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Coming Events: Nov 08 – End Jan 09

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

Sun 23 rd Nov 08	Leeds Abbey Dash, 10k. A bit boring but good for a PB.
Sun 7th Dec 08	WYWL Race 2, Skipton, 11am. All club needed.
Sun 21 st Dec 08	Sewage Works Surprise Annual Club Handicap run, 10am Apperley Bridge.
Fri 26 th Dec 08	Chevin Chase, 7mile (approx) off road race, 11am.
Sun 28 th Dec 08	Ribble Valley 10k, Clitheroe, Lancs. 11am. Traffic free road race.
Wed 31 st Dec 08	Auld Land Syne Fell race. See fell list below.
Sun 4th Jan 09	WYWL Race 3, Stainland, 11am. All club needed.
Sun 11 th Jan 09	Garstang 10k, Near Preston.
Sun 18 th Jan 09	Brass Monkey Half. Race full so hope you all got in!!
Sun 25th Jan 09	WYWL Race 4, Pudsey, 11am. All club needed.
Sun 1 st 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. The 2009 list will be in Jan Gossip.

Date	Race Details	Comments.
March 16 th – 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 rd – Sun	Guisseley Gallop (Approx 10k)	7 Idle Vest for this popular Easter 10k . A sprint finish from Pete & Gary!!
March 30 th - Sun	Wakefield 10k.	Male CR for Phil Goode. Female CR for Hayley. F35 CR for Jo. Pb's for Leon and Andy Moakler.
April – Tues 1 st	Bunny Run (1) 3miles, 7pm.	9 Idle vests for Bunny Run 1. Phil Goode led them home in a speedy 20.34.
May – Sun 4 th	Bluebell Trail 10. Multi Terrain. 10am. Very scenic course.	Dave, Lisa & Ana ran this tough 10m course.
May – Wed 7 th	John Carr 5k, Esholt, 7.30pm. Fast, flat course.	15 ran, MCR from Leon, Female CR from Hayley. An all time M50 CR from Dave Lewis.
May – Wed 7 th	Lothersdale Fell race. See fell list.	5 Idle AC members choose a scenic fell race instead of a fast 5k road race.
May – Tues 13 th	Jack Bloor fell race. See fell list.	Shaun, Phill & Warren took an outing over Ilkley Moor.
June – Wed 4 th	Chevin Fell Race, AS, 3.5m/900'. 7.30pm.	7 Idle AC ran this tough fell race, including Lisa and Amy.
June – Thurs 5 th	Bronte 5, 7.30pm. Hilly two lap course. Includes vets champs.	Another good turn out. 6 th female for Haley, 2 nd F50 & a CR Denise & F40 CR for Davina. Male Cr for Leon and M50 CR for Dave Lewis plus a free hat for Rhea!
June – Sun 8 th	West Yorkshire Fire 5 2pm. Hilly & rural. Free food!!	Gary, Rhea, Lisa & Ana all ran this undulating 5miler.
June – Wed 11 th	Otley 10. 7.30pm.	13 of the club ran. Club records for Phil Goode, Denise, Jo & Rhea. Phil got his pic on back of T &A!
June – Sun 15 th	Castle Howard 10k. 11.15am	Ana was the lone Idle runner.
July – Wed 9 th	Stirton Fell Race. BS. 5.5m/1200'. 7.30pm.	Lisa ran this tough wed night fell race.
July –Sun 27 th	Pudsey 10k, 10.45.	Get your entries in. A few of our children are doing the fun run.
Sept – Sun 7 th	Leeds Half marathon.	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.	Lisa ran this tough fell race.

Oct – Sun 26 th	Holmfirth 15mile. 10.30am.	6 Idle AC ran. Female CR for Rhea, F50 CR for Denise and PB for Martin.
Nov – Sun 2 nd	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 rd	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

Fell Races 2008: To end 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

SUN DEC 21st 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 31st 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.

Yorkshire Vets Races 2009.

Idle AC will once again be affiliating the club to the Yorkshire Veterans Athletic Association (YVAA) in early 09. Details of the Yorks Vets Cross Country are:

**YVAA Cross Country Championships,
Saturday 14th February 2009, at the Knavesmire, York.**

Venue: Hamilton Panthers Football Club, York.

Facilities: Toilets and changing facilities at the club together with registration. Presentation and refreshments, after the race, will be at the Hamilton Panthers Club.

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

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

Club tents: These can be pitched along the Knavesmire Road edge of the race course near the start / finish area.

