

---

## Contents

---

<b>Coming Events: Oct – Dec 08</b> .....	1
<b>Attendance Scheme/ Club races – 2008 details:</b> .....	2
<b>Fell Races 2008: Oct 08 to Dec 08.</b> .....	3
<b>Complete Runner Cross Country Races</b> .....	4
<b>West Yorkshire Winter league</b> .....	4
<b>Letter from Captain Claire</b> .....	5
<b>Christmas Handicap</b> .....	6
<b>Race entry forms.</b> .....	6
<b>Chevin Chase 7 mile off road race.</b> .....	6
<b>England Athletics Registration</b> .....	6
<b>Christmas Party –Saturday 13<sup>th</sup> December</b> .....	6
<b>The North Face Ultra-Trail du Mont Blanc -26/8/08.</b> .....	7
<b>Postscript</b> .....	9
<b>A bit about Ultra-running in the UK</b> .....	9
<b>Run for All</b> .....	10
<b>Abbey Dash 2008 23<sup>rd</sup> Nov.</b> .....	10
<b>Vets Races 2008</b> .....	10
<b>Race Results</b> .....	10
<b>From the Coach</b> .....	12

---

## Coming Events: Oct – Dec 08

---

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

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.
Sun 2 <sup>nd</sup> Nov 08	Guy Fawkes 10mile 10.30 am. Great local event.
<b>Sun 16<sup>th</sup> Nov 08</b>	<b>WYWL Race 1, Temple Newsam, 11am. All club needed.</b>
Sun 23 <sup>rd</sup> Nov 08	Leeds Abbey Dash, 10k. A bit boring but good for a PB.
<b>Sun 7<sup>th</sup> Dec 08</b>	<b>WYWL Race 2, Skipton, 11am. All club needed.</b>
Sun 21 <sup>st</sup> Dec 08	Sewage Works Surprise Annual Club Handicap run, 10am Apperley Bridge.
Fri 26 <sup>th</sup> Dec 08	Chevin Chase, 7mile (approx) off road race, 11am.
Sun 28 <sup>th</sup> Dec 08	Ribble Valley 10k, Clitheroe, Lancs. 11am. Traffic free road race.

Wed 31 <sup>st</sup> Dec 08	Auld Land Syne Fell race. See fell list below.
-----------------------------	--

## 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 25 Club races for 2008, where points can be earned are as follows.

Date	Race Details	Comments.
March 16 <sup>th</sup> – Sun	Spenn 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	Guisley 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.	12 Idle AC vests –impressive times, including Denise setting a

		new F50 & all time CR.
Sept – Sun 14 <sup>th</sup>	Yorkshireman Marathon or Half, 10am.	Chris Stubbs came 5 <sup>th</sup> in the tough Yorkshireman Off Road marathon.
Sept – Sun 14 <sup>th</sup>	Wetherby 10k.	Kay was the lone Idle AC runner.
Sept – Sun 28 <sup>th</sup>	Horsforth 10k, 10am.	Gary led home the Idle team.
Oct –Sun 26 <sup>th</sup>	Withins Skyline Fell Race, BM, 7m/1000' 11.30am.	Lisa ran this tough fell race.
Oct – Sun 26 <sup>th</sup>	Holmfirth 15mile. 10.30am.	6 Idle AC ran. Female CR for Rhea, F50 CR for Denise and PB for Martin.
Nov – Sun 2 <sup>nd</sup>	Guy Fawkes 10mile 10.30am.	Team Captain Claire ran this tough event as her first 10mile race, clocked 1.29 and loved every minute of it!!!!
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>

---

## Fell Races 2008: Oct 08 to Dec 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](http://www.fellrunner.org.uk)

**SAT NOV 8<sup>th</sup> SHEPHERDS SKYLINE. BM.** 1pm.6m/1150' from the Shepherds Rest Inn, Lumbutts Road, Todmorden. £4 on day. Website: [www.todharriers.co.uk](http://www.todharriers.co.uk)

**SAT NOV 22<sup>nd</sup> HARRIERS V CYCLISTS. CM.**2pm. 6m/650' from Fishermans Inn, Dowley Gap, Bingley. £5 on day. Website: [www.bingleyharriers.co.uk](http://www.bingleyharriers.co.uk)

