<sup>rd</sup> Open Female in series.  
137 Tim Whitcombe 21.14  
186 Lisa Hall 23.13  
191 Martin Burnside 23.22  
233 Julie Parker-Heys 25.40 PB  
247 Ana Lincoln 27.07. 291 ran.

**Apperley Bridge Canter (Approx 10k), 22/5/08**

22 Chris Stubbs 39.03  
59 Leon Winder 42.44  
71 Gary Naylor 43.40  
120 Phill Routh 47.40  
168 Warren Fletcher 51.12  
316 Ana Lincoln 62.38 348 ran

**Ilkley Trail Race, Approx 6.9 miles, 25/5/08**

97 Tim Whitcombe 59.37  
225 Ana Lincoln 90.53

**Helvellyn Fell Race, Cumbria, AM, 11m/4500'**

70 Sean Lennon 2.26.42  
114 Phill Routh 3.19.13 115 ran.

**Edinburgh Marathon 25/5/08**

679 Jo Belcher 3.23.24 **F35 all time CR.**  
2004 Sean Duffey 3.49.00

6612 ran

Check out [leeds.parkrun.com](http://leeds.parkrun.com) for FREE 5k races on Saturday am.

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## Greggs Cancer Runs – Wetherby, 11<sup>th</sup> May.

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Whilst there are no results from this 5 mile run I said I'd mention Ana and Simon Blackburn who both ran it. Details taken from [www.greggs.co.uk](http://www.greggs.co.uk)

The Children's Cancer run is now in its 26th year, and to date has raised in excess of £3 million for Children's Cancer Research in the UK. It started when a young boy called Chris from the North East was diagnosed with cancer of the kidney and given a 30% chance of survival. His school headmaster, Colin Gregg, a member of the Greggs bakery family, found out about Chris and set up a fund-raising run to help children who were in a similar situation. Chris made a full recovery and since then has taken part in the run every year and is also a member of the Run Committee.

The company covers most of the expenses of the run, and volunteers from the bakery work hard to provide free lunches for over 10,000 participants each year. This allows all the money raised by the runners to go to the charity.

Newcastle was initially the only venue for the Children's Cancer Run, and this has proved to be a hugely popular and successful annual event. Since 2003, a similar run has been held in Manchester and with the continued expansion and growth of Greggs, other divisions are putting plans in place to host fun run days in their regions in the forthcoming years.

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## Summer Away runs:

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This summer we will have at least 2 'away' runs. Chris's Thursday evening jaunt to Ilkley will make a reappearance, and there will be a Sunday one. More later.

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## 2008/9 subs

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

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## The Idle Trail Race – Sunday 3<sup>rd</sup> Aug 2008

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Following the amazing amount of positive feedback from our hosting of the of the 3<sup>rd</sup> 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](http://www.runnersworld.co.uk) & on [www.ukresults.com](http://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 Corner, UpandRunning, Market Town Taverns, Winders Carpets and Sainsbury's. The Trail Race committee is: Chris, Davina, Lisa, Steve, Tim & Sean Duffey. For details of the charity visit: [www.ycr.org.uk](http://www.ycr.org.uk) - *Davina*.

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## Track Night.....17<sup>th</sup> June.

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The next Track night has been organised for Tues 17<sup>th</sup> June at 7pm for 7.15 start at Horsfall Track (Odsal). This session will replace the club session and costs £2 per runner, but you don't then pay on Thurs of that week.

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## Local News.....Winders Carpets

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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 another one of the sponsors of the Idle Trail Race,

### **Winder Carpets & Beds**

Winder Carpets are a long established, family run business based at Norman Lane, Five Lane Ends, Bradford. Winder's sell a wide range of carpets (including a large half price roll-end department), laminates, solid woods, vinyl's and beds at competitive prices. The company uses apprentice trained fitters and are open 7 days per week. Working UK wide, distance is no object. Pay them a visit or telephone on 01274 641366.

Opening times Mon – Sat 9am -5pm  
Sunday/Bank hols – 11am – 4pm

Leon and the rest of the team at Winder's will be glad to offer special rates for people taking part or involved with Idle Trail Race and Idle AC.

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## Washburn Valley Relay – Friday 18<sup>th</sup> July, 7.15pm

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We have been invited to this relay for men's, women's or mixed teams, around the Swinsty and Fewston reservoirs above Otley. It's promoted by Otley AC.

