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Coming Events: Sept – Nov 08

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

Wed 3 rd Sept 08	Hyde Park 5k, Leeds, 7.15pm.
Sun 21st Sept 08	Kirkstall Valley Trail Race, 7.25m (approx), 10am.
Sun 28th Sept 08	Horsforth 10k, Woodhouse Grove School, 10am.
Sun 12th Oct 08	Stadium Runners Woodland Challenge. Approx 6 miles, 10.30am. 2 laps of woodland course.
Sun 19 th Oct 08	Bridlington Half. 12 Noon.
Sun 26th Oct 08	Holmfirth 15. 10.30 am. Yorks & Yorks Vets 15 mile champs. Hilly 2 lap course but very appealing!
Sun 26th Oct 08	Withinns Skyline Fell Race, BM, 7m/1000' 11.30am.
Sun 2nd Nov 08	Guy Fawkes 10mile 10.30 am. Great local event.
Sun 16th Nov 08	WYWL Race 1, Temple Newsam, 11am. All club needed.
Sun 23rd Nov 08	Leeds Abbey Dash, 10k. A bit boring but good for a

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 16th – Sun	Spennings 20mile, 10am.	Good turn out with Sean Duffy, Dave Lewis & Hannah Peacock running debut 20milers. F35 CR from Jo with 2.45.
March 23rd – Sun	Guiseley Gallop (Approx 10k)	7 Idle Vest for this popular Easter 10k . A sprint finish from Pete & Gary!!
March 30th - Sun	Wakefield 10k.	Male CR for Phil Goode. Female CR for Hayley. F35 CR for Jo. Pb's for Leon and Andy Moakler.
April – Tues 1st	Bunny Run (1) 3miles, 7pm.	9 Idle vests for Bunny Run 1. Phil Goode led them home in a speedy 20.34.
May – Sun 4th	Bluebell Trail 10. Multi Terrain. 10am. Very scenic course.	Dave, Lisa & Ana ran this tough 10m course.
May – Wed 7th	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 7th	Lothersdale Fell race. See fell list.	5 Idle AC members choose a scenic fell race instead of a fast 5k road race.
May – Tues 13th	Jack Bloor fell race. See fell list.	Shaun, Phill & Warren took an outing over Ilkley Moor.
June – Wed 4th	Cherwin Fell Race AS	7 Idle AC ran this tough fell race

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.	12 Idle AC vests –impressive times, including Denise setting a new F50 & all time CR.
Sept – Sun 14 th	Yorkshireman Marathon or Half, 10am.	Chris Stubbs came 5 th in the tough Yorkshireman Off Road marathon.
Sept – Sun 14 th	Wetherby 10k.	Kay was the lone Idle AC runner.
Sept – Sun 28 th	Horsforth 10k, 10am.	Gary led home the Idle team.
Oct –Sun 26 th	Withins Skyline Fell Race, BM, 7m/1000' 11.30am.	
Oct – Sun 26 th	Holmfirth 15mile. 10.30am.	Yorks Champs race!
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: Sept, Oct 08 & Nov 08.

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 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

SUN OCT 5th BRONTE WAY. BM. 11am. 8m/1150' from Wycoller Country Park Info Centre. £7 to organiser by 28th 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

SAT OCT 26th WITHINS SKYLINE. BM 11.30am 7m/1000' from Penistone

SAT NOV 22nd HARRIERS V CYCLISTS. CM.2pm. 6m/650' from Fishermans Inn, Dowley Gap, Bingley. £5 on day. Website: www.bingleyharriers.co.uk

SAT NOV 22nd KIRBYMOORSIDE FELL RACE. BM. 11am.6.5m/1600' from Beckside Village Hall, Kirkby in Furness, Cumbria. £3.50 on day. Website: www.bcrunners.org.uk

SUN NOV 23rd RIVOCK EDGE FELL RACE. AM. 11.15am. 6.2m/1600' Registration from Bridge Inn, Silsden. Nr Keighley. £4 on day.

Complete Runner Cross Country Races

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. Chris has now entered teams (you owe Chris £7). The dates are: Sun 12th Oct (Otley AC), Sunday 26th Oct (Skyrac), Sat 15th November (Wetherby Harriers) and Sunday 7th 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. **There are NO INDIVIDUAL entries.** This is a team event (6 for a men's team, 4 for women).

West Yorkshire Winter league

The League meeting took place on Friday 5th September. At this meeting the dates and venues of the West Yorkshire Winter League cross country events were set. 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

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:

- 1st Combined Team, 2nd Combined Team, 3rd Combined Team.
- 1st Male Team.
- 1st Female team.
- 1st 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.