**SAT NOV 22<sup>nd</sup> KIRBYMOORSIDE FELL RACE. BM.** 11am.6.5m/1600' from Becksid Village Hall, Kirkby in Furness, Cumbria. £3.50 on day. Website: [www.bcrunners.org.uk](http://www.bcrunners.org.uk)

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

**SUN DEC 21<sup>st</sup> THE STOOP. BS.** 11.30 am. 5 miles/800' from Penistone Hill Country Park, Haworth. £3 on day. All finishers receive a Cadbury's Curly Wurly. Free coffee & biscuits. All prizes are "Christmas Related". Dave Woodhead event.

**WED DEC 31<sup>st</sup> THE DALESIDE BREWERY AULD LANG SYNE RACE. BM.** 11.30 am.  
6miles/900' from Penistone Hill Country Park, Haworth. £4 on day. All finishers receive a bottle of beer.  
Free coffee & biscuits. All prizes are beers, ales, ciders etc. Dave Woodhead event.

---

## 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). Leon and Chris ran the first race at Otley on 12<sup>th</sup> Oct. The remaining dates are: 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. **There are NO INDIVIDUAL entries.** This is a team event (6 for a men's team, 4 for women).

---

## West Yorkshire Winter league

---

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.

### Fixtures for 2008/2009 Season

These were agreed as follows and in line with the rotas. Pudsey Pacers kindly offered to host an event in place of St. Bede's who have left the League.

1. **16<sup>th</sup> November 08- Hosted by LBT. This will be at Temple Newsam.**
2. **7<sup>th</sup> December 08- Hosted by Skipton AC, including fancy dress and silly hat competition.**
3. **4<sup>th</sup> January 09 – Hosted by Stainland Lions.**
4. **25<sup>th</sup> January 09 – Hosted by Pudsey Pacers.**

## 5. 8<sup>th</sup> 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.

---

## Letter from Captain Claire....

---

Calling All Club Members

IDLE AC needs YOU to take part in this season's West Yorkshire Winter League. We need as many members as possible to run, to score points for the team in order for us to get as high up the league tables as possible.

As Team Captain, it is my job to persuade, pester or bribe you to take part. These races are free to all club members and registration is not required, just turn up on the day wearing your club vest.

There are five races and each runner that crosses the finish line scores points, both individually and for the team. The higher the position, the higher the score and every point counts.

If you have never done a cross country before, now is the time to give them a go. What better way to spend a cold, winter Sunday morning than running round in the mud and the wet! If you have done a race in the past and decided that you didn't like it then now is the time to put those thoughts to the back of your mind, approach these races with an open mind and try them again. You never know, you might just enjoy them.

I understand that many of you have family commitments. Why not bring the family along? The races are generally a distance of around 4½ miles so are over and done with in less than an hour. No sooner have you been waved off on the start line, you're being cheered back in by your loved ones at the finish.

I urge you all to have a think about this and put the dates in your diaries to remind you. You don't have to complete all the races, your points still count if you are only available to attend a few. Runners who complete all five races are eligible to win the improvers trophy (Dowson or Turpin Trophy). The improvers table is compiled based on the individual scores obtained for each race. If you get a higher score each time you race then you stand a good chance of being high up in the table.

I hope to see you all at the first cross country race which will take place at Temple Newsam on 16 November 2008 at 11am, directions and a course map will be available prior to the race.

The remaining races will take place as follows:

7 December 2008	Skipton	11am
4 January 2008	Stainland	11am
25 January 2008	Pudsey	11am
8 February 2008	Baildon	1pm

Let's all do it for the team!

Best regards,

Claire McConnell  
Women's Team Captain

---

## 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 3<sup>rd</sup>. Steve received the special trophy, presented to him by Chris, at the presentation afternoon at the Symposium (with hot buffet etc).

---

## Race entry forms.

---

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](http://www.ukresults.net).

