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## Coming Events: Sept – Oct 08

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

Wed 3 <sup>rd</sup> Sept 08	Hyde Park 5k, Leeds, 7.15pm.
Sun 7 <sup>th</sup> Sept 08	Stainland 7, 10.30am.
<b>Sun 14<sup>th</sup> Sept 08</b>	<b>Wetherby 10k, Flat, Road. 2pm.</b>
<b>Sun 14<sup>th</sup> Sept 08</b>	<b>Yorkshireman Marathon (10am) &amp; Half (10.30).</b>
<b>Sun 14<sup>th</sup> Sept 08</b>	<b>Mileta Spen 10k 11am. Includes Yorks Vets Champs.</b>
Sun 14 <sup>th</sup> Sept 08	Great Langdale marathon & Half marathon. 12 noon.
Sun 14 <sup>th</sup> Sept 08	Paras 10 Endurance run, <a href="http://www.paras10.com">www.paras10.com</a>
<b>Sun 21<sup>st</sup> Sept 08</b>	<b>Kirkstall Valley Trail Race, 7.25m (approx), 10am.</b>
Sun 28 <sup>th</sup> Sept 08	Horsforth 10k, Woodhouse Grove School, 10am.
<b>Sun 12<sup>th</sup> Oct 08</b>	<b>Stadium Runners Woodland Challenge. Approx 6 miles, 10.30am. 2 laps of woodland course.</b>

Sun 19 <sup>th</sup> Oct 08	Bridlington Half. 12 Noon.
Sun 26 <sup>th</sup> Oct 08	Holmfirth 15. 10.30 am. Yorks & Yorks Vets 15 mile champs. Hilly 2 lap course but very appealing!
Sun 26 <sup>th</sup> Oct 08	Withins Skyline Fell Race, BM, 7m/1000' 11.30am.

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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).

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

Date	Race Details	Comments.
March 16 <sup>th</sup> – 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 <sup>rd</sup> – Sun	Guiselley 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.	7 Idle AC ran this tough fell race, including Lisa and Amy.
June – Thurs 5 <sup>th</sup>	Bronte 5, 7.30pm. Hilly two lap course. Includes vets champs.	Another good turn out. 6 <sup>th</sup> female for Haley, 2 <sup>nd</sup> 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 <sup>th</sup>	West Yorkshire Fire 5 2pm. Hilly & rural. Free food!!	Gary, Rhea, Lisa & Ana all ran this undulating 5miler.
June – Wed 11 <sup>th</sup>	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 <sup>th</sup>	Castle Howard 10k. 11.15am	Ana was the lone Idle runner.
July – Wed 9 <sup>th</sup>	Stirton Fell Race. BS. 5.5m/1200'. 7.30pm.	Lisa ran this tough wed night fell race.

July –Sun 27 <sup>th</sup>	Pudsey 10k, 10.45.	Get your entries in. A few of our children are doing the fun run.
Sept – Sun 7 <sup>th</sup>	Leeds Half marathon.	Wilma & Carmel will be lining up for their first half marathon.
Sept – Sun 14 <sup>th</sup>	Yorkshireman Marathon or Half, 10am.	
Sept – Sun 14 <sup>th</sup>	Wetherby 10k.	
Sept – Sun 28 <sup>th</sup>	Horsforth 10k, 10am.	From Woodhouse Grove
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 2 <sup>nd</sup>	Guy Fawkes 10mile 10.30am.	25 <sup>th</sup> Anniversary of this popular race.
Nov - Sun 23 <sup>rd</sup>	Abbey Dash 10k, 9.30am.	<a href="http://www.helptheaged.org.uk/leedsAbbeyDash">www.helptheaged.org.uk/leedsAbbeyDash</a>

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## Fell Races 2008: Sept and Oct 08.

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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 Sept 7<sup>th</sup> BRADLEY. BS, 3pm (approx) 3.5m/750' from the playing fields, Bradley, Near Skipton.

