
Contents

Coming Events: July, Aug & Sept 08	1
Attendance Scheme/ Club races – 2008 details:	2
Fell Races 2008: July to end Sept 08.	3
Race Results Various:	5
Summer Away runs: Thurs 24th July & Sun 24th Aug.	7
Arncliffe Gala, Sat 9th August. A grand day out!	7
Bingley Show Trail Race: Sun 10th Aug 08. 2pm	7
Burnsall Feast Sports, Sat 23rdth August. Another grand day out!	7
Ironman Switzerland	7
Christmas Do 2008	8
2008/9 subs	8
Baby congrats!!	8
Kirkstall Valley Trail Race, approx 7.25m: Sunday 21st September	8
Idle Trail Club Handicap Race – Thurs 3rd July 08	8
The Idle Trail Race – Sunday 3rd Aug 2008	9
Feet in the Clouds	9
Run For All	10
Guy Fawkes 10: Sunday 2nd November. 10.30am	10
Abbey Dash 2008 23rd Nov	10
Vets Races 2008	10
From the Coach	11

Coming Events: July, Aug & Sept 08

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

Date	Event
Sun 27 th 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.
Wed 6 th Aug 08	Hyde Park 5k, Leeds, 7.30pm.
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. 2.00 p.m. 3m/575' from Myrtle Park. Good family day out.

Date	Event
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.
Sun 31 st Aug 08	Sandal Castle 10k (approx), 10am.
Wed 3 rd Sept 08	Hyde Park 5k, Leeds, 7.15pm.
Sun 7 th Sept 08	Stainland 7, 10.30am.
Sun 14 th Sept 08	Wetherby 10k, Flat, Road. 2pm.
Sun 14 th Sept 08	Yorkshireman Marathon (10am) & Half Marathon (10.30).
Sun 14 th Sept 08	Mileta Spen 10k, 11am. Includes Yorks Vets Champs.
Sun 14 th Sept 08	Great Langdale marathon & Half marathon. 12 noon.
Sun 14 th Sept 08	Paras 10 Endurance run, 10am. Catterick Garrison, N.Yorks. www.paras10.com
Sun 21 st Sept 08	Kirkstall Valley Trail Race, 7.25m (approx), 10am.
Sun 28 th Sept 08	Horsforth 10k, Woodhouse Grove School, 10am.

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).

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

Date	Race Details	Comments.
March 16 th – Sun	Spen 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	Guisseley 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.	Lisa ran this tough wed night fell race.
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.	Chris Stubbs are others will be doing the marathon/half.
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 2 nd	Guy Fawkes 10mile 10.30am.	25 th Anniversary of this popular race.
Nov - Sun 23 rd	Abbey Dash 10k, 9.30am.	www.helptheaged.org.uk/leedsAbbeyDash

Fell Races 2008: July to end Sept 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

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, Sedbergh. £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

SUN Sept 7th BRADLEY. BS, 3pm (approx) 3.5m/750' from the playing fields, Bradley, Near Skipton. Website: www.bofra.co.uk

SUN SEPT 14th YORKSHIREMAN OFF -ROAD MARATHON. CL. 10am. 26.2 miles/3000' Haworth Primary School. £10 individuals or £18 teams of two to organiser. Refreshments on route, hot meal at finish. Recce recommended. Website: www.kcac.co.uk **Chris Stubbs won this race in 2006!**

SUN SEPT 14th HALF YORKSHIREMAN. BL. 10am. 13.1 miles/1750' from Haworth Primary School. £10 to organiser. T Shirt to all finishers. Refreshments on route. Hot meal at finish. Website: www.kcac.co.uk

SAT SEPT 20th GOOD SHEPHERD CLASSIC. BL. 10.30am. 15m/2000' from the Good Shepherd Centre, Mytholmroyd. £5 to organiser or £6 on day. Experience required, Navigational skills required. Website: www.cvfr.co.uk

SAT SEPT 27th WHERNSIDE BL, 11am, 12.1m/2972' from Church Bridge, Dent. 2008 return of a popular fell race. £5. Tel: 015396 25910. Email: Paul@lyon.co.uk

Race Results Various:

The Humber Bridge half marathon, Sunday 29th June:

263 Gary Naylor 102.13
306 Sean Duffey 103.50
1066 Ana Lincoln 133.30
1445 ran.

Helen Windsor Memorial 10K road race, 2/7/08.