---

## Chevin Chase 7 mile off road race.

---

The Chevin Chase entry forms are now be available on Airecentre Pacers website: [www.airecentre-pacers.co.uk](http://www.airecentre-pacers.co.uk) (you can also enter online) or at [www.ukresults.net](http://www.ukresults.net)

This scenic off road race starts at 11am on Boxing Day from Aireborough leisure centre, Guiseley. As it's a really popular race I'd advise sending entries in ASAP.

---

## 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 Party –Saturday 13<sup>th</sup> December

---

I have been speaking to Phill about the Christmas Do again today and he is really, really excited. And so that's made me excited about it as well and we hope that you will all be excited about it also. We have decided to make it a completely DIY party at our very own meeting place – the cricket club! It will take place on Saturday 13<sup>th</sup> December at 7pm.

Being a DIY affair, this will involve considerably more work than booking a ready made venue and beige buffet. We think by putting more in we'll get more out and the club's been so subdued lately it could do with a little sparkle. It could be a complete failure but if we all bring some enthusiasm it will be awesome.

Phill is trying to sort DJ equipment and he and Richard will be blowing your funkin minds on the decks! Phill is also in charge of setting up the bar. He is getting some barrels and pumps and we will get wine and spirits and mixers and also make a big old Christmas punch.

I am in charge of decorations and food. Leon and I (and hopefully a couple of others...) shall prepare a magnificent yuletide banquet and I am dreaming up a decorative theme inspired by Phil Spector's Christmas album (aiming high yet remaining topical).

We will need help with the preparations on the evenings of Thursday 11<sup>th</sup> and Friday 12<sup>th</sup> and during the day on the Saturday. We will also need a clean up squad to don Marigolds on Sunday 14<sup>th</sup> (after the Sunday run!)

Please let us know if you have any useful contacts or are able to help in any way (cooking, cleaning, lending useful stuff, making the place look festive, taking a turn behind the bar...).

We've still to figure out how much to charge per person but food and drink will be included in the price so it should work out cheaper than your usual night out. There may be a dress code. We may ask you to bring some as yet unknown item with you. We will do some more thinking and get back to you. In the meantime, please do tell us that you're eager to help make it a success, even if that just means you'll be there on the night – everyone (and partners) welcome! Thank you. *Lisa*

---

## The North Face Ultra-Trail du Mont Blanc -26/8/08.

---

### A belated report

#### Official statistics

Distance and ascent: 166.4 km and 9448 metres (103.4 miles and 30,997 feet)

2500 places – c 4000 registered to enter. 2377 starters – 173 of them women

1269 finishers – 81 of them women.

Tony Wimbush, Idle AC – 290<sup>th</sup> position in 36-39-24

12<sup>th</sup> from 44 UK finishers and 91 UK starters, 1<sup>st</sup> UK v50

Over 100 miles, nearly 31,000 feet of climbing, 3 countries, 1200 volunteers, 5000 luminous route markers, 30 control stations, nearly 2400 runners from 50 nations, and all against the backdrop of Western Europe's highest mountain - the statistics underline the UTMB's position as Europe's premier ultra mountain race. Of course, statistics rarely tell the full story and words don't do it justice either but hopefully what follows will give some insight into this sort of race.

#### What is involved .....

The race starts from Chamonix at 6.30 in the evening so that the first finisher arrives back late Saturday afternoon to suit the spectators and the TV coverage! That means the other 99%, us mere mortals, having to travel through two nights to circumnavigate Mont Blanc by climbing over nine alpine passes of between 6000 – 9000 feet and passing through 30 control points. About half of those provide food and drink. You are required to carry only emergency food and drink, waterproofs, first-aid and two head torches with spare batteries. Carrying extra clothing is strongly recommended. In addition you can send on two drop bags with spare gear - one to Courmayeur in Italy (half way) and one to Champex in Switzerland (75 miles). The entire route is marked with fluorescent markers so no navigation skill is required. There is a 46 hour time limit to complete the course with strict cut-off times applied at key control points. You may stop and sleep if you wish but you have to be mindful of the time. There is loads of coke (the fizzy sort!) at checkpoints to help you keep alert, as well as coffee. You have to display your name and number at all times and carry an electronic wrist tag. These record your times as you pass through each control point. A service is provided whereby those times are then relayed to the mobile phones of supporters so they know how you are doing and when you are likely to arrive back! Ninety percent of the field uses trekking poles and hydration packs or shoulder strap bottles. I carried one pole (not used) for emergency use in case of ice on the passes or mud otherwise I kept the weight to a minimum and fitted everything into a 10 litre OMM sac. Most carry a 20 litre sac.