Events: 12.30approx 5K Women & Men 70+ 10k Men 50 – 69
13.30 approx 10K Men 35 – 49

YVAA Awards

Men 1st 3 O/35, O/40, O/45, O/50, O/55, O/60, O/65, 1st 2 O/70

Women 1st 3 O35, O/40, O/45, O/50, O/55 1st 2, O/60, O/65, O/70

Teams: 3 to score; Men 35 -39, 50 – 59, 60 -69, Women 35 – 44, 45+
4 to score; Men 40 – 49

Also men's all to count and women's all to count, in each team age category. Minimum of 5 runners to qualify in all teams except for M40 – 49, who will need 7 to qualify.

Numbers: To be collected on the day by team managers.

Entry Fee: £4.00 per individual runner. Cheques payable to YVAA

Entries to: Rob Kersey, 8 Wellhouses, Cartworth Bank Road, Holmfirth, W Yorks HD9 2SS. Please enclose sae if you wish for confirmation that your entries have been received.

Closing Date: 7th February 2009

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:

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 to host an event in place of St. Bede's who have left the League.

1. **16th November 08- Hosted by LBT. Temple Newsam.**
2. **7th December 08- Hosted by Skipton AC, including fancy dress and silly hat competition.**
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.

We had 17 runners for the second event at Skipton and 29 for the first at Temple Newsam. The 3rd event is on 4th Jan 09 at Stainland.

Yorkshire & Northern Cross Country Championships.

1. **Yorkshire cross country championships:** Saturday 10th 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 29th 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 10th 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.

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 3.75 mile Handicap (slowest runners going off first, and everyone finishing at the same time!?) 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!! Your handicap will be augmented if, for example, you come in a gorilla costume. 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). The buffet price remains at £4.50 this year. We just need to know broad numbers by the Friday before the event, so let us know...

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 (you can also enter online) or at 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.

Run a marathon in 2009.

If, like me, you are looking for a marathon to run in Spring 2009 you might want to consider one of the following, outside of London:

18th May – Windermere . Ana is hoping to run the 10 in 10 challenge by running this tough course on 10 consecutive days, with the open event being the final outing. She needs the club's support with sponsorship for this extreme challenge.

31st May – Edinburgh – I really fancied this one as I did the first Edinburgh a few years back and loved it. However it's £39 to enter! (*Likewise – Chris*)

5th April – Blackpool. I've run this a few times and had a few disasters but it's flat, cheap and cheerful. (*Likewise – Chris*)

19th April - Bungay: A long way to travel and a two lapper but a great race and could be made into a great family weekend.

26th April - Shakespeare: This is one I've never run but do intend to one day.

I've decided on Blackpool. Its gets it for me on being flat n cheap!!!!!!!!!!!!!! - *Davina*.

A winter's run

I've always tried to support the West Yorks Winter League races and I've encouraged many runners to have a go as it's a friendly, yet competitive league. However whilst I'm now into my 16th consecutive year of running the events (80/82 races so I've not done bad), I openly admit that I dislike cross country (ok, most off road!). I also have a huge fear of snow and ice. It's not quite as bad as my fear of peacocks but its enough to get me very stressed. Having not run for a week before, due to snow and ice I was really dreading the cross country. I felt apprehensive as we approached the car park as I started to imagine myself falling on the ice. Chris said, "just walk round". So that was my plan. I'd saunter round in my festive hat and enjoy the morning sunshine. But, when I looked at the course (and I saw Dave fall!) my fear came back and I couldn't face even walking. I checked the number of women running for Idle: Lisa, Claire, Clare & Ana. Well we did have a team but only just. I looked again at the course but really didn't feel I could run. I told Chris I'd write the team names onto our sheet instead. At least I'd be doing a useful job at the end. I immediately started to relax abit but I did have a niggle in the back of my mind. Was I making the right decision?. I have so often made wrong ones and I didn't want this to be another. I told a couple of team mates that I couldn't run. They were sympathetic. Therefore it was obviously the right choice. I told Martin I wasn't running as I asked him to sign a few cheques for the Christmas party (well you sometimes have to grab every opportunity to do things!). Martin (and Leon who was at his side as I told him) said I WAS running. From then the decision was taken out of my hands. They simply took my hands and pulled me down the hill and to the start.

