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## Coming Events: Nov 08 – End Jan 09

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

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.
<b>Sun 4<sup>th</sup> Jan 09</b>	<b>WYWL Race 3, Stainland, 11am. All club needed.</b>
Sun 11 <sup>th</sup> Jan 09	Garstang 10k, Near Preston.
Sun 18 <sup>th</sup> Jan 09	Brass Monkey Half. Race full so hope you all got in!!
<b>Sun 25<sup>th</sup> Jan 09</b>	<b>WYWL Race 4, Pudsey, 11am. All club needed.</b>
Sun 1 <sup>st</sup> Feb 09	Dewsbury 10k. Get entries in for a fast pb course.

## 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 were earned were 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.	7 from Idle including Laurence who set a new male club record in 39.56. Great run from new member Tony Le-Feuvre with 42.31

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## Fell Races 2008: Nov 08 to Dec 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)

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

**SAT NOV 22<sup>nd</sup> 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](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.

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## West Yorkshire Winter league

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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.

We had 29 runners for the first event but it would be good to have even more for race 2 at Skipton.

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## WYWL – Fixture 2 7<sup>th</sup> Dec at Skipton.

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The details for the 2<sup>nd</sup> fixture at Skipton on 7<sup>th</sup> Dec at Skipton are:

**Facilities and Parking:**

Parking within Craven College as per last year. There are changing rooms and showers available in Aireville School and food and the results presentation will be in the school hall after the race.

Race start and finish are in the school grounds.

**Course details:**

It will be a 3 lap course (not 2.5 laps as last year.). The course is mainly grassland and suitable for cross country spikes, trail or fell shoes. See course map on website for more details.

**Family day out:**

The 7th December is one of Skipton's mediaeval market days. These tend to be very busy so please do not access the race via the town centre; the High Street will be closed!! The market is worth visiting so bring the family to watch you run (there a decent playground in the park) then go into the market.

**Fancy Dress and Silly Hats Competition:** There will be prizes for the best fancy dress and Silly hats (male and female).

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## Yorkshire & Northern Cross Country Championships.

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1. **Yorkshire cross country championships:** Saturday 10<sup>th</sup> Jan 08 Winterhill School, Kimberworth, Rotherham.. The likely details are as follows: women 6000m at 1.30pm and men 11,000m at 2.10pm. Please let Chris know if you want to be entered. Entries close 29<sup>th</sup> Dec. £5.  
**No late entries.**
2. **Northern Cross Country Championships:** Saturday 24th January 09 at Sherdley Park, St. Helens. The distances and times are: women 8k at 12.25pm and men 12km at 2.00pm. Let Chris know if you want to be entered no later than 10<sup>th</sup> December 08 as there are no late entries. The cost is £4 per member. Club vests **MUST** be worn. Teams 6 men and 4 women.
3. **National cross country Championships:** Sat 21/2/09 at Parliament Hill, London. Same distances as above.

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## New members

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This month we again welcome 2 new first claim members and 1 second claim member: Tony Le-Feuvre and Matt Dunsmonth, both joins us first claim. Tony has been training with us for the fast couple of months and is keen to join in all the disciplines in which the club competes. Matt is Hannah's partner who has been training over the summer including competing in a few trail races. Both Tony and Matt ran the first WYWL cross country at Temple Newsam. Donna Edmondson-Booker, rejoins Idle but on a 2<sup>nd</sup> claim basis, her first claim club being Leeds and Bradford Tri club. Welcome.

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## Big Birthdays!!!

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Happy 30<sup>th</sup> Birthday to Hannah and Happy 50<sup>th</sup> Birthday to Tim.

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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 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).

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## Chevin Chase 7 mile off road race.

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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.

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

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Idle AC Christmas Party

Saturday 13<sup>th</sup> December, 7pm 'til late  
at  
Cricket Club Tropicana, Westfield Lane, Idle

Dress code: Glamorous

£20 per person including:

Cocktail on arrivall!  
All drinks all night!  
Homemade buffet!  
Late night curry!

Also - The London Marathon draw and a raffle - please bring prizes to club in advance

Pay (ideally by end Nov) by cash or cheque to Idle AC.

All money/cheques and raffle prizes to Davina/Chris ASAP.



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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> December.