#### Training Strategy.....

The big difference between anything in the UK and the UTMB is the nature of the ascent and descent. I have done similar mega ascents in the UK on the Bob Graham and Paddy Buckley Rounds but over a shorter distance. These involved relatively short and up and downs but loads of them. On the UTMB they are all mega climbs of up to 3000 feet, they seem to go up forever and the descents go down forever, especially at night. Fortunately there are only nine. Sore feet and blisters can always be a big problem on any 100 milers even without 31,000 feet of descent! Another problem was that I had some two long-standing injury concerns - which I will not bore you with! These dictated I take a gamble and adapt a training strategy that focused on climbing and descending to see me through as opposed to doing loads of distance that would have aggravated my problems. For the climbing I did five of the toughest long, grade A fell races in the calendar plus I spent two, four day sessions in the Lakes walking about 20 miles/5000 feet per day with about 8 kilos of gear. For distance I did two 33 mile ultra-championship races and a solo run of 50 miles over rough ground. Together with more conventional training that all averaged out at about 100 miles running and 50 miles walking per month for seven months; not a fantastic amount but as much as I thought I could do without causing problems. The other major decision was to spend what turned out to be a tidy sum on physio treatment so as to hold things together to ensure I could have a good go at the race.

### **How it went .....**

It was a relief when the countdown began and we shuffled forward to the deafening roar of the crowd. A report of the 2007 race likened it to a gladiator entering a Roman arena to do battle. I could see what they meant. Chamonix had been buzzing with runners all week and the atmosphere in the town square at the start was like nothing I had ever experienced. My race strategy was simple - to finish; a good time or a good position would be a bonus. My main objective was to get to Courmayeur in Italy, the half way point, with my feet and hopefully the rest of me in one piece. If I did that I was fairly confident I would be able to grind out the second half and finish. I set off at the back of the field in the last 50 or so with the object of steadily working my way through the field at a relaxed pace, walking the uphill and steadily jogging the downs and flats.

There are two things I remember most about the initial thirty miles. First, were the crowds along the route and in every village. There was a carnival atmosphere everywhere with all-night parties and live music in the most unlikely places. When we passed through the small town of St Gervais after 12 miles it felt like we were taken up and down every street in the town just so the crowds could cheer us on. In some villages live music was relayed through speakers for the whole length of the village. Later on I remember sitting in one crowded marquee sipping noodle soup while the dish almost danced across the table to the bass of The White Stripes' Seven Nation Army! This was certainly different to anything in the UK! The second thing was the ease with which I could overtake people on hills. It was a big confidence booster but it quickly turned to frustration when I found myself fenced in by trekking poles or the path was too narrow.

The next twenty-five miles were different. On the climb up to the third big col at over 8,000 feet I started to feel rough and was content to stay in line and slog my way up staring at the pair of heels in front. By the time I got to the top I had to sit down for a drink while others trundled off to descend into the next valley. This was a real low point and for the first time doubts began to creep in about whether I could handle this route. You know - that 'what I am doing here, what was I thinking of' feeling! At times like this you have to rely on previous experience and know that you will get through rough patches and things will get better! Or you hope they do! Nearby a runner was throwing up. Encouraged by seeing someone in a much worse state than me I set off again at a steady pace towards Italy and Courmayeur. The heat of the day started to build up when I commenced the final steep 3000 feet descent into the town. Picking up my drop bag, changing my sox and a top, eating and drinking all I could (not a lot) and a long queue for the loo saw nearly an hour fly by. I set off again, still nowhere near 100% but now coming round and starting to overtake others on the long climb out of Courmayeur bound for Switzerland. It was now hot, very hot and I don't travel well in heat. Despite the near 30 degree temperatures I steadily got back to a relaxed pace steadily reeling in the next runners in sight. Confidence returned again and by the time I got to Champex (75 miles) I was moving better than most around me.