Fixtures for 2008/2009 Season

These were agreed as follows and in line with the rotas. Pudsey Pacers kindly offered

- the competition subject to confirmation from the schools
3. **4th January 09 – Hosted by Stainland Lions.**
 4. **25th January 09 – Hosted by Pudsey Pacers.**
 5. **8th February 09 – Hosted by Baildon Runners.**

The Presentation Night will be in March 09 (details to be arranged) – organised by Idle AC.

All races, EXCEPT Baildon, will start at 11am. Baildon will start at 1pm. Details will be circulated to members prior to each event.

The final and Plate race are likely to be held in March 09 (no details/date known as yet).

The League has tried to avoid dates when major races take place and has looked at the Road fixture list, Vets League list and the FRA list to try and avoid clashes where possible.

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.

Christmas Handicap

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 him by Chris, at the presentation afternoon at the Symposium (with hot buffet etc).

Just a reminder that although we have race entry forms at the club (race entries folder) a quick way of getting entry forms (and results) is via the UK Results site. This is an excellent site run by John Schofield which contains loads of useful running stuff. The website address is: www.ukresults.net.

England Athletics Registration.

If you have paid your 2008 subs (due April) then you have been affiliated to England Athletics and you should now have received your competition licence card which includes your registration number. If you haven't received this please let me know and I'll check it out with the governing body. There are a few members who will have received their card but haven't paid their subs as yet. I'd therefore request you pay subs £15 (cheques to Idle AC) asap if you wish to remain a member - *Davina*

Christmas Do 2008

If anyone wants to volunteer to organise this please let us know.

Ultra Running article...

Look out for Tony Wimbush's Ultra Running article in October Gossip. Advance warning – Tony is looking at another attempt at getting the Round Bradford Run off the ground - (probably 29 Nov).

Stadium Runners Woodland Challenge, approx 6 miles, Sunday 12th October 10.30am.

This is the 2nd annual Woodland Challenge organised by Stadium Runners. It's a

Brass Monkey Half marathon

The 2009 Brass Monkey Half marathon will be on Sunday 18th Jan 09 at 10am. Entry forms will be available on Knavesmire Harriers website from midnight on 18th October. We should get paper forms in the week before. 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!! It will be £15 but will be chipped. Each year (despite my pre-warning!) a few members delayed sending their entries in and missed out on entries – don't let that be you!! Keep checking their website:

<http://www.yorkknavesmireharriers.co.uk/brassmonkey.htm>

Run for All

We started our first 'Run for All' (first Thursday of each month) on Thursday 4th 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 6th November.

Olympic plans.....

What does it take to get to the Olympics: to walk into a stadium buzzing with anticipation and stare down a track that will create a few heroes... and see a lot more losers.

It takes cunning, determination and yes, years of planning.

I'm not talking about the athlete's journey. That's tough but straightforward – they have coaches, governing bodies and lottery funding on their side. I'm talking about

when Phillips Idowu disappointingly took silver in the triple jump... and Germaine Mason who appeared from nowhere to take silver in the high jump. There were also the disappointments: Andrew Baddeley, Mo Farah and the men's and women's relay teams.

Like most of the athletes I'd come to watch, my Beijing journey started four years earlier in the glow of the Athens Olympics where I'd been able to get tickets to two events. I was there for a day and a half and it was fantastic. I decided I was going to get to China... and to see as much of the Beijing Games as possible.

My thinking was that the host nation would get the biggest ticket allocation. That's where I would have the greatest chance of getting the tickets I was after. About two years ago, I found an official Chinese website inviting Chinese nationals to register an interest in getting tickets.

The website said applicants needed to have an address in China. I found a business services company in Hong Kong which could provide a mailbox – and forward on any letters I received. My plan was shaping up: I could get an address in China. But did I apply as David Lewis, a name more akin to Celtic Wales than the Ming Dynasty – or should I try and find a Chinese pseudonym. In the Day of the Jackal, the lead character uses the birth certificates of dead babies to generate multiple false identities. My approach was a bit simpler: I was going to scour the Yellow Pages to find the name of the person who owns the Burning Wok take-away in some non-descript town somewhere.

Then the plan ran into trouble. The website said I needed a Chinese passport or identity card number. That would be impossible to fudge. I needed to rethink.

I was learning fast what the athletes I was hoping to see already knew: there are no shortcuts to the Olympics Games. I was going to have to apply like everyone else through the agent charged by the British Olympic committee with distributing the UK ticket allocation – *Sportsworld*.

I tracked *Sportsworld's* every move and found out when they were beginning to

My ticket allocation included an afternoon at the mountain biking course and a few hockey matches... quite frankly not the big events I was after. But I'd also got tickets for six nights of athletics in the Bird's Nest stadium: a heady mixture of semi-finals and finals. Other Brits I met in Beijing were surprised I'd been able to get to so many events.

At the end of the day, I can quite rightly say I helped deliver Team GB's large medal haul. Shouting and screaming helped bring Christine Ohuruogu home to a gold medal – likewise, the other medal winners. So now I'm back, I'll have to start planning soon for my next Olympics. This time, I won't have so far to travel.

