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Coming Events: Jan – End March 09

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

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.
Sun 8 th Feb 09	WYWL Race 5, Baildon, 1pm. All club needed.
Sun 15 th Feb 09	Liversedge Half, 12 noon. Undulating but great local event. First of the 2009 club races. Get your entries in.
Sun 22 nd Feb 09	Huddersfield 10k, 11am.
Sun 15 th Mar 09	Spen 20. Tough run which seems to have snow/sleet and huge hail stones but still very appealing!!!
Sun 22 nd Mar 09	East Hull 20. Flat well organised event. Jo, Ana & Davina did both races back to back in 2009. Recommended races for marathon training.

Sun 22 nd Mar 09	South Leeds 5m (or 5k fun run), 9.30am.
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Attendance Scheme/ Club races – 2009 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 2009 will be a completed list in Feb Gossip but the list so far is as follows:

Date	Race Details	Comments.
February 15 th – Sun	Liversedge Half, 12noon.	
March 15 th – Sun	Spenneth 20mile, 10am.	A must for a Spring marathon.
March 29 th - Sun	Bradford Epilepsy Action 10k. 9am.	
April – Tues 7 th April	Bunny Run (1) 3miles, 7pm.	Great local event accessible to all abilities with FREE CREAM EGG!!!
May – Sun 4 th	Rothwell 10k.	
May – Wed 6 th	John Carr 5k, Esholt, 7.30pm. Fast, flat course.	

Fell Races 2009: Jan to end March 09.

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 one of the regular fell runners within the club or seek guidance from the FRA website/book. FRA Website:

www.fellrunner.org.uk

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.

THURS JAN 1st CAPTAIN COOK RACE. BS. 11am 5.5m/750'. Great Ayton, North Yorks. £6 on day. Website: www.nym.ac

THURS JAN 1 GIANTS TOOTH. CS. 12 noon. 3m/400' from Ogden Reservoir, Causeway foot. £3 on day. Website: www.ogdenwater.freeserve.co.uk

SAT JAN 3rd OVENDEN FELL RACE. BM. 11.30am 8m/1200' from Ogden reservoir, Causeway Foot, off the A629 Halifax-Keighley road. £5 NB: This is a serious Winter Challenge event. Full Body cover ESSENTIAL, plus additional cover. Website: www.ogdenwater.freeserve.co.uk

SUN JAN 18th WHITE HOLME CIRCULAR. CL. 10.30am 12m/1200' from Summit Inn on A6033, nr Littleborough. £5 Website: www.ogdenwater.freeserve.co.uk

SUN JAN 25th SOREEN 'STANBURY SPLASH'. BM. 11.30 am. 7 miles/1200 feet from Penistone Hill Country Park, Haworth. £3.50 on day. All finishers receive a Soreen Malt loaf, free coffee and biscuits. Website: www.woodentops.org.uk

SUN FEB 1st MICKLEDEN STRADDLE. BL 10.30am 13.8m/1980' from Langsett Barn, on A616 Langsett Rd. £4.50 pre-entry by 28th Jan or £5 on day if 200 limit not reached. Website: www.dendydaletravellers.co.uk

SAT FEB 7th WADSWORTH HALF TROG. BM. 10 am. 9m/1500' from the Old Town Cricket Club, Hebden Bridge. £6, closing date: 31st Jan. Full body cover, map, compass, whistle and emg food must be carried. No entries on day. Website: www.cvfr.co.uk

SAT FEB 7th WADSWORTH TROG. BL. 10.10 am. 20m/4000' from the Old Town Cricket Club, Hebden Bridge. £6, closing date: 2nd Feb. No entries on day. Website: www.cvfr.co.uk. Full body cover, map, compass, whistle and emergency food must be carried for either events above. No kit, no run.

SAT FEB 28th NOON STONE FELL RACE. AM. 12 noon. 9m/2300' from Top Brisk Inn, Lumbutts, Todmorden. £4 on day. Website: www.todharriers.co.uk

SAT MARCH 7th. HALF TOUR OF PENDLE. AM. 11am. 9m/2250' from Barley, Near Burnley. £4 to organiser by 1st March.. Website: www.clayton-le-moors-harriers.co.uk

SUN MARCH 8th. IAN ROBERTS FELL RACE. BS. 11.00pm 5.9m/900' from Marsden Cricket Club. £4 on day. Website: www.holmfirthharriers.com

SAT MARCH 14th. WUTHERING HIKE (Haworth Hobble). BL. 8am. 33m/4400' from Haworth Community Centre. £20 teams of 2 or £11 solo. Entry on official entry form. Full kit to be carried. Bring mug for drinks en route. Hot meal at finish, showers/changing. No litter to be dropped. Website: www.kcac.co.uk

