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Coming Events: June, July & Aug 08

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

Date	Event
Sat 5 th July 08	Carr Lane Challenge 5, 2pm. Scenic trail race. Start & finish in Wrose Carnival showground. Amnuay was 1st woman last year!!
Sat 6 th July 08	City of Manchester 10k.
Sat 12 th July 08	Baildon Carnival Canter, 2.15pm.
Sun 13 th July 08	Eccup 10, 10am. Great local event. Fun runs from

Date	Event
	9.15am.
Sat 19 th 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.
Sun 27th July 08	Pudsey 10k Challenge. 10.45am, a scenic, hilly, road, tracks, woods. Plus Park run & family fun run.
Sun 27 th July 08	James Herriot Country Trail Ran (14k) 11am.
Sun 27 th July 08	Harrogate Town Centre 10k, 10.30am. 2 lap course
Sun 3rd Aug. 08	Idle Trail Race, 10.30am. All club needed to help.
Sat 9 th Aug. 08	Arncliffe Gala 4m race, 1.30pm & fell race, 3pm. Good family day out.
Sun 10 th Aug 08	Bingley show 3m Trail race. 2.30 p.m. 3m/575' from Myrtle Park. Good family day out.
Sun 10 th Aug 08	Askern 10. Nr Doncaster. 10.30am. Incorporates Yorks vets 10 mile championships.
Wed 20 th Aug 08	Cinnamon Lodge Chase, 7pm.
Sat 23 rd Aug 08	Burnsall Classic fell race (1.5m, 5pm) & 10m road race. Good family day out.
Mon 25 th Aug 08	Spofforth 10k trail race (approx) 1.30pm. For 2008 only (due to gas works) a 2 lap course, off road. Great family day out. Richard Lyons pic in on the entry form!! This race fills.

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).

Rhill Routh and Chris Smith are joint attendance winners winners who get 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.
March 16 th – Sun	Spenneth 20mile, 10am.	Good turn out with Sean Duffy, Dave Lewis & Hannah Peacock running debut 20milers. F35 CR from Jo with 2.45.
March 23 rd – Sun	Guseley Gallop (Approx 10k)	7 Idle Vest for this popular Easter 10k . A sprint finish from Pete & Gary!!
March 30 th - 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 st	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 th	Bluebell Trail 10. Multi Terrain. 10am. Very scenic course.	Dave, Lisa & Ana ran this tough 10m course.

May – Wed 7 th	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 th	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 th	Jack Bloor fell race. See fell list.	Shaun, Phill & Warren took an outing over Ilkley Moor.
June – Wed 4 th	Chevin Fell Race, AS, 3.5m/900'. 7.30pm.	7 Idle AC ran this tough fell race, including Lisa and Amy.
June – Thurs 5 th	Bronte 5, 7.30pm. Hilly two lap course. Includes vets champs.	Another good turn out. 6 th female for Haley, 2 nd F50 & a CR Denise & F40 CR for Davina. Male Cr for Leon and M50 CR for Dave Lewis plus a free hat for Rhea!
June – Sun 8 th	West Yorkshire Fire 5 2pm. Hilly & rural. Free food!!	Gary, Rhea, Lisa & Ana all ran this undulating 5miler.
June – Wed 11 th	Otley 10. 7.30pm.	13 of the club ran. Club records for Phil Goode, Denise, Jo & Rhea. Phil got his pic on back of T &A!
June – Sun 15 th	Castle Howard 10k. 11.15am	Ana was the lone Idle runner.
July – Wed 9 th	Stirton Fell Race. BS. 5.5m/1200'. 7.30pm.	
July – Sun 27 th	Pudsey 10k, 10.45.	Get your entries in. A few of our children are doing the fun run.
Sept – Sun 7 th	Leeds Half marathon.	Wilma & Carmel will be lining up for their first half marathon.
Sept – Sun 14 th	Yorkshireman Marathon or Half, 10am.	
Sept – Sun 14 th	Wetherby 10k.	
Sept – Sun 28 th	Horsforth 10k, 10am.	
Oct – Sun 26 th	Withins Skyline Fell Race, BM, 7m/1000' 11.30am.	
Oct – Sun 26 th	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.