**NEW FOR 2008** - The event is for teams of 3 people previously 4, with old leg one having now been dropped) and each stage is about 3 or 4 miles in length.

The course is split into 4 segments averaging 3.8 miles / 6.31km and takes place on public footpaths, bridleways and a small amount of road in the scenic Washburn Valley around Blubberhouses, Timble, Swinsty Reservoir and Fewston Reservoir. Every stage starts and finishes at the car park to avoid a convoy of cars charging up and down the countryside. The course is not marked/marshalled & therefore we will need to reccy it beforehand (details nearer the time).

There is the Tony Allen trophy for the winning male team (presently held by Skipton AC), the Joyce Smith trophy for the winning female team (presently held by Abbey Runners) and a prize for the first mixed team (2 men and 2 women). The presentation takes place afterwards at Fewston car park with subsequent adjournment to The Spite pub on the way back to Otley.

It will be a great evening out – let Chris know if you are interested as it would be good to get as many teams of any standard out as possible – it's only a fiver a team! Otley are organising practice runs, and we have maps showing the legs, which are all on paths around or near the reservoirs.

The event is VERY popular (limited to 60 teams) so declare your interest ASAP so we can register the teams.

**Check out Otley AC's website for details or see Chris as he has paper copies.**

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## Thursday Nights Run for All

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We started our first 'Run for All' (first Thursday of each month) on Thursday 4<sup>th</sup> 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 has in fact been replaced by the Bronte 5 race at Haworth.

**STOP PRESS: The June Run For All will be the Full Bronte 5 (2 laps – Haworth) on Thurs 5<sup>th</sup> June at 7.30pm. Please all enter ASAP (forms at club) or via [www.keighleyandcravenac.co.uk](http://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.**

**NB: July Run for all (3<sup>rd</sup> July) will be a Handicap race around the Idle Trail Race course. More details to follow.**

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## Team Captains.

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As we start the 2008/9 West Yorkshire Winter League cross country season Idle AC will have two brand new team captains. The team captains will be ‘encouraging’ all club members to run the 5 events. We are delighted that Claire McConnell has agreed to take on this role for the women. Claire has run the cross country events for the past couple of years, coming near the back at each race. She hated them but was determined to stick with it, do all 5 races and show us all how much her running had improved! Claire was presented with the Paul Dowson memorial trophy in March 2008 for being the most improved female in the WYWL.

Phill Routh seemed to be the most obvious men’s captain and we are so glad that he agreed. Phil is a very experienced fell and cross country runner who loves leading everyone through the mud & tracks on his Sunday morning jaunts.

The 2008/9 cross country fixtures will be known by mid September (first race Nov 08) so expect to be asked, nagged, coerced, pleaded, etc by Claire & Phill.

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## Coaches, Officials and First Aiders

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We want to establish if any club members would be interested in being Coaches, Officials, or First Aiders. We currently have these within the club but want to see if anyone else wants to be trained. We are especially keen on getting more first aiders for club nights and events such as the Idle TrailRace & Idle Cross country race. Obviously we would need to try and secure funding and obtain details of future courses but anyone who is interested should register their interest with a Committee member.

### **Coaches (Information taken from UKA website):**

UK Athletics recognise the need to have great coaches throughout athletics – at every level, in every event and discipline and in every part of the country. UK Athletics’ Coach Education aims to provide coaches with the knowledge, understanding and skills necessary to become excellent coaches.

Coaches need to understand athletics, they need to understand learning and development and they need to understand people. Coaches must be able to apply their knowledge and understanding in a wide range of situations and constantly make decisions about what they are doing and how they are doing it. UK Athletics’ courses aim to ensure that coaches develop good knowledge across the 5 key areas: Technical and Tactical; Strength and Conditioning; Psycho-Behavioural; Movement Skills; and Lifestyle and Support, and the skills to apply that knowledge to the maximum benefit of athletes.

The 4 level programme aims to guide people along the pathway from novice to expert.

Level 1 Assistant Coach

Level 2 Coach

Level 3 Advanced Coach

Level 4 Master Coach

### **Officials:**

UK Athletics have introduced a new Endurance Officials Grading Scheme that will recognise and accredit all those who officiate at Road, Cross-Country and other “Endurance” events. There are currently three levels: 2, 3, 5. At present there are interim arrangements in place which meant that applications were processed based on prior competence/race organisation experience. It is hoped that in due course this will be opened up allowing more members to train/get experience and obtain licences as Endurance Officials. We currently have three Officials within Idle AC.