Website: [www.bofra.co.uk](http://www.bofra.co.uk)

**SUN SEPT 14<sup>th</sup> 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](http://www.kcac.co.uk) **Chris Stubbs won this race in 2006!**

**SUN SEPT 14<sup>th</sup> 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](http://www.kcac.co.uk)

**SAT SEPT 20<sup>th</sup> 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](http://www.cvfr.co.uk)

**SAT SEPT 27<sup>th</sup> 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](mailto:Paul@lyon.co.uk)

**SUN OCT 5<sup>th</sup> BRONTE WAY. BM.** 11am. 8m/1150' from Wycoller Country Park Info Centre. £7 to organiser by 28<sup>th</sup> Sept if coach to start required. £7 on day. Point to Point race from Aisled Barn, Wycoller to Fleece Inn, Haworth. Coach to start from Haworth, leaving at 9.30am. Website: [www.kcac.co.uk](http://www.kcac.co.uk)

**SAT OCT 26<sup>th</sup> WITHINS SKYLINE. BM.** 11.30am. 7m/1000' from Penistone Hill Country Park, Haworth. £3 on day. All finishers receive a Cadbury's "Curly Wurley". Free coffee & biscuits. Dave Woodhead event.

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## Complete Runner Cross Country Races

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Whilst we would encourage ALL members to run the West Yorkshire Winter League, those who prefer off road running and who want to sharpen up for our main league, might like to take part in the Complete Runner events as **additional** races. There are already several definite entrants. We are holding the WYWL meeting on 5<sup>th</sup> Sept so will know all the 5 WYWL dates for the September Gossip.

The Complete Runner fixtures are: Sun 12<sup>th</sup> Oct (Otley AC), Sunday 26<sup>th</sup> Oct (Skyrac), Sat 15<sup>th</sup> November (Wetherby Harriers) and Sunday 7<sup>th</sup> December (Wakefield Harriers). The women's race is 5-5.5km at approx 1.45pm and the men's race is 9-9.5km at approx 2.15pm. Chris will enter teams and members will be able to run by collecting a number from Chris and paying £7 (to cover all races). **Please note that Chris will need to enter names of anyone wanting to enter these events by 21<sup>st</sup> Sept. There are NO INDIVIDUAL entries therefore if you intend to run at any of these races give your name and £7 to Chris ASAP.** There is a team event (6 for a men's team, 4 for women) and it would be good to get men's and/or women's teams out at a couple of events at least. For full details visit the Complete Runner website: [www.complete.runner.co.uk](http://www.complete.runner.co.uk)

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## West Yorkshire Winter league

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The League meeting will be taking place on Friday 5<sup>th</sup> September. At this meeting the dates and venues of the West Yorkshire Winter League cross country events will be arranged. As soon as these are known we will let the club know. This is the main league that we encourage members of Idle AC to run.

This will be Idle AC's seventh year in the WYWL and it's important that as a club we all try to commit to running in all the fixtures if at all possible as these are TEAM events. In past years we have proved that we can field a strong team when the whole club runs, and it is definitely about numbers, not just leaving it to people we perceive as the quicker runners. This year we have many more members who will be a real asset in these events. Please all take the opportunity to ask the Committee (and other members) any questions about the WYWL, particularly if you are new to cross country running. The League, whilst competitive, is friendly and encouraging to **all** levels. It would be great to have some of our newer runners giving the WYWL events a go. This year the team Captains – Phill Routh & Claire McConnell will be 'strongly encouraging' you all the run!!!!!!

**To count for individual awards you must complete all five events, and your scores will be added together. At the end of each race each individual is given a tag which denotes their points scored in the race. This works as follows: The first male runner gets 200 points, second gets 199, third gets 198 and so on. The first female runner gets 100 points, second gets 99, third gets 98 and so on. So in addition to the team positions, individual results are available after each event and individual and category winners are presented with individual trophies at the Presentation Evening held at the end of the season (great bash).**

Whilst the League does offer individual trophy positions, its primary objective is **team competition**. The five team scores are added together to decide the following team trophies:

- 1<sup>st</sup> Combined Team, 2<sup>nd</sup> Combined Team, 3<sup>rd</sup> Combined Team.
- 1<sup>st</sup> Male Team.
- 1<sup>st</sup> Female team.
- 1<sup>st</sup> Vets Team (combination of male/females).