Rhea 46.14
Ana 1:01.14

Carr Lane Challenge 5, 5/7/08

6 Leon Winder 36.15
8 Tim Whitcombe 38.51
34 Ana Lincoln & nbsp; 59.12
35 ran

Osmotherley Phoenix, 33miles/4400'

21 Tony Wimbush 5hrs.50m 81 ran

Thorpe Edge Festival 10k, 6/7/08

43 Denise Frost 46.35 **1st F50**
45 Rhea Hawkins 46.44
107 Ana Lincoln 62.50 107 ran. **Idle AC were the 1st women's Team**

Burn Valley Half Marathon 5/7/08

221 Kay Gambles 2.09.41 275 ran

Stoodley Pike Fell race, BS 3.7m/700', 8/7/08

81 Shaun Lennon 25.28
111 Phill Routh 26.36
152 Tony Blythe 28.08
179 Warren Fletcher 29.42
197 Lisa Hall 32.44
200 Amy Wright 33.08 216 ran

Stirton Fell Race BS 5.5/1200', 9/7/08

94 Lisa Hall 1.03.22 97 ran.

Baildon Carnival Canter, Approx 3.4m, 12/7/08

37 Ana Lincoln 44.27 37 ran

Eccup 10, 13/7/08

105 Leon Winder 1.10.37

170 Gary Naylor 1.15.42

278 Maria Furness 1.28.42

545 Ana Lincoln 1.46.12 576 ran.

Wasdale Horseshoe Fell Race, Cumbria, AL, 21m/9000', 12/7/08:

84 Tony Wimbush 5.42.41 125 ran.

Goldenacre e Relay, 3 x 2.75m, 16/7/08**15. Idle AC Men**

Leg1 Phil Goode 17.31 Leg 2 Phil Joyner 19.06 Leg 3 Leon Winder 17.40 **Total 54.17**

26. Idle Women (3rd open women's team)

Leg 1 Rhea Hawkins 19.44 Leg 2 Hayley Atkinson-Windsor 18.42 Leg 3 Denise Frost 20.29 **Total 58.55**

There were 44 teams.

Yorks Vets Grand Prix Race 7, West Vale, Huddersfield, 16/7/08**Men:**

71 Pete Helliwell 54.45 97 ran

Women:

37 Ana Lincoln 80.16 38 ran

Widdop Fell Race 16/7/08 BM 7m/1200'

43 Shaun Lennon 1.05.53

54 Phill Routh 1.09.10

66 Dave Lewis 1.13.22

91 Lisa Hall 1.26.49

Washburn Valley Relay 17/7/08**Mens Teams**

6. Phil Goode Stage 1 19.48

7. Leon Winder Stage 2 26.24

10. Laurence Doddy Stage 3 22.30

Total time 1.08.42 Overall 10th position, 21 teams.

Womens Teams

5 Rhea Hawkins Stage 1 22.57

4 Hayley Atkinson-Windsor Stage 2 27.08

4 Denise Frost Stage 3 23.24

Total time 1.13.29 Overall 4th position, 8 teams.

Oldfield Gala Fell race, 20/7/08, 5.5m 550'

21 Laurence Doody 44.39 58 ran.

Pudsey 10k, 27/7/08

47	Hayley Atkinson-Windsor	44.34	2nd Female
80	Peter Helliwell	47.17	
110	Rhea Hawkins	49.20	
282	Davina Smith	62.44	
341	Ana lincoln	67.47	
386	Judith Wolstenhulme	75.37	
387	Stephen Wolstenhulme	75.38	

408 ran. Idle AC were 2nd women's team.

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

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

Following the successful Thurs Night away run on July 24th we have a Sunday away run on 24th Aug. The time & venue have yet to be confirmed. Watch this space!

Arncliffe Gala, Sat 9th August. A grand day out!

Saturday 9th Aug offers a good family day out with the added attraction of not one, but two races. In past years we've had Idle AC vests in the 4 mile road race and in the fell race.

The 4 mile road race runs along beautiful quiet Yorkshire Dales country lanes and starts at 1.30pm. If you pre-enter its only £4! Entry forms are now available at the club. The fell race is run after the finish (3pm) of the road race so it's possible to run both races.

Bingley Show Trail Race: Sun 10th Aug 08. 2pm

Those wanting a local family day out on 10th August might consider a visit to the Bingley Show in Myrtle Park. In addition to the show's agricultural and family attractions there will be a 3 mile (approx) trail race on public footpaths around Bingley and St. Ives. The race has been organised by Bingley Harriers and is £7 to enter, although that includes a free t-shirt and free entry to the show (worth £7 plus) to all who enter before 2nd Aug. Entry forms are available at the club or details can be obtained via Bingley's website: www.bingleyharriers.org.uk

Burnsall Feast Sports, Sat 23rd August. Another grand day out!