Fell Races 2008: June to end Aug 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.

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

FRI.JUL 4. WHARFEDALE 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. TURNSLACK 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**

SAT.AUG 2. HELLIFIELD GALA (R). BS. 3.15 p.m. 3.5m/850' from Hellifield Recreation Field (GR857567). £3. PM. Over 18. Records: 23.02 A. Brownlee 2007; 27.31 M. Wilkinson 2007. Juniors: U18/U23 (£3) with seniors. U10, U12, U14/16 (£1) at 2.15 p.m., 2.30 p.m. and 2.45 p.m. respectively. All junior races, other than U10, are Yorkshire Championship events - details from Dave Woodhead, tel: 01535 669100. £40 prize for 1st senior male & female. Smarties for all finishers. Village gala. Details: Stephen Moor, 8 East View, Hellifield, Skipton, BD23 4EU. Tel: 01729 850399. Email: stephen@moor8704.fsnet.co.uk

TUE.AUG 5. CROW HILL (R). BS. 7.30 p.m. 5m/1000' from Mytholmroyd Community Centre (GR011260). £3.50 Over 18. Details: Clive Greatorex, 14 Albion Terrace, Heptonstall Road, Hebden Bridge, HX7 6BE. Tel: 01422 842783.

WED.AUG 6. GOLF BALL (R). BS. 7.00 p.m. 5.5m/900' from the Glory pub, Crawshaw Booth, Rossendale. £3. Part of Rossendale Harriers mid-week series. Details: Jan Kempson, 3 Hall Close, Reedsholme, Rossendale, BB4 8PS. Tel: 01706 211796. Email: jankempson@btconnect.com

SAT.AUG 9. ARNCLIFFE GALA (R). AS. 3.00 p.m. 1.8m/443' from Arncliffe Village Green. £3. No toilets. Details: Michael McKenzie, Blue Scar Farm, Arncliffe, Skipton, BD23 5QD. Tel: 01756 770329. Email: mike.mckenzie@multiflight.com

SUN.AUG 10. BINGLEY SHOW (R). BS. 2.30 p.m. 3m/575' from Myrtle Park, Bingley. £7 pre-entry (form on website), includes free entry to show. Also £7 entry on day but excludes entry to show. Confirm start time on website. Website: bingleyharriers.org.uk

THU.AUG 14. DENIS STITT MEMORIAL RACE (R). BS. 7.15 p.m. 5m/850' from the Victoria Inn, Woodhead Road, Holmfirth (GR 135078). £3.50. Website: holmfirthharriers.com

SUN.AUG 17. SEDBERGH HILLS (R). AL. 12.00 noon. 14m/6000' from the People's Hall, Howgill Lane, Sedburgh. £5. Details: Jonathan Broxap, 32 Castle Garth, Kendal, LA9 7AT. Tel: 01539 721603.

WED.AUG 20. WHITTLE PIKE (R). AS. 7.15 p.m. 4.5m/1400' from Cowpe Village Playing Fields, Waterfoot, Rawtenstall (GR837212). £3. Website: rossendaleharriers.co.uk

SAT.AUG 23. BURNSALL CLASSIC (R). AS. 5.00 p.m. 1.5m/900' from Burnsall, N. Yorks. £5 to organiser by 10th. August. Village sports inc. **10-mile road race**. Website: burnsallsports.co.uk

SAT.AUG 23. DENTDALE (R). AS. 2.00 p.m. 2.9m/1385' from Church Bridge, Dent (GR 707871). £3. Part of Dentdale Show weekend. Website: dentdale.com/fellrace and dentdaleshow.com

SUN.AUG 24. NORLAND MOOR (R). CM. 11.30 a.m. 7m/800' from Old Rishworthians RUFC, Copley, Halifax (GR 085224 on OL21). £3.50. Website: halifaxharriers.co.uk

SAT.AUG 30. LONGSHAW SHEEPDOG TRIALS (R). CS. 11.00 a.m. 5.5m/650' from Longshaw Lodge on Sheffield-Hathersage road (GR 265800). £3 entry to field, **race free!** Extensive prize list. Part of World's oldest sheepdog trials! Family events. Website: dpfr.co.uk

SAT.AUG 30. PENDLETON (R). AS. 3.00 p.m. 5m/1500' from Pendleton, near Clitheroe. £3. Home-made refreshments, village pub. Details: Roger Dewhurst, 5 Main Street, Bolton by Bowland, Clitheroe, BB7 4NW. Tel: 01200 447634.