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## Christmas and New Year at Idle AC

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December is a busy month for us all, with the Run for All kicking off the month on Thursday 4<sup>th</sup> Dec and the second cross country fixture on the 7<sup>th</sup> at Skipton (Fancy dress & silly hats!!). We then have the Tropical Christmas Party on the 13<sup>th</sup>, and the two Christmas Lights runs (sherry and mince pies after the runs) on Wed 17<sup>th</sup> and Thurs 18<sup>th</sup> Dec. The Sewage works Surprise club Handicap Race is on the 21<sup>st</sup> at 10am (optional fancy dress) followed by the presentation afternoon at the Symposium (families welcome with a hot buffet). Tuesday 23<sup>rd</sup> is the final coached season (with a festival feel!) prior to Christmas. There will be no club on either Wed 24<sup>th</sup> or Thurs 25<sup>th</sup>. Alot of the club are likely to run the Chevin Chase race

on Boxing day (get entries in ASAP). There will be a club as normal on Tuesday 30<sup>th</sup> but no club on 31<sup>st</sup> Dec.

Please support our usual 'Christmas Lights' led by Davina on Wed 17<sup>th</sup> and by Chris on Thursday 18<sup>th</sup> Dec when we hope to find a selection of decorated houses which show festive spirit. Afterwards there will be nice drop of Bristol Cream!! and mince pies. Please bring a cash donation to support the charities concerned. Hopefully we should have a good turn out for the Chevin Chase 7 mile race on Boxing Day at 11am. For those wanting a run on New Years Eve you could run the Auld Lang Syne Fell race!! This is a 'B' Medium fell race which starts from Penistone Hill Country Park at Haworth at 11.30 am. The race is 6 miles with 900' of climbing, it's only £4 to enter (on the day only) and all finishers receive a bottle of Briscoe's Brewery 'Auld Lang Syne' beer. All prizes are beers, ales, ciders etc. There is also the Jolly Holly Jog (11am) which is approx 10k from Ripon which I can highly recommend, though it fills early. It's a wonderfully scenic multi terrain course. Alternatively there's the Ribble Valley 10k on the same day at 11.15am, a fast, traffic free course.

There is no club on Thurs 1<sup>st</sup> Jan but its straight back to racing as we'll be encouraging you all to start off the new year by running the 3<sup>rd</sup> WYWL X Country on Sunday 4<sup>th</sup> Jan at Stainland!!

**Enjoy the Christmas lights as you run this December.**

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## Race Results

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### **Yorks Vets Grand Prix, Race 10, Spenborough 9/11/08**

#### **Women:**

72 Ana Lincoln 67.21 74 ran

#### **Men:**

55 Pete Helliwell 44.12 108 ran.

### **Shepherds Skyline Fel race, 8/11/08 BM 6m/1150'**

56 Chris Stubbs 52.57

187 Phill Routh 62.22 363 ran

### **Lancaster Half Marathon 9/11/08**

138 Rhea Hawkins 1.38.00 419 ran.

### **Harriers V Cyclists Fell Race, Dowley Gap, Bingley, 22/11/08: 6m/650'.**

105 Dave Lewis 51.13

118 Warren Fletcher 53.02

120 Chris Smith 53.06

166 took part.

### **Abbey Dash 10k, 24/11/08**

279 Laurence Doddy 39.56 **Male CR**

363 Leon Winder 40.58

97 Rhea Hawkins 43.49

860 Tony Le-Feuvre 42.31

1026 Martin Burnside 48.19

534 Carmel Beswick 54.51

848 Ana Lincoln 56.13

4953 ran.

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## From the Coach...

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Despite much evidence to the contrary, I have been much more inclined to be optimistic over the last few weeks.

We were very pleased to welcome two new committee members last month, and this has given us greater balance and flexibility. I look forward to them contributing in their new roles. They may ask you questions, and I have asked them to be brutally candid in their reporting back to the committee. This will assist me in knowing what is finally the best course of action for me to take, if indeed there is one!

I was distressed at the technical problems which affected my own web page, but greatly encouraged by the gentle pressure applied by members who wanted to see its return –thank you. I still have much to do but remind me to put things on it so I can keep it as lively and current as possible.

The turn out at the first cross country was encouraging – if Judith hadn't fallen in the car park at work and ended up limping, we'd have had 30! Fortunately she limped to Temple Newsam and collected tags. After all it's an ill wind that blows nobody any good, and what a selfless piece of teamwork. After sending out an inspiring letter of encouragement to the club, the Women's Captain put in an inspired performance herself. We still have unused potential and capacity.

We have seen tentative returns to action from several injured runners, for example Dave Lewis, Shaun and Phill, and seen leaps forward in achievement from the likes of Laurence, Leon and Rhea.

As we enter the Christmas season, with a new style Christmas party approaching quickly, I have been grateful for personal words of encouragement, and the efforts that people have made for the club. I look forward to the new Committee and the helpful, encouraging members we have within the club ensuring that we proceed and prosper.

When a club is at its best, it brings out the best from its members. The formula is simple – attend, participate, achieve.

- *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	Laurence Doddy	39:56
	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