Another long stop to pick up the drop bag, change sox and top, eat and drink before I was off again into the evening and the final night-time leg. I felt strong now it had cooled off. It was just as well as this turned out to be the roughest stretch of the route with boulder strewn paths and several stream crossings. My head light was not very good and I ended up stumbling about. A group behind caught me up so I decided it would be easier to tag along following their brighter lights to the next control point. The next section involved a steep endless climb through forest and endless descent on stony paths back into France at Vallorcine to take on food and drink.

Into the night again, feeling strong and confident. Experience shows it is never over until its over and there was still plenty of work to do. In previous years the race had a relatively moderate finish going straight up the valley and down into Chamonix. This year it went over the Tete aux Vents adding another 3,000 foot climb and an extra three miles. This was the only bit of the route I had recce'd; it was a steep rocky climb and it seemed even steeper and longer in the darkness. On the descent and by the last control I was speeding along with a small group of runners. Unfortunately an emergency loo stop saw them disappear into the darkness. With the dawn now gradually lighting up the path I made the long descent towards Chamonix at a steady pace. I had given up on seeing anyone now but was surprised to be still catching runners on the final three or four miles. Encouraged I started to push the pace and caught another runner but he speeded up trying to burn me off. Fortunately I was stronger but I decided to drop back and stay with him to help keep the momentum. We maintained a good Thursday night pace as we approached Chamonix still picking up stragglers. As we entered the streets in the early morning there were supporters out lining the barriers cheering us in. Another runner was fast approaching from behind and we had no intention of being overtaken in the last few yards. We ended by sprinting down the tunnel to the finish line to record a time of 36-39-24 in 290<sup>th</sup> position

## Postscript

Things went pretty well considering what could have gone wrong. I finished in good shape, the best since I did a sub-24 hour 100 over 10 years ago. The key to that was that my feet held up really well, largely due to luck. The other factor was adapting a relaxed pace with the object of finishing as opposed to setting off to "race" and go for a time. I mostly ran my own race at my own pace. I chatted with some UK runners over the first 30 miles and joined up with a guy from North Yorkshire for about an hour out of Champex otherwise I ploughed on in my own separate world. After finishing I had a few hours sleep before I was up and about to see the final finishers, some crossing the line reunited with their families. I was out walking the following day but waited until I got back to the UK to do my first run.

Liz Hawker, who features in The North Face adverts, was the first Brit home in 14<sup>th</sup> position with 25-19-41. Nearly 50% of the field dropped out, with the heat being a big factor. The percentage is improving annually due to tougher qualifying races; it will be even more rigorous in 2009. A notable DNF was Mark Hartell who holds the record for 77 Lakeland peaks in 24 hours. First home overall was K Jorner of Spain in a controversial 20-56-59 (including time penalties!) followed by a more credible Dawa Sherpa of Nepal in 21-56-52.

Perhaps what may surprise you is how slow the overall pace is. Liz Hawker is a world class ultra-runner yet her pace was about 4 mph and mine was under 3 mph, just the equivalent of a brisk walking pace. If you allow an average of just 10 minutes at each of the 30 controls to get checked in and stop to take on food and drink that totals 5 hours. The two main stops can easily take an hour each. Then there is the 31,000 feet of climbing to consider and some 16 hours of travelling in the darkness where running is often not an option. The average pace soon comes tumbling down. It also shows that an ability to walk at a good pace uphill after 10, 20 and 30 hours has a big influence. On ultra routes with big ascents like the UTMB walking ability is important and it something that requires training just like running. It cannot be taken for granted!

Finally there was the issue of what did it mean and why do it? It was all a great experience, a great adventure even. So many things can easily go wrong and the outcome was so uncertain - .that was partly what made it so tempting. For me negotiating my injury problems was a formidable as negotiating the course itself. Fortunately the gods were with me; my gamble to rely on my hill climbing and walking ability paid off. I find that I have to be so focused during the race that later on it all feels like it was just a dream but one of the many rewards for nearly 40 hours of non-stop running and walking came afterwards. It created an exceptional sense of well-being and freedom that lasted for a couple of weeks but gradually faded as normal, routine matters once again takeover. Perhaps more of a runners plateau than a runners high! It often seems amusing that such an apparently stupid, quite useless activity such as running round a load of mountains much of it at night can have such a profound effect, creating a deep awareness, strong connection and even a sense of gratitude. I have read of similar reports from those who done the UTMB and other endurance events. Anyway it was all a great experience and a holiday I will not forget in a hurry! What's next? Well ....the Round Bradford Run of course!