SUN.AUG 31. BLACKSHAW HEAD FETE (R). BS. 2.00 p.m. 5.5m/900' from the Fete Field, Blackshaw Head, nr Hebden Bridge (GR 959276 on OL21). £3.50 includes entry to fete, registration from 12.30 p.m., limit 125 runners. Website: todharriers.co.uk

Race Results Various:

Melmerby 10k, 25/5/08

144 Steve Little 47.15
237 Kay Gambles 54.22 307 ran.

Yorks Vets Grand Prix Race 3, Walton, Wakefield, 1/6/08

Men:

72 Pete Helliwell 40.56 103 ran

Women:

40 Ana Lincoln 54.48 45 ran.

Chevin Fell Race 4/6/08, AS 3.5m/900'

59 Leon Winder 23.46
73 Phil Joyner 24.41
94 Tony Brayshaw 26.33
107 Warren Fletcher 27.49
120 Lisa Hall 31.17
122 Amy Wright 32.26
123 Phill Routh 32.36 131 ran.

Full Bronte 5 mile, Haworth, 5/6/08:

59 Leon Winder 34.32 PB Male CR.
64 Peter Hilliard 35.01 PB
66 Hayley Atkinson-Windsor 35.07 Female CR
83 Chris Smith 36.16
84 Dave Lewis 36.28 M50 & All time record.
89 Denise Frost 36.49 F50 & All time record.PB.
127 Rhea Hawkins 39.06 PB
137 Andy Moakler 40.39
144 Martin Burnside 41.24
148 Lisa Hall 41.47
172 Davina Smith 44.29 F40 CR & All time record. 1

181 Ana Lincoln 47.21
202 ran. Awaiting vets champs positions.

Hyde Park 5k, 24/5/08

Tony Brayshaw 19.43

Hyde Park 5k, 31/5/08

Dave Lewis 19.52

Hyde Park 5k, 7 June, 7/6/08

9th Dave Lewis 20.15
16th Tony Brayshaw 20.47
25th Denise Frost 21.43 **F50 CR & All Time record.**

Wharfedale Marathon 7/6/08, Approx 25miles.

3 Chris Stubbs 3.06.24. **Chris was 3rd Congrats.**
95 Ana Lincoln 6.28.00 There were 96 runners

Kirkby Malzeard 10k 7/6/08

124 Steve Little 48.44
167 Kay Gambles 53.30 246 ran.

Pen Y Ghent Fell Race, 7/6/08:

105 Shaun Lennon 63.55 202 ran.

Harewood House Chase 10k (Approx)

Men:

56 Shaun Lennon 44.24
114 Warren Fletcher 51.13 147 ran.

West Yorkshire Fire Service 5.

23 Gary Naylor 34.49
63 Rhea Hawkins 39.50
75 Lisa Hall 43.50
105 Ana Lincoln 49.44 120 ran.

Otley 10m Road Race, 11/6/08

50 Phil Goode 1.07.37 MCR
65 Leon Winder 1.09.58
92 Tony Brayshaw 1.12.06
107 Denise Frost 1.14.13 F50 CR & All time record
108 Shaun Lennon 1.14.14
109 Phil Joyner 1.14.18
114 Jo Belcher 1.14.38 F35 Cr & All time record
115 Tim Whitcombe 1.14.39
161 Rhea Hawkins 1.18.35 FCR
174 Trevor Hooley 1.20.06
211 Lisa Hall 1.23.56
235 Andy Moakler 1.27.58
292 Ana Lincoln 1.41.46 300 ran.