**Firstaiders:** This is a priority for the club and would involve attending a recognised course and then acting as one of the designated first aiders on club nights and at our events.

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## Millennium Way Relay Sunday 15<sup>th</sup> June 08

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I'm aware that there has been some interest in getting a team for the Millennium Way Relay. Here are the details. If we get enough runners (10) interested we will enter a team (Closing date 31<sup>st</sup> May!!!).

**Starting point:** Bradford and Bingley Sports Club, Wagon Lane, Bingley

**Start-time:** Registration of team at the clubhouse by each team-captain from 07.00 (deadline 07.30), race starts at 08.00

**Legs:** relay of 5 legs with 2 runners on each leg (thus, a team comprises 10 runners) **Distance:** 76km or 47  miles, involving approx. 1920m or 6300 feet of climbing (5 x 13-18 kms / 8-11 miles)

**Categories:**

- a) Open (men or women, 17 and over)
- b) Ladies (17 and over)
- c) Mixed (5 men and 5 women, 17 and over)
- d) Veterans (any combination of men and women 35 and over)

**Prizes:** trophies for each category, plus a prize for the best overseas team, and other prizes

**Registration:** £70 (includes free t-shirt for each runner, plus food and drink in the clubhouse after the finish): Cost to be split between the runners.

**Deadline 31 May**

**Teams:** maximum 50 teams (100 runners per leg) - primarily from northern England, and particularly clubs with a speciality in "fell-running"; but also overseas teams **Programme:** *Friday afternoon prior to race, 14.30 till approx. 17.30* - supervised reccy of each leg by member of host club.

*Sunday, 08.00 till approx. 16.30* - race; showers; prize-giving (approx. 16.00)

**Cardinal rules:**

- a) do a reccy of the route
- b) runners must run together at all times as a pair
- c) follow the Countryside Code

**Terrain:** Yorkshire Dales - footpaths along becks and through woods, tracks across fields, tracks across heather moorlands; very undulating; sandstone rocks and peat on moors. At this time of the year the ground should be mainly dry and not boggy.

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## Happy Birthday Jane!

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Happy Birthday to Jane Lewis. I'll not tell you how old Jane is but it is a **BIG** birthday (Yes it's her 30<sup>th</sup>!!!!!!!!!!!!!!).

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## Yorkshire Vets Races 2008.

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Idle AC has once again affiliated the club to the Yorkshire Veterans Athletic Association (YVAA) for 2008.

**The details for the 3<sup>rd</sup> Grand Prix race are: Sunday June 1<sup>st</sup> at 11.00a.m., Haw Park Woods, Walton, Wakefield.**

**Promoted by Wakefield Harriers.**

This is a multi terrain course on woodland paths, tracks and tarmac paths. Trail or studded shoes may be needed in wet conditions but in dry conditions many runners use road shoes. Usual £2.00 entry on the day.

**Venue:** Walton Sports & Social Club, [Shay Lane](#), Walton

**Facilities:** Parking at Clubhouse. Parking is limited so please share cars where possible. Changing rooms and showers, toilet facilities, bar and food. Start and finish about 10minutes jog from Clubhouse. No muddy shoes in bar please. For directions see Yorks Vets website.

This is closely followed by the 5m Championships at Howarth on the 5th (hopefully Idle AC will be out in force for this '1st Thurs' race.

The 4<sup>th</sup> Grand Prix is at Pudsey on **Wednesday June 11<sup>th</sup> at 7.45p.m., Pudsey, Promoted by Pudsey Pacers**  
This is a **new** multi terrain course on, tracks and paths with very little road. Trail or studded shoes may be needed in wet conditions but in dry conditions runners could use road shoes. Usual £2.00 entry on the day.

**Venue:** Registration at [Pudsey Leisure Centre](#) in the middle of Pudsey and Registration will close at 7.10pm to allow helpers to get to the start. Start is at [Scholebrook Farm](#) a bit further on (down the steep hill) from the old start at Fulneck School car park and is a good 15 minute jog from Pudsey Leisure Centre (1<sup>1</sup>/<sub>4</sub> miles from registration). If you don't know the way make sure you tag along with someone that does or you will miss the start!