SAT MARCH 14th WINDMILLS WHIZZ. BM. 11.30am. 7m/800' from Ogden Reservoir, Causeway Foot. £5 on day. Website: www.ogdenwater.freeserve.co.uk

SAT MARCH 21st. REALLY WILD BOAR. AS. 1pm/5m/1400' from Street (GR743015) Fully body cover required. No toilets. Limited parking. Email: grandddevine@hotmail.co.uk

SUN MARCH 22nd BLAKEY BLITZ. AM. 10.30am 9.5m/2370' from Lion Inn, Blakey Ridge, nr Ralph Crosses, North Yorks. £6. New event. Full kit must be carried. Website: www.nym.ac

SAT MARCH 28th MIDGLEY MOOR RACE. AS. 11am. 5m/1250' from Booth Cricket Club, Booth, Halifax. £3.50 on day. Website: www.cvfr.co.uk

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: 12.30 approx 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

Please let Davina know if you are interested in this event.

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 Davina – and whilst not the quickest (more like the slowest!) has done over 80 races in the past 15 plus years.

We had 18 runners for the Stainland event, 17 runners for the second event at Skipton & 29 for the first at Temple Newsam. The 4th event is on 25th Jan 09 at Pudsey.

Christmas Sewage Works Surprise Handicap results

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!

Idle AC - Sewage Works Surprise Christmas Handicap
21.12.08

Name	10k ave	0.95	Mile	3.75 Mile	Start	Time	Actual
Ana Lincoln	57.00	54.15	8.72	32.70	0.00	34.38	34.38
Leon Winder	45.50	43.23	6.96	26.10	11.30	35.30	24.00
Dave Lewis	46.50	44.18	7.11	26.68	10.30	35.33	25.03
Tim Whitcombe	51.30	48.74	7.85	29.43	5.42	36.55	31.13
Tony Brayshaw	48.50	46.08	7.42	27.82	8.30	38.39	30.09
Pete Hilliard	48.50	46.08	7.42	27.82	8.30	38.39	30.09

Congratulations to Ana on winning the 2008 event and to Leon and Tim who picked up 2nd & 3rd places.

Black Sheep Series 2009.

Take a look at the Blacksheep website for details of the 2009 Black Sheep Series:
www.blacksheepseries.co.uk

Series Entry form and info now on the above site.

Next years Series will include the same 8 races as this year: Fountains 10k, Ripon 10, Melmerby 10k, Kirkby Malzeard 10k, Rainton 10k, Burn Valley Half Marathon, Burton Leonard 10k & Wetherby 10k.

The dates of all these races are to be confirmed; the only expected change is that the Burn Valley Run will move from a Saturday to the Sunday. Next years format will be a Series based on your actual race times not on a points system. The downside to this is that the criteria for next year will be: 4 x 10k races plus **both** the long races.

I, and many others at the club can really recommend the series/or the individual races. A lot of the races offer mixed terrain events, they are well supported and many are great for family days out.

Lakeland Trail Race Series 2009:

Those who want to travel further afield for a scenic series may want to consider the Lakeland Trail Series.

To count in the overall **Puma Lakeland Trails™ 2009** series, you must complete at least 3 of the Trails. (Hawkshead, Garburn, Derwentwater & Coniston).

The races are:

Hawkshead 18/4/09 15k, Garburn 6/6/09 24k, Derwentwater 6/9/09 14k, Coniston 3/10/09 15k. New for this year are the races on Cartmel race course on 21/3/09 – Various races/distances.

The series: Points are awarded to all finishers (Challenge & Trail Race), based on their finishing times. The fastest man and woman will receive 500 points, with the following 2nd fastest receiving 499, the third 498 and so on. All finishers will be allocated points. The Garburn Trail, on 6th June, is the toughest trail of them all, and therefore points earned on this trail will be higher. i.e.: fastest = 600 points, 2nd 599 points, 3rd 598 points etc.

The **Puma Lakeland Trails™ 2009** series ranking lists will be posted on the Lakeland Trails™ pages of the website, immediately after each event. Although the Challenge is essentially non-competitive, your finishing times will still qualify you for ranking points.

The **Puma Lakeland Trails™ 2009** series class winner will be the person with the most number of points after all four events in their respective class. Points earned from all four events will be used.

Prizes will be awarded to all class winners (Men & Women's Open, V40, V50 & V60). The 2009 Lakeland Trails™ prize giving will take place after the last event on 3rd October. The prizes will be a specially commissioned limited edition framed photograph of the Lake District from one of the Lakeland Trails™ with engraved silver trophies for the men's and women's Open winners.

Puma Lakeland Trails™ 2009 series entrants are permitted to change events (i.e. from the Trail Race to the Challenge). Check out www.lakelandtrails.org for full details.