Castle Howard Trail Race 10k 15/6/08

336 Ana Lincoln 1.04.54 399 ran.

Yorks Vets Grand Prix Race 5, Meanwood, 17/6/08:

46 Ana Lincoln 56.59.

Leeds 10k, Janes Run 4 all, 22/6/08

670 Martin Burnside 50.52

3685 Ana Lincoln 63.03
3687 Pete Helliwell 63.04
6122 Jane Lewis 76.35

Eldwick Gala Fell Race, 3m, 28/6/08

39 Dave Lewis 23.18

40 Tony Brayshaw 23.22
44 Tim Whitcombe 23.48
67 Sarah Holness 28.37
73 ran.

Rainton 10k, 29/6/08

190 Kay Gambles 52.15
293 ran

Check out leeds.parkrun.com for FREE 5k races on Saturday am.

Summer Away runs: Thurs 24th July & Sun 24th Aug.

This summer we will have at least 2 'away' runs.

Chris's Thursday evening jaunt to Ilkley makes a reappearance on Thurs 24th July. Meet at Shipley station at 7pm (set off 7.15pm) to run over moors to Ilkley. Take a small rucksack for a quick change and a drink at a pub in Ilkley then a train back to Shipley. Sunday 24th Aug (time & venue to be confirmed). Watch this space!

to and there will be a Sunday one. More later.

2008/9 subs

It would be appreciated if all subs could be paid to Davina ASAP or I may name & shame!!!!

Pudsey 10k Challenge: Sunday 27th July at 10.45am

We hope that club members will support Pudsey and enter their 10k challenge again this year. The course is scenic challenging mixed terrain offering something for everyone. All finishers get a T Shirt and there are various team prizes. In addition there is a 2 mile family fun run at 10am and a Park Fun Run (approx 400metres) for the under 8's at 9.30am we usually have Joseph, Katie and Tom Garlick in this race!. Each year they usually reach their 400 race limit so get your entries in ASAP. Entry forms are available at the club, via Pudsey's website: www.pudseypacers.com For an additional £1 (plus no SAE) you can enter online at www.ukresults.net

Reflexology Discount

Carmel Beswick has given me a supply of reflexology leaflets and is offering a £5 discount off the normal price of £25 per session. The leaflets are in the signing in book at the club. Alternatively if anyone wants one just let me know – Davina.

40th Birthday

Happy Birthday to Clare (Bouncy) Sweeney as she enters the new vets age category.

Messing about on the river (well canal really!).

There was just me and David Carroll for the Wednesday run a couple of weeks back but we set off down towards the canal on a summers evening, chatting and putting the world to rights. We got to the first bridge crossing at the bottom of Buck woods ready to cross in order to go up to Baildon. As we approached the canal there was a man with by barge wanting us to help him with the bridge. Neither David or I had any experience of canal bridges but as there was no one else around and as the man didn't really seem to know what to do we felt we needed to help. Luckily that particular bridge is fairly straightforward so we were soon on our way up the paths around Baildon. We did a route which takes you to Saltaire and then back on the canal to Thackley. As we were chatting away running towards Windhill we noticed the same man and his boat stopped at the road bridge at Dockfield. We'd been running for over an hour and

he was only at the next bridge! He seemed stressed and told us he could not find anywhere to tie up his boat and that he couldn't figure out how to open the bridge. Again we had no choice but to help. This bridge was far more complicated plus it has barriers across to stop the road traffic. After a while David (he being far more technically minded than me) sussed out what we needed to do and we ended up opening the bridge and being on it whilst the man took the boat through. We managed to get the bridge back into position just in time for a car to drive over! What the car driver didn't know is that the bridge hadn't been locked in place and that there was a 2 inch gap at the other end – I literally willed it across without going in to the canal. Luckily the car got over ok.

I honestly thought that the boatman wasn't going to relock the bridge as he said that there was nowhere at the other side to tie his boat. Once again David and I were talked into helping out. This time we held hold of the rope (and barge!) as he finally re-secured the bridge.

I think he appreciated our help and offered us a coffee if either of us were running on the canal the next day. I was on holiday the next day and I did run on the canal, but I ran the opposite direction – I couldn't face having to help him with locks!!

I run on the canal a lot but that was an experience I'll not forget. So all of you who haven't been to the Wednesday Night run (6.30pm) think what you are missing! – *Davina*.

Please Sponsor Claire – Light Wake Walk

Hi Davina

Hope you are ok?