I hated the first lap. I was completely last and I practically walked a lot of the course as I 'tested' it out to see if it was slippy (it was). I gently jogged the next one as the entire field lapped me. This time it wasn't as bad – I knew the course plus I had lots of support as people passed me (luckily I'm known by most of the league so they all told me to keep going). The final half lap was great. Ana and I had the entire course to ourselves. I was cheered (Jane was there on every lap) and supported round by my club, which included Team Captain Claire, Martin and a little possie of Idle AC who got me to the finish. I felt utter relief. It was even better when I realised despite being at the back that my point position was better than in the first

race due to the fact that fewer women ran. To cap in all I won the silly hat competition and got a box of chocs!!

That night I texted Claire to thank her for being at the end. Her reply said: "I'm Captain, its my duty to make sure I see everybody in. You've come back for me on so many occasions its only right I return the favour". The actions of Martin, Leon, Claire and others really meant something to me. I'm so glad I decided to run - *Davina*.

Coley Canter Fell race.

Warren texted me and asked me to pass on the details of the Coley Canter fell race, the race is organised by a mate of his. The details are below. Check out Calder Valley website if more info is needed.

Run off those Christmas excesses with this fast multi terrain race through woodland paths and tracks.

This is not an official Calder Valley or FRA race, but is organised by one of the members of Calder Valley Fell Runners.

Category BM: 7 miles with 1000ft ascent

**Saturday 27th December 2008 at 11.00am - registration opens at 10am
Shelf Village Park (Grid Ref SE 122 283) - near the Calderdale Way Relay 5th/6th leg
changeover point.**

The Coley Canter is an entry on the day race, only 50p this year!!

Registration is in Shelf Village Park from 10am.

Since there is no indoor venue - the hall is being refurbished so it can't be used for the race - the race entry fee will be only 50p to cover basic costs and a few prizes to be given as the runners cross the line. Race will be back to normal next year, with registration and prize-giving in the hall.

Contact: - Karl Gray (01274) 428049

Full waterproof body cover, map, compass, whistle and emergency food must be carried.

Christmas and New Year at Idle AC

We have the Tropical Christmas Party on the 13th, and the two Christmas Lights runs (sherry and mince pies after the runs) on Wed 17th and Thurs 18th Dec. The Sewage works Surprise club Handicap Race is on the 21st at 10am (optional fancy dress) followed by the presentation afternoon at the Symposium (families welcome with a hot buffet). Tuesday 23rd is the final coached season (with a festive feel!) prior to Christmas. There will be no club on either Wed 24th or Thurs 25th. A lot 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 30th but no club on 31st Dec.

Please support our usual 'Christmas Lights' run Wed 17th and on Thursday 18th 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. Also (late addition) see the Coley Canter details, a bargain at only 50p!

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

Enjoy the Christmas lights as you run this December.

Race Results

Thirsk 10m 30/11/08

318 Rhea Hawkins 1.13.09

810 Ana Lincoln 1.43.22

849 ran

From the Coach...

Well it's goodbye from me! I've finally decided to beggar off and let someone else do the leadership bit...

Last year I quietly celebrated 20 years of running, and this year marks 20 years of trying to encourage other people to run. As recently as this week I found that my words had inspired someone to try for London marathon qualification.

It was like having the Midas touch in the first years at Idle AC, with everything turning out far better than I could have hoped. Now the opposite seems somewhat to be the case, and that is because I failed to recognise upcoming problems for the club and for myself.

I foolishly thought things would sort themselves out, but in the current climate they will not. Therefore the best thing for the club is a complete change. I have seen it happen with great success at other clubs and I think it can for Idle.

In practical terms that means I will stop attending the club from December 31st. My final Tuesday session will be Tuesday 30th December, and my final organised effort will be the Club handicap and Symposium buffet on Sunday 21st December. I will carry on doing the results for the Winter League, but I ask the club captains to encourage everyone to run.

I will ask Martin to cut the link to the "From the Coach ..." webpage from 1st January. I will continue to update it with broadened content unrelated to the club, so bookmark it directly if you want to follow that.

Thank you to everyone who has supported the coached sessions over the years (At Idle and Eccleshill I've been running them without interruption since 1989!) Thank you to everyone who has read and commented on this column.

I'm off to sort myself out – to recover my focus and self esteem. Do come down to the Symposium on the 21st in the afternoon, to check I'm definitely going, and to say goodbye (if you're one of the people still speaking to me!), but it's definitely not a leaving party.

And finally, goodbye and good luck to everyone at Idle AC. I'll see you around at races I'm sure, but it's up to you now.

- *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