A club team is the first seven men to cross the line (which must include 2 vets), and the first three women (including 1 vet), in each event.

The vets' team is the 2 male and the one female counting vets added together.

Different runners may score in different races - it's just first past the post on the day.

Any questions please speak to Chris as he is not only Secretary of the WYWL but he is the only runner to have run all 80 consecutive races in the past 15 years.

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## Christmas Handicap

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As members may be aware December 02 saw the start of a yearly tradition for Idle AC – the annual Sewage Works Surprise club handicap race! The race is open to all members and will be run as a 4 mile Handicap race from the Stansfield Arms Pub at Apperley Bridge, starting at 10am on Sunday 21st December 08. Fancy dress is optional but it all adds to the fun and entertains passing motorists!! There is a special annual trophy for the winner, which was won last year by Steve Little. Tony Blythe finished in second place with Rhea Hawkins 3rd. Steve received the special trophy, presented to her by Chris, at the presentation afternoon at the Symposium (with hot buffet etc).

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## Christmas Do 2008

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A suggestion from Trevor is Eccleshill Football Club, on Kingsway at Wrose. Apparently they have a room suitable for a disco or band... We'll check it out.

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## Kirkstall Valley Trail Race, approx 7.25m: Sunday 21<sup>st</sup> September

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

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## Stadium Runners Woodland Challenge, approx 6 miles, Sunday 12<sup>th</sup> October 10.30am.

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This is the 2<sup>nd</sup> annual Woodland Challenge organised by Stadium Runners. It's a scenic course of approx 6 miles - 2 laps of woodland course from Storthes Hall, Kirkburton, Huddersfield. There is also a 1 mile fun run at 9.30am. The entry fee is £8 with NO ENTRIES ON THE DAY. They have a wide range of spot prizes and goody bags for all runners. Visit [www.woodlandchallenge.com](http://www.woodlandchallenge.com) for full details.

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## Congratulations....

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To Lisa & Adam and to Sarah & Nick as both couples got married this month. Congratulations and Best wishes to all four of you from all at Idle AC.

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## Brass Monkey Half marathon

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The 2009 Brass Monkey Half marathon will be on Sunday 18th Jan 09 at 10am. Entry forms will soon be available on Knavesmire Harriers website. Although this seems a long way off please get entries in immediately as the race is always oversubscribed. This is a fast, flat, pb course!! Each year (despite my pre-warning!) a few members delay sending their entries in and miss out on entries – don't let that be you!!

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

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Well it's all over and thankfully the 4<sup>th</sup> Idle Trail Race seems to have been a huge success, with our biggest ever field. The success is down to all the helpers and marshals pulling together to ensure all aspects of the race work well but equally it's about the runners supporting us.

The race was won by Paul Stevenson from Pudsey & Bramley in a time of 37.31 and Donna Edmondson-Booker from Leeds/Bradford Tri club female in 43.53. They both seemed to enjoy the course and it was great that they and many of the other prize winners waited for the Prize giving presentation. Meltham AC were the largest club with 17 of their runners taking part, including Andy Whitworth who finished in 3rd place. Meltham also picked up both the Men's and Women's team prizes. Sue Little & I played a (very small) part in Meltham's success as we kept an eye on Andy Whitworth's children so that both he and his wife could run!

We got great feedback about the designer T shirt which was given out to all finishers and about the Eco – bags (donated by Bradford Council). This year we were also able to give out over 50 spot prizes as we felt it is important to celebrate the achievement of as many runners as possible. This will remain be a regular race feature. We also had a cake stall which proved very popular plus it raised over £70 for charity.

The 2008 Idle Trail Race came scored 89% in the Runners World feedback with 100% of runners saying that they would run the race again! Our aim is to continue to encourage feedback (which we do listen to) and to continually improve the event.