I wonder if you could do me a favour and print off the attached sponsor form and ask club members if they would sponsor me for the walk on 18 July? There is also a link on the last page to the web site (www.walk4life.org.uk) and the just giving sites that have been set up for the individual charities that we are raising money for if people would rather donate to a single charity instead of to the whole event.

I'm hopefully going to be ok for the walk, I managed to do the three peaks a couple of weeks ago with no problem (except blisters). I still can't run but my priority at the moment is completing the walk, then I can concentrate on running again.

Speak to you soon.
Claire x

Please sponsor Claire and make the walk a real success. Hopefully we'll then get her back to the club – Davina.

Blood needed... Can you help?

I received a letter from the National Blood Service saying: **New & returning Blood donors urgently needed.**

Apparently the number of registered blood donors in Bradford is falling and its essential to increase these numbers so that there are adequate blood stocks to meet the needs of local hospitals. As a regular donor I have been asked to encourage anyone that I know to book an appointment to donate blood at the Bradford Blood Donor Centre, Rawson Road, Bradford. The opening hours are Mon –Fri 9.30-18.30. Tel: 01274 308450. Visit their website: www.blood.co.uk to look at the info. However I can say it's quick, painless and you get a drink and snack afterwards. There I've done my bit! – *Davina*.

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 are available on our website. On-line entries are available via www.runnersworld.co.uk & on www.ukresults.com. I'm now getting entries in on a daily basis. This year we will be raising money for Yorkshire Cancer Research. We have 4 great sponsors on board: Travel Corner, UpandRunning, Market

Town Taverns & Winders Carpets. The Trail Race committee is: Chris, Davina, Steve, Tim & Sean Duffey. Not only do we need the whole club to marshal we need you to bring loads of decent spot prizes (to Davina). In addition we also need you to all BAKE. Yes we are having a cake stall (instead of the Tuck shop) and need cakes, buns, biscuits etc. Thanks.

After that I'll stick to running.

My company's head office is based in California and, (though I am not complaining) from time to time I go out to work there. My sister and her husband also live in California, in a place called Huntington Beach known as "surf City". On this visit I was due to spend the first night with them and came up with an idea "I'll find a US race to run". Luck would have it there was one in Huntington Beach a 5k, GREAT I entered on-line. Flew Saturday 13 hours - Sunday was the race, bit tired but excited. Registration turned out to be on the beach, the run being on a parallel path - no problem. Then I started thinking "all this way for a 5k run, not much of a challenge?" I noticed everyone was in wet suits, as the majority of competitors were doing an Aquathon, swim 1k (1000m) then a 5k run. "That's more like it" - I entered. AFTER entering, my brother-in-law, (an experienced surfer) remarked in passing "you do know there are sharks out there" I was too excited to take this minor comment in, and joined the others on the beach.

The race started and we all ran into the California Sea, then it struck me... I hadn't thought this through, it's called Surf City for a reason, big waves, REALLY BIG and I haven't swam since my LAST summer holiday and that was in a pool!. It was a long way out to the first buoy, a REALLY LONG way; I went round it turning right parallel to the beach. One buoy reached four more to go! I Asked a laughing life guard to "Keep an eye on me; I'm not sure I can do this". Giving up on front crawl I started breaststroke, most swimmers had left me and still three more buoys to go. Then started backstroke much to the amusement of the other "professional" swimmers around me. Two buoys to go and I had strayed off line and ON MY OWN in the deep sea, a little voice in my head said Sharks, then SHARKS! Exhausted I swam as fast as a starfish to the shore and land! Out of 175 I was fifth - from last.

Quick change into my Idle vest and back to the comfort and familiarity of running and a very tired 5k making up around 40 places to finish 131st. AFTER crossing the finishing line my Brother-in-law kindly showed me a report, giving the shark sightings over the last few months, in the stretch of sea I was in, all 6 of them, including a surfer in Huntington Beach who had his surf board "Chomped" by a Great White! In future I'll stick to running and never complain about a blister again - *Peter Hillard*.

Weekend Away.