---

## A bit about Ultra-running in the UK

---

Ultra-running has been around for decades in the UK it has just never been called that, primarily because it is a fringe sport on the edge of organisations such as the Long Distance Walkers Association, The Fell Runners Association and the Trail Runners Association. In contrast, in the USA and now on the continent it exists in its own right almost as a mainstream sport. On the continent it has taken off in a big way in recent years largely on the back of the UTMB. It now has a big following with it's own specialized gear, dedicated magazines and big name outdoor equipment sponsors like Salomon, The North Face and Raidlight.

In the UK the LDWA has until recently held the monopoly on all the off-road long stuff since the 1970's; it has been staging a 100 miler annually since 1973. Initially it tolerated runners, now it actively seeks their support due to falling numbers of walkers. In fact, most of the events in their calendar are organised by a variety of organisations but the LDWA has become the recognized source of information on long events. That has changed in recent years. Three years ago an Ultra-running championship was created sponsored by Montrail and now Vasque that is attracting increasing numbers each year. A Lakeland 100 aimed specifically at runners is now being organised annually. Internet sites are also springing up advertising the longer off-road running events. Most of these involve equipment sponsors who want to see it take off on

the continental scale. The LDWA is primarily supported by an ageing membership and it not changed much in the last 25 years. Ultra-running is now attracting a fair number of comparative youngsters – it will be interesting to see how things develop over the next decade!

### **A Round Bradford Run – Saturday, 29<sup>th</sup> November**

32 miles, off-road, steady run round Bradford in about 8 hours so we finish before dark! Varied route, undulating with loads of mud! Route outline: Cottingley – Apperley Bridge – Thornbury – Fulneck – Birkenshaw – Thornton – Shay Gate – Cottingley.

Suggested qualification - either a sub 4:00 road marathon or off-road event of 25 miles or more in under 6 hours.

If you definitely can turn up to do it: Email: [tony@gofar.eclipse.co.uk](mailto:tony@gofar.eclipse.co.uk) or ring 636907 the weekend before - Sat/Sun 22/23 November. **Not sooner** in case you get injured, or something unforeseen crops up! If at least two contact me I will issue start details during the week, otherwise it will be cancelled.

---

## **Run for All**

---

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> December.

---

## **Abbey Dash 2008 23<sup>rd</sup> 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](http://www.helptheaged.org.uk/leedsAbbeyDash)

---

## **Vets Races 2008**

---

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.

The final event details are:

**10<sup>th</sup> Monthly Grand Prix of 2008**  
**Sunday November 9<sup>th</sup> at 11.00 am, Spenborough Track**  
**Promoted by Spenborough AC**

This 5½ mile course is mainly on tracks and field paths with a small amount of road / tarmac. Given the time of year trail shoes or studded fell shoes are advisable. Usual £2.00 entry on the day.

**Venue:** Spenborough running track.

**Facilities:** Parking at Clubhouse, please follow directions of marshals. Changing rooms and showers, toilet facilities.

This is the last race of the Grand Prix series and the first time Spen have hosted the event so the YVAA is hoping for a bumper turnout.

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

---

## **Race Results**

---

**Bronte Way 8 mile Point to Point race 5/10/08:** 153 Lisa Davenport 1.40.18

### **Harewood 10 5/10/08**

119 Gary Naylor 76.49

182 Rhea Hawkins 121.41

437 Hannah Peacock 143.01

505 ran

**Great North Run 5/10/08:**

6495 Martin Burnside 1.49.31  
 20451 Ana Lincoln 2.12.45  
 25303 Elaine Trevelyan 2.22.06  
 29791 Suzanne Bairstow 2.33.20