This year we made a commitment to raise money and make a donation to Yorkshire Cancer Research. The runners were very generous and gave £117.50 via their entry forms, plus we had almost £30 donated on the day via the collecting tins. In addition to these amounts we have been able to make a donation to Yorkshire Cancer Research for £1000.00. The charity (see letter below), our sponsors, and all members of Idle AC are delighted with this and we have made a commitment (with the help of our runners) to support the charity again in 2009. This is a tiny bit of the feedback that we received:

- A fantastic race, dead friendly, makes the best of the local terrain and we even got an eco friendly bag at the end rather than the usual mass of plastic bags. There's a good mix of beginners and club runners, and a nice relaxed vibe to the event.
- The course is pleasant with some nice views of the Yorkshire countryside and mostly away from traffic. It starts very flat and then there a couple of hills just when your legs are getting tired. Very well organised and marshalled and the Eco-bag, wallet and t-shirt were very nice prizes indeed.  
It's not likely to be a PB 10K - the terrain varies a lot so it's hard to get into a rhythm but it's beginner friendly and highly recommended.
- Idle really have already made their mark with this race. The organisation is excellent. The course was interesting, virtually all off road, and with a mix of tow path, field, trail, track, private roads and stiles! The marshalling was first rate, a special thank you to all the marshals - they were fabulous.
- Super event. Everyone was friendly from fellow runners to the many encouraging marshals. One of the nicest courses I've run with a lovely couple of miles along the canal towpath and then something different around every corner. After the race there were showers and a great homemade cake stall. Forget the diet - you've just run a race! Loved to see all the families picnicking at the finish.
- well organised, excellent, friendly marshals and lovely cake! Well worth trip from Merseyside. Will try and rally some support from here for next year.

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## 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 last year. The 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 Thursday 4<sup>th</sup> September. It will be preceded by the monthly Wednesday group speed session, (3<sup>rd</sup> Sept) which will be taken by Chris as Steve is injured, and Davina will take her turn at the Run for All.

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## Safety on club nights

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We all need to be more safety conscious now it's dark on an evening. We need to be all wearing bright or reflective clothing. The club provides reflective vests that should be worn by everyone.

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## Guy Fawkes 10: Sunday 2<sup>nd</sup> November. 10.30am.

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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 25<sup>th</sup> anniversary of the race. It's cheaper (£9.50) to enter on line [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

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## Abbey Dash 2008 23<sup>rd</sup> Nov.

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Those who want a fast, flat 10k can enter the Abbey Dash. Enter online via Help the Aged website: [www.helptheaged.org.uk/leedsAbbeyDash](http://www.helptheaged.org.uk/leedsAbbeyDash)

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## Vets Races 2008

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The YVAA 10 K Championships is on the 14<sup>th</sup> September and is pre entry only. You can enter via John Schofield's UK results website, [www.ukresults.net](http://www.ukresults.net) . Postal entry is £6.00, online entry £7.00.

The final Yorks Vets Grand Prix (Race 10) takes place on 9<sup>th</sup> Nov at Spen. This is a new event, from the Spen track. As yet there are on further details but knowing the area it is unlikely to be flat!

After 9 races Pete Helliwell lies in 9<sup>th</sup> position (out of 48) in the M45 category whilst Ana Lincoln is also in 9<sup>th</sup> position (out of 20) in the F50 cat.

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

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## Race Results

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### **Crow Hill Fell Race, 5/8/08 BS 5m/1000'**

35	Phill Routh	40.54	
43	Dave Lewis	42.27	
52	Warren Fletcher	47.32	
55	Richard Lyons	49.25	
59	Amy Wright	54.45	
61	Jo Belcher	66.13	61 ran

### **Arncliffe Fete 4, 9/8/08**

48	Ana Lincoln	40.15	52 ran
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### **Bingley Trail Race 10/8/08, Approx 3 miles.**

59	Ana Lincoln	31.38	
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59 ran.

### **Saddleworth 6, Lancs, Wed 13/8/08**

236	Ana Lincoln	59.35	241 ran
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### **Sedbergh Hills race, AL, 14m/6000', 17/8/08**