For two Saturdays in a row (see above) we can offer entertainment for all the family with the second being the Burnsall Feast Sports on Saturday 23rd August. The Sports opening starts at 1pm with the brass band parade, various village sports and side shows. The afternoon offers an undulating 10mile road race at 2.30pm and the famous Burnsall Classic Fell race. (AS 1.5 miles/900') at 5pm. Entry forms available at the club or visit the website: www.burnsallsports.co.uk

Ironman Switzerland.

Simon Bellwood completed his first Ironman in Switzerland on 13th July 08. This involved the following: 2.4 mile swim, 112mile bike ride and then a FULL marathon (26.2 miles). Simon times were:

SWIM	BIKE	RUN	OVERALL	DIV.POS.	RANK
------	------	-----	---------	----------	------

1:18:23	5:57:00	4:12:34	11:36:46	82 of 221	922 of 2 116
LEG	DISTANCE	PACE	RANK	DIV.POS.	
TOTAL SWIM - 3.8 km	1:18:23	2:03/100 m	1395	122	
BIKE SPLIT 1: 90km	90 km (2:55:46)	30.72 km/h			
BIKE SPLIT 2: 180km	90 km (3:01:14)	29.80 km/h			
TOTAL BIKE: 180km	180 km (5:57:00)	30.25 km/h	1014	95	
RUN SPLIT 1: 10km	10 km (56:50)	5:41/km			
RUN SPLIT 2: 21km	11 km (1:01:39)	5:36/km			
RUN SPLIT 3: 31km	10 km (1:06:56)	6:41/km			
RUN SPLIT 4: 42km	11 km (1:07:09)	6:06/km			
TOTAL RUN	42.2 km (4:12:34)	5:59/km	922	82	
TRANSITION				TIME	
T1: SWIM-TO-BIKE				4:06	
T2: BIKE-TO-RUN				4:43	

Christmas Do 2008

Yeah, I know its still July but please think about what type of do we should organise this year. Do you want a disco/buffet or a sit down meal etc etc. Have a think and let either Chris, Davina or Denise know.

2008/9 subs

Now less than 10 members to pay. It would be good to get the subs all completed by end July. I've paid a cheque to England Athletics so all the memberships (licence to race!) will appear through the post.

Baby congrats!!

Congratulations to Sue & Steve Little (and of course to Emma and Gavin) on the birth of their baby grandson – Benjamin Steven, who was born on 18th July weighing 7.11 Ib.

Kirkstall Valley Trail Race, approx 7.25m: Sunday 21st September

Kirkstall Harriers now host their first Trail Race, it's a new mutli terrain run on footpaths, fields, towpaths and pavements, up & down the Kirkstall Valley. Its approx 7,25mile and starts at 10am on 21st September from Kirkstall Abbey. Entries forms are at the club or via www.kirkstallharriers.org.uk

Idle Trail Club Handicap Race – Thurs 3rd July 08

The results of the first Idle Trail Race Club Handicap race (Approx 10k) were:

Position	Name	Time	Actual Time
1	Wilma Saville	1.03.57	57.57

2	Tony Blythe	1.05.46	47.46
3	New Tony	1.05.48	50.48
4	David Carroll	1.07.14	57.14
5	Rhea Hawkins	1.07.21	50.21
6	Martin Burnside	1.07.24	52.24
7	Julie Parker-Heys	1.08.02	1.08.02
8	Jane (Julie's friend)	1.08.20	1.08.20
9	Peter Hilliard	1.08.31	46.31
10	Gary Naylor	1.08.59	47.59
11	Tony Brayshaw	1.09.02	45.02
12	Dave Lewis	1.09.19	45.19
13	Leon Winder	1.09.20	44.20
14	Ana Lincoln	1.11.57	1.11.57
15	Hayley Atkinson –Windsor	1.15.33	53.33

Thanks to all who took part we hope to make this our annual Summer Club Handicap race. Thanks to those who turned up and marshalled. **Congrats to Wilma who is the Club Summer Handicap Trail Race Champ!!! And she forgot to pick up her prize...**

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 and Tim.. 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.

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 Wimbush

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 is Wednesday 6th Aug.

Guy Fawkes 10: Sunday 2nd November. 10.30am.