**Loch Ness Marathon, 5/10/08**

468 Tony Brayshaw 3.51.58

**Richmond Castle 10k 19/10/08**

174 Rhea Hawkins 48.48 447 ran.

**Bridlington Half 19/10/08**

154 Leon Winder 1.35.09  
 353 Trevor Hooley 1.48.13  
 595 Ana Lincoln 2.09.58 664 ran

**Leicester Marathon 19/10/08**

171 Jo Belcher 3.39.34 465 ran.

**26th October 2008 - Holmfirth 15 (212 Ran)**

<i>Name</i>	<i>Time</i>	<i>Placing</i>	<i>PBT</i>	<i>Record</i>
Tony Brayshaw	1.47.10	62		
Peter Hilliard	1.50.55	80		
Denise Frost	1.55.20	102		F50
Rhea Hawkins	1.59.31	115		FO
Martin Burnside	2.05.16	136	Yes	
Ana Lincoln	2.44.21	210		

**Withins Fell race, 26th Oct 08, 7m/1000'**

194 Lisa Davenport 83.46 203 ran.

**West Yorks Complete Runner League****Race 1, 12th Oct 08, Otley.**

138 Leon Winder 39.56  
 191 Chris Smith 44.14

**Race 2, 26 Oct 08, Guiseley.**

166 Leon Winder 57.51  
 167 Laurence Doddy 57.52

**Guy Fawkes 10 2/11/08**

340 Tony Le-Feuvre 1.22.10  
 499 Gary Naylor 1.29.12 (injured said it was a personal worst!)  
 500 Claire McConnell 1.29.14 Fantastic run in her debut race.  
 741 Ana Lincoln 1.44.22 814 ran.

---

## From the Coach...

---

*Still struggling with the demands of my new job, I fortuitously came across a highly appropriate article from the Idle Gossip, November 2004...*

A top Eastern European distance runner once said that he would never be beaten by a man who worked a 40 hour week. It wasn't an arrogant comment by a privileged athlete, but a simple statement of fact. He knew that he was able to dedicate his life to pursuing the optimum in training and preparation. There was hardly an activity in his life which was not specifically designed to maximise his performance. He knew that he raced against amateurs, and recognised that it just wasn't fair.

Our own training, preparation and achievement therefore are always strictly in context. We can only succeed within the restrictions of our own lives. I have for instance met several talented runners whose physically demanding jobs left them far too tired to train properly. I work now with runners of quite astonishing potential, whose family, work and career commitments will never allow them to achieve anything like what for them is theoretically possible. However as a club coach I do try to influence the priorities of club members so that they place greater emphasis on training and racing, so that they become more like athletes in the true sense – people who make progress through training and celebrate this achievement through competition. This has made me deeply unpopular with many runners' wives, husbands, partners and friends!

Unfortunately the progress and achievement we seek only comes through hard work – through the regular expenditure of time and effort in working towards a chosen goal. For the runner with a busy life, a degree of planning is essential to ensure that the right *kind* and the right *quality* of training is done at the right *time*. Here it is important to regard some races as part of a training schedule – indeed they can be vital, as there is no harder speed session than a race. If a race comes up which I want to do, or which I think will provide a good workout, but which is not a specific target race, I simply *train through* it. For instance last weekend after a hard week at work, I did the Friday speed session, ran in the Yorkshire League on Saturday, and did a long steady run on Sunday. I did not taper before the race or rest afterwards. I simply took the all important rest day later in the week. My performance in the race wasn't good, but essentially I wasn't racing, I was training – building up strength and stamina for future objectives.

Fortunately for the committed distance runner, regardless of ability, training and racing are just an enjoyable challenge – the group we had out recently at the Rivock Edge Fell Race said simply that they had enjoyed it. We had run through the countryside around Silsden on a fine autumn morning, and felt better afterwards. Unlike that Eastern European athlete, we have not generally felt the pain and misery of training to be the best in the world. Yet we have placed distance running into the context of our lives. We have become athletes in the sense that we train, progress and compete. We achieve personal successes, and some even achieve small victories.

And we will never really be beaten by that top athlete because what is available in our sport is available to everyone – health, happiness.....and pleasure!

- *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	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

## 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	1:37:55
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