94	Tony Wimbush	3.03.40	
131	Shaun Lennon	3.19.30	
167	Andy Shorey	3.44.18	206 ran.

### **Cinnamon Lodge Chase 6 (approx), 20/8/08, Meltham:**

89	Ana Lincoln	80.59	89 ran.
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## **Yorks Vets Grand Prix Race 9, 21/8/08 Starbeck, Harrogate.**

### **Women:**

57 Ana Lincoln 69.16 57 ran.

### **Men:**

38 Pete Helliwell 38.00 93 ran.

### **Esholt Bash Trail Race, Approx 10k, 20/8/08**

13 Hayley Atkinson-Windsor 47.36 2<sup>nd</sup> Female.

28 Warren Fletcher 56.03 47 ran.

### **Burnsall 10mile, 22/8/08**

12 Chris Stubbs 63.10 M40 CR & All time record!

54 Andy Shorey 72.09

120 ran.

### **Fleetwood Half Marathon 24/8/08**

236 Ana Lincoln 2.13.44 248 ran.

### **Spofforth Trail Race, 10k (approx), 25/8/08**

176 Ana Lincoln 1.10.21 184 ran.

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## **From the Coach...**

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How big is the average distance runner? You probably have a decent idea. If you were ordering 300 T shirts for the Idle Trail Race, how many of each size (S, M, L, XL) would you go for??

I went for 35 small, 90 medium, 140 large, and 35 extra large. I missed the target – 20 of the XL T shirts went unclaimed. Fortunately Amy and Jo on the T shirt stall had a supply of last year's shirts to satisfy disappointed customers.

It is good news for distance runners in the light of recent research, reported on by nutritionist Amanda Ursell in The Times newspaper ("Body and Soul" Sat. 30<sup>th</sup> August). It indicates that waist size is an indicator of vulnerability to many diseases – if fat is going on around your middle, it's going onto your internal organs, including your heart. Men with waists greater than 37 inches, and women above 35 inches, face the increased likelihood of heart disease, diabetes, and even possibly dementia. Ursell states an interesting rule:

“Put simply, your waist should be less than half your height.”

It sounds like most of our 300 runners are mainly out of danger, unlike a larger proportion of the rest of the population. The article discusses all the ways in which we can influence waist size, alighting eventually of course on exercise. 30 – 40 minutes of something which raises your heart rate is recommended. It doesn't of course mention running for 2 hours or having rest days!

As regular distance runners we may well have little regard for those who simply join gyms, since that in itself only raises the heart rate when the cost is compared with running club membership. In addition to steady state running, we are also aware that to increase the efficiency of our bodies we must use higher levels of heart rate orientated training.

We've been offering this for nearly two decades, of course, at Idle and at Eccleshill before that. However we can still improve our provision. We are going to make Tuesday nights more effective for you. The Training Group, meeting after the AGM, has ensured that will happen.

I have worked with Hayley (I wouldn't be so forward as to suggest she compare her waist and height, but since she weighs in at 7 stone 5, I suspect she has room for manoeuvre) to produce a periodised training plan, so that if you attend each Tuesday, you will receive progressive training in each important element of

speedwork, so that you can reach a competitive peak twice a year, around July, for summer races, and in January, the height of the cross country season. At all other times of course you are simply moving through the systems, and can adjust your own training plans to suit different peaks.

Quite simply, each session will be completed 3 times consecutively (and yes at last you will know what it is in advance!) so that you can see progression through improved times or reps achieved. One 3 week block will be completed of each of these training types:

TEMPO  
 TEMPO/HILLS  
 SPEED ENDURANCE  
 SPEED ENDURANCE/HILLS  
 SPEED/HILLS  
 SPEED

In that order. We favour a time trial at the end of each of the 3 phases (tempo, speed endurance, speed) to enable you to make observations on your progress. This will be a 5k and a hilly 5k as appropriate.

We know that some people just come every now and then when they feel like it, and that's fine – they won't notice much difference. But if you attend regularly, whatever your level, you will. As ever you will be driven through a session which challenges your body, thus making it improve, and it will happen progressively towards clear goals (unlike most gym activities).

And, who knows, you might even drop a T shirt size...

- *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	1:03:10
	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
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