A massive Thank You to everyone who came and made the weekend away such a wonderful success. Special thanks to Phill for being the best weekend away organiser a weekend away organiser could wish for. *Lisa xx*

Local News.....

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 **The Symposium**. This is where Idle AC was created (we had our first meeting there to launch the club in March 02). Since then it has been visited by the club as a whole for various social outings and by individual members, plus their families and friends. You all know where it is so please keep visiting it.

Feet in the Clouds.....

FEET IN THE CLOUDS - a tale of fell-running and obsession

If you have read this book and have a passing interest in 24 hour challenges like the Bob Graham Round you may be interested in a new website dedicated to ultra-distance challenges. There is currently a diverse range of 12 routes on the site from around the UK covering anything from 35 miles/6000 feet upwards. Visit www.gofar.org.uk.

A further 20 routes are in the pipeline which will be added as and when time permits. If you wish to be notified of future updates please email – info@gofar.org.uk and insert **SUBSCRIBE** in the subject line.

Tony Wimbusb

Washburn Valley Relay – Friday 18th July, 7.15pm

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 3 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.

Golden Acre Relay: Wednesday 16th July, 7.00pm

Course: 3x2.75 mile relay - men's, women's, mixed, vets etc.

Entry; On the night only, limited to first 100 teams. £10 per team.

Further details: www.abbeyrunners.co.uk/races

If you want to run: Let Chris know.

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 has in fact been replaced by the Bronte 5 race at Haworth.

NB: July Run for all (3rd July) will be a Handicap race around the Idle Trail Race course. Meet at Apperley Bridge, Rawdon Meadows car park at 7pm.

Coaches, Officials and First Aiders

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.

Brian Taylor – Sad news.

It is with great sadness that we inform the club that a former member, Brian Taylor, died on Wednesday 4th June 2008 at the age of 63.

Brian joined Idle when we formed the club in 2002 and whilst he wasn't long at Idle as he moved house, many of us remember him from our days at Eccleshill. Brian ran with Eccleshill for a great many years.

Like many of the former Eccleshill members I'll remember Brian as a quiet, gentle and kind man who had loved to run and walk. I ran with him on many occasions and enjoyed listening to his stories of the marathons, especially the Bradford Marathon, and half marathons that he had run. He inspired me to start running marathons myself.

In the early years he used to bring his daughters, Lisa and Debbie, to the 'track' sessions that we held at Hanson school. He was greatly proud of his family, his wife Brenda, daughters and son. I remember him telling me about all the walks and camping trips that he went on.

He joined the club on many trips, such as, the Hawes half marathon, a tough run but one which he seemed to enjoy, and the Ilkley Moor walk.

He was well liked and respected within the club and was voted 'Member of the Year' in recognition of that fact. He was a regular team member who represented the club in various cross country events as part of the West Yorkshire Winter League. The race Brian liked most was the Bingley Half marathon – I think he ran them all- year after year until the organisers sadly stopped them.

Brian didn't drive and so went everywhere by walking and cycling. This often involved cycling/walking to work and then doing very manual type work. I know that at times life was tough but I never once heard him complain- he just got on with whatever he needed to do.

Looking back through tons of running photos (we had 4 of Brian) I realised the number of people that have passed through the club/sport that we have known and the great many memories that I have. I can honestly say that Brian was one of the people that I really enjoyed running with. Like many people who knew him I'm left with lots of happy memories of a really lovely man. – *Davina.*

Yorkshire Vets Races 2008.

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

6th Monthly Grand Prix of 2008
Sunday 6th July at 11.00 a.m., Neiley Fields, Honley
Promoted by Holmfirth Harriers

This course is mainly on good tracks and paths with some road, mainly near the finish. Trail or fell shoes may be needed in wet conditions but in dry conditions many runners use road shoes. The course is the same as last year, when it was changed slightly from previous years to improve safety (you now go up the steps rather than down!) but is still over the usual testing terrain. The course is about 8.7 K with about 270m of climb, almost all of which is runnable. Usual £2.00 entry on the day.

Venue: Neiley Fields, Honley

Facilities: Parking at Holmfirth Harriers Clubhouse and on Gynn Lane. Please follow directions of marshals. Changing rooms and showers, toilet facilities, and food. Start just outside Clubhouse.