**Facilities:** Parking at Leisure Centre. Changing rooms and showers, toilet facilities, bar and food.

The **5<sup>th</sup> Monthly Grand Prix of 2008 is on Tuesday June 17<sup>th</sup> at 7.30pm, Meanwood, Leeds, which is** Promoted by Valley Striders

This is a multi terrain course on parts of the Meanwood Trail Race route and studded trail shoes are recommended.

**Venue:** Leodiensian Club, Crag Lane, off King Lane [LS17 5PR](#)

**Facilities:** Limited parking near Clubhouse other wise on surrounding streets but do not park on King Lane as this may cause an obstruction. Changing rooms and showers, limited toilet facilities, start and finish about 100m from Clubhouse.

See the Vets Website for more info: [www.yvaa.org](http://www.yvaa.org).

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## From the Coach...

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**The Bronte 5 represents the Club's anniversary. With that in view I looked at what I wrote 5 years ago this month. I was amused to discover that the subject was similar to last month's. Either I am repeating myself like the running magazines, or I have been obsessed with age for a long time! In any case, psychology appears to be a major factor – if you think yourself old, then it's likely to happen. Thus we have one situation where it's a real positive to be in denial. Are you, or have you gone too far the other way like me? This appeared in May 2003. I might see you at the Bronte 5!**

I met an old acquaintance, whom I couldn't place at first; at the Hare & Hounds fell race last Wednesday. Well we didn't so much meet, as nod acknowledgement to each other. He was always ahead in the race, a classic Pennine 'up to the trig point and down to the pub' fell race. He was a fleeting figure, who came closer when I drove strongly up the climbs in my effort to catch Steve, Tony and Richard, and pulled away from me when I faltered, remembering my age and the 40k race I had run on the previous Sunday. After a while I realised who he was. He's someone I often remember when I climb a hill steadily but at a run, running hard over the top and beyond, despite the burn of oxygen depletion. Well, it is possible to run at a reasonable pace and still recover from oxygen debt on a descent. I remember him when despite ligaments sore from over racing, I want to train and race some more.

I think he'd approve of my thoughts for an emphasis in summer training. I hope to persuade those who are kind enough to listen to me, that a basic building block of effective distance running across the disciplines is an improving road 10K time. The distance combines the requirement for both stamina and speed, which underpin our training philosophies, and all we hope to achieve. It is achievable by all – the hobby runner can come in minutes after the international athlete, and yet the marathon stars like London winners Eamonn Martin and Paula Radcliffe, come up from the ranks of 10,000m runners.

Looking at the diary of races I have seen ideal opportunities to train for that quick 10k time. Newer runners will be able to aim for a PB. For an old soldier like myself, a realistic aim is a best time in the last two years. The method is simple, and one, which my acquaintance would approve – “Why train when you can race?” He would say, indeed on one occasion he raced the Ilkley 10k and the Bradford Half Marathon on the same day. My acquaintance, though, knew that he could not hope to improve on personal best times at one distance, without running significantly faster at a shorter race distance; an approach based on that simple maxim: “Under the distance, over the speed”.

My suggestion is that, in addition to Tuesday speed sessions, which will be 10k orientated, some or all of the shorter races should be used as “tempo runs”. At its simplest, a tempo run is a warm up period, followed by a sustained distance at pace, then a warm down period.

But finally, who was this elusive acquaintance, whom I at first could not place? Well I hope to meet him again in another race, or more realistically just keep him in my sights – he’s just a younger, faster me from years ago, who thought he could run forever and keep getting better. He may occasionally nod in my direction at a race, but vanishes like a ghost at every finish line.

*-Chris.*

## Current Men's Club Records

Distance	Category	Name	Time
5 Km	Senior	Leon Winder	18:58
	M40	Simon Bellwood	18:30
	M45	David Lewis	18:40
	M50	Dave Lewis	19: 34
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
	M45	Simon Bellwood	3:07: 03
	M50	Dave Lewis	3:28:08

## Current Women's Club Records

Distance	Category	Name	Time
5 Km	Senior	Hayley Atkinson-Windsor	20:22
	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: 32:19
	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	3:23:24
	F40	Davina Smith	4:02:58
	F45	Vacant	
	F50	Ana Lincoln	4:43:31