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:

8th March – Duchy Marathon, Cornwall – A long drive but I bet it's scenic! Its two laps. Rhea is running this as her first marathon.

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

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.

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!

I've decided on Blackpool. Its gets it for me on being flat n cheap!!!!!!!!!!!! - *Davina*.
PS May have to rethink this one as it clashes with Baildon Boundary Way.

2009 Club race.

Still to be finalised but if anyone wants to suggest one the criteria is: fairly local, not more than 10k, a race that the whole club can enter that won't be full straight away. Have a think.

Lifts and car sharing to races.

As parking is difficult at many events (especially at Fell races) it would be good to encourage car sharing at races. Also some runners (myself included) don't have access to a car (or be able to drive one in my case) so encouraging members to offer lifts would be good. If anyone has any ideas as how best to do this let me know. I don't mind acting as a 'central' link etc??

Annual General Meeting.

We are still finalising the date for the AGM but its likely to be either the last Thurs in March or 1st Thurs (2nd) in April at the Cricket Club. This is your big chance to air your views on the club's present and future policy and activities. Please note that there will be no club training on the night of the AGM. An agenda will be available to all members within the next few weeks so please let me know if anyone has any agenda items. The following positions will be filled at the AGM: Secretary, Treasurer, and Chairperson plus up to two additional committee positions.

Members are reminded that subs will be collected at the AGM when a membership form will need to be completed (amount still to be agreed), although it would be appreciated if all subs could be paid by the beginning of May at the latest as annual subs then need to be paid to England Athletics.

Bunny Runs 2009

- 4 individual races on successive Tuesday evenings, 2009 dates are:
7 April 7.00pm, 14 April 7.15pm, 21 April 7.30pm, 28 April 7.30pm
followed by the Bunny Relays on the Tuesday 5th May at 7.30pm
- All from Dimples Lane Quarry (*Do not park in the quarry itself as you'll be in the way!*).
Registration at the Old Sun Hotel, Haworth, W. Yorks (GR 026372), 5 mins. from start.
- Individual Bunny Runs: Details as in 2007: CS. 3m/300'. £2 on night only. Teams free. PM. Over 12. Records: 15.00 I.Holmes 2007; f. 17.20 M. Wilkinson 2007; "Egg Stage" 3.24 M. Buckingham 2006; f. 3.59 M. Wilkinson 2007. **Cadbury's Creme Egg for all finishers.** All prizes Easter eggs. 3 races out of 4 to count for overall awards.
- Bunny Run Relays: CS. 7.30pm £6 per team of three on day. PM. Over 10 for 2nd & 3rd legs, over 12 for 1st leg. Courses as in 2007. 1st leg 2.5m/250', 2nd & 3rd legs 2m/200'. Almost any conceivable team composition welcome including mixed, family, junior etc. Relay batons are eggs! Egg stage, first leg only male and female.
- Dave & Eileen Woodhead have been involved with organising fell races for many years: the Bunny Runs, Withins Skyline, The Stoop, Auld Lang Syne, Stanbury Splash, and others too. Visit: www.woodentops.org.uk

London Marathon 2009: Sun 26th April 09

Congratulations to Tony Brayshaw and Ana Lincoln whose names were drawn out at the Christmas party who take the two club entries for London. Good luck to all who are running. For details of an organised weekend check out: www.mattgraham.co.uk

PS The Spen 20 is on 15th March & East Hull 20 the following week are both ideal marathon training races (especially if you run both).

Race Results:

Bolsover Mizuno 10k, 14/12/08, Derbyshire:

155	Rhea Hawkins	44.11	
554	Ana Peacock	56.47	748 ran.

Stoop Fell Race, 21/12/08 5m/800'

160	Shaun Lennon	47.40	
273	Amy Wright	62.19	293 ran

Check out www.woentops.org.uk for photos.

Chevin Chase Fell race, 26/12/08

129	Tony Brayshaw	50.32	
157	Dave Lewis	51.36	
178	Shaun Lennon	52.40	
389	Phill Routh	60.31	
498	Claire McConnell	1.03.32	
602	Clare Sweeney	1.08.14	
697	Hannah Peacock	1.13.36	
796	Ana Lincoln	1.22.00	
873	Jane Lewis	1.30.16	833 ran.

Look at Airecentre pacers website for a couple of good pics: Phill and Shaun (39) and Jane with Helen Cariss (Bingley) (43 & 44).

Coley Canter Fell Race 27/12/08, 7m/1000'

Tony Brayshaw ran but awaiting official results.

Auld Lang Syne Fell Race, 31/12/08.

154	Donna Edmondson-Booker	52.40	
238	Shaun Lennon	56.23	
264	Phill Routh	57.57	