Directions: From Bradford

Follow A644 to Huddersfield. At major traffic lights at ring road junction turn right onto ring road until see signs for Holmfirth A6024/A616. Once on Road to Holme Valley continue as above.

7th Monthly Grand Prix of 2008
Permit applied for
Wednesday 16th July at 7.30pm., West Vale, Nr. Halifax
Promoted by Stainland Lions

This course is mainly on footpaths and tracks. Trail or fell shoes may be needed in wet conditions but in dry conditions road shoes would be o.k. The course is partly on the early part, of leg 1, on the Calderdale Way Relay, for those of you that know it. A map of the course will be available for view on the website. Usual £2.00 entry on the day.

Venue: Heath Rugby Club, Stainland Road, West Vale

Facilities: Parking at the rugby club, at public car parks close by and at mill next to rugby club. **Please follow directions of marshals.**

Changing rooms (and possibly showers), toilet facilities, and food. Start just outside Clubhouse.

Directions: From the east via M62

Follow M62 west to A629 Halifax. Follow A629 along dual carriageway to traffic lights and left turn to Copley and Sowerby Bridge. Take this turn then almost immediately left again, at junction, onto Stainland Road. Go under railway bridge and Heath Rugby Club is on your left.

From north via Halifax

Follow A629 south out of Halifax to turn (right) for Copley and Sowerby Bridge. Then as above.

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

From the Coach...

I'd been more or less with the guy from Dark Peak Fell Runners for the last ten miles. It was starting to get dark. He had berated me for going the wrong way round a field and (quite rightly) for wearing fell studs to run a 50 mile trail race. Before that I'd been in a lonely wilderness for 15 miles, and actually sat

down to tea and cake at a checkpoint. I'd run the first 20 miles with a steady bloke who was trying to qualify for the British 100km championships by completing this event.

As me and the man from Dark Peak crossed a road and started up a parkland path, an astonishing vision manifested itself to us in the advancing twilight. It was Wath on Dearne Leisure Centre. Ten hours earlier, in the darkness of a December morning, we had set out on our 50 mile race. When we realised where we were – not even at the finish line, but within sight of it, we realised that we were going to make it. We both stopped, turned to each other, and shook hands. It wasn't one of those insincere wet fish jobs, but a heartfelt moment of unity. We had both made it – less as competitors than companions. Each knew that the other understood completely what the other had been through. In that moment we were as one, and completely separate from anyone who had not shared our experience.

I first spoke to the organiser of the Lakeside to Gummers How Fell race maybe 14 years ago. I was astonished to find a fell race which began with a row across a lake, but somehow never managed to organise a team. At Idle AC it took a combination of factors to make it happen, principally Lisa's determination to organise an away weekend in the Lakes (odd since she hates the Lake District) and a group of members stubbornly entering fell races left right and centre. The astonishing result is that we fielded four teams, who included fell running newcomers, let alone rowing novices. Crossing a lake twice and running up and down a 900 foot fell as part of a team, left all the competitors feeling they were part of something greater than themselves. As much as competing against each other, all of the teams shared something. Each runner who disembarked on the lake shore in front of the hotel joined a group of companions – everyone who had taken part.

It was good to see so many Idle AC members succeeding together. It's something I know works for all team events. I know we will be back at Lakeside next year, and I know that many who did not take part wished they had. Likewise I know that those who help me put together relay teams on the 16th and 18th July will not regret it, because they will share a common sense of achievement through working hard for and relying on each other. It's like running, only more so....

-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	Leon Winder	34:32
	M40	Chris Stubbs	31.06
	M45	Richard Lyons	33.22
	M50	Dave Lewis	36:28
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	Phil Goode	1:07:37
	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	Denise Frost	21:43
5 Miles	Senior	Hayley Atkinson-Windsor	35:07
	F35	Amnuay Scott	40:06
	F40	Davina Smith	44:29
	F45	Kay Gambles	40:03
	F50	Denise Frost	36:49
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	Rhea Hawkins	1:18:35
	F35	Jo Belcher	1:14:38
	F45	Kay Gambles	1:16:50
	F50	Denise Frost	1:14:13
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