We now have entry forms for this popular 10 mile hilly course which has the first and last miles on forest trail bridleways from the historic village of Ripley. This year is the 25th anniversary of the race. Its cheaper (£9.50) to enter on line www.runnersworld.co.uk

Abbey Dash 2008 23rd Nov.

Those who want a fast, flat 10k can enter the Abbey Dash. Enter online via Helpthe Aged website: www.helptheaged.org.uk/leedsAbbeyDash

Vets Races 2008

Details of coming fixtures:

8th Monthly Grand Prix of 2008

Permit No. 10265

Wednesday 30th July at 7.30 p.m., Knavesmire, York

Promoted by Knavesmire Harriers

This is a flat multi-terrain course of approx. 10K. Usual £2.00 entry on the day. Don't forget your number from previous races if you have completed any of this years runs or you will be charged an extra pound for the issuing of a new number!

Venue: Hamilton Panthers Football Club, York

Facilities: Toilets and changing facilities at the club together with registration. Presentation and refreshments, after the race, will be at the Knavesmire pub, Albermarle Road, a short walk from the Hamilton Panthers Club.

Directions: Travel along the A64 towards York. Take A1036, York West and keep in the left hand lane. At traffic lights follow A1036, York, and City Centre. At the Tesco supermarket roundabout take the 3rd exit. Carry straight on at the next set of traffic lights, then shortly after passing a BP garage on the left the Racecourse comes into view. Descend slightly then turn right onto Knavesmire Road, signed Racecourse. Hamilton Panthers Clubhouse is approx. 100m down Knavesmire Road, on the left.

Parking: Limited parking at the club, otherwise along Knavesmire Road or behind the Grandstand of the Racecourse.

There are no details as yet for Race 9 but its on 21st Aug at Starbeck (near Harrogate).

Vets News:

YVAA 10 Mile Championship is on August 10th at Askern and a map and entry forms/online entry are available from Askern district Running Club website, www.askerndrc.org . Entry is £7.00.

The YVAA 10 K Championships is on the 14th September and is pre entry only. You can enter via John Schofield's UK results website, www.ukresults.net . Postal entry is £6.00, online entry £7.00.

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

From the Coach...

IDLE

Athletic Club

affiliated to UK Athletics

Press Release - 30.7.08

Foreign Visitor to Idle Trail Race!

Sunday's Idle Trail Race at Apperley Bridge, Bradford, takes on a truly international flavour with its first competitor from Australia. David Milburn, 66, left Adelaide for England on 22nd July and will toe the line with a record 300 competitors on his 40th wedding anniversary.

The veteran track and endurance runner has competed in Papua New Guinea, Indonesia, and the United States, but is keen to run again in the country of his birth, and wants to run inside 66 minutes – and thus “break” his age.

To enter the Idle Trail Race visit www.idleac.co.uk or ring Davina on 01274 615003.

Chris Smith
Secretary.

Further Details:

Chris Smith (Secretary): 01274 615003, (email: Chris@Idleac.co.uk) Davina Smith: (Treasurer) (01274) 615003

Website: www.idleac.co.uk

IDLE

Athletic Club

affiliated to UK Athletics

Press Release - 29.7.08

Pudsey Prizes for Idle Women

Idle AC's women were in prize-winning form again at Sunday's Pudsey 10k. In hot conditions over a demanding trail course, Hayley Atkinson-Windsor placed second, 27 seconds behind Stainland's Lorraine Naylor, in 44:34, despite suffering from a stitch in the final climb to Pudsey Park. Rhea Hawkins followed in 11th place with 49:20. In the absence of Denise Frost, who had anchored the team to 3rd in the Washburn Valley Relay a week earlier, it was left to Davina Smith to secure 2nd team with a 62 minute effort.

Davina was taking a short break from her duties as entries secretary for the Idle Trail Race, which takes place on Sunday. Since pre entries have already passed the 200 mark, it is likely that a record field of over 300 will toe the line. Whilst the top performers will compete for the £50 travel vouchers provided by local firm Travel Corner, there are prizes in every veteran category, men's and women's team prizes, spot prizes throughout the field, and a uniquely designed T shirt for every entrant.

Race organiser Chris Smith said, "For the front end we aim to provide a challenging athletics event, but at the same time we want our race to be both enjoyable for everyone, and an opportunity to support our charity, Yorkshire Cancer research. We feel that our event offers something to both seasoned distance runners and those new to the sport"

To enter the Idle Trail Race visit www.idleac.co.uk or ring Davina on 01274 615003.

Chris Smith
Secretary.

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