-Dave Lewis

Safety on club nights

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.

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. It's 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 Help the Aged website: www.helptheaged.org.uk/leedsAbbeyDash

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.

The final Yorks Vets Grand Prix (Race 10) takes place on 9th 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 9th position (out of 48) in the M45 category whilst Ana Lincoln is also in 9th position (out of 20) in the F50 cat.

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

Race Results

Ultra-Trail du Mont-Blanc 100m/30000ft

290 Tony Wimbush 36.39.20 2383 ran (Wow!!!!)

Sandal Castle 10k, 31/8/08

81 Rhea Hawkins 45.25

310 Hannah Peacock 56.36 570 ran

Alices Run 10k, 31/8/08

218 Ana Lincoln 68.45

Leeds Half Marathon 7/9/08

188 Tony Brayshaw 1.33.11

296 Rhea Hawkins 1.37.20

325 Denise Frost 1.37.55 **F50 & All time record. 2nd F50 in race.**

420 G. N. J. 1.44.50

1889 Hannah Peacock 2.07.10

2014 Ana Lincoln 2.09.33

2171 Wilma Saville 2.10.45 PB

2281 Carmel Beswick 2.13.57

Wetherby 10k 14/9/08

226 Kay Gambles 49.32 532 ran

Robin Hood Marathon, Nottingham 14/9/08

266 Leon Winder 3.35.39 PB

275 Peter Hilliard 3.37.22 PB 1128 ran

Robin Hood Half Marathon 14/9/08

328 Andy Shorey 1.32.44 6648 ran **Male Club Record.**

4849 Judith Wolstenhulme 2.15.31

4856 Stephen Wolstenhulme 2.15.38

Yorkshireman Marathon 14/9/08

5 Chris Stubbs 3.46.57 118 ran.

Kirkstall Valley Trail Race, Approx 7.25m, 21/9/08

38 Gary Naylor 50.57

65 Rhea Hawkins 55.14

137 Hannah Peacock 65.11

162 Ana Lincoln 74.17 174 ran.

Horsforth 10k, 28/9/08

110 Gary Naylor 43.54

122 Leon Winder 44.25

291 Lisa Davenport 52.20

468 Ana Lincoln 63.36

This month, since I am under the cosh at work and home, I have copied in a piece from October 2005, as it may be useful to cross country newcomers at the club:

Adrian rang me from the travel agents on Saturday morning. “We’ve been stuck here for an hour – it’s doing my head in! You’d better set off without me, and I’ll catch up with you later.”

So I picked up Kay and Steve, and we headed for York racecourse, and our first cross country race of the new season. When we got there the rest of the women’s team had already completed two laps of a course consisting of every clothes shop York has to offer.

The old Morrisons beach shelter went up, and soon Kay was sitting in it putting on the most dazzlingly new pair of Walsh fell shoes I have ever seen. When I looked at Steve I realised his were the same. Kay spent a few minutes trying to rub mud onto hers to stop them looking quite so bright. The studs on Walshes are pyramid shaped, so they grip the ground, and to discourage the mud clogging which renders many impressive looking trail shoe treads useless. On hard ground though, as Kay noticed, new Walshes feel odd because the rubber gives, and you get a sensation of slight movement left or right. We could have run this race in trail or even road shoes, as the going was so firm – as it often is at the beginning of the cross country season, when the last vestiges of summer have faded into cooler but still often mild early autumn days. This is good practice, as pyramid studs wear quickly, a relatively small area of rubber taking all the body’s weight. Sadly mine are mucky, flat and rounded from summer fell races.

As I observed the scene of falling leaves from our camp near the start area, Adrian appeared. We quizzed him about his nightmare holiday booking session. “New England!” he said.

“Ah! New England in the Fall.” I offered, remembering that people go there for the magnificent Autumn colours. Steve kicked a pile of brown leaves towards Adrian,

said Adrian. And so often it's true – the first cross country can be a nasty shock. It's so much more physically and mentally taxing than road, even in a comparatively flat event like York. The best approach is just to gain off-road race experience, and not to go off too fast. If unsure, just go steady for the first ten minutes, to avoid oxygen debt. Then as the season goes on, and we get into our league, you should start to see a gradual improvement in performance, as your strength and endurance develops.

The courses will get tougher as the weather and ground conditions deteriorate through the winter, and those bright new shoes will lose their lustre, but they will really start to earn their keep.

I think it's best to avoid travel agents at any time of year. Who needs autumn and winter sunshine, when I can look forward to that special moment in November at Temple Newsam, when I will shout "Good morning everybody!" to the assembled field at our first Winter League event.

- *Chris*

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	Andy Shorey	1:32:44
	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

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	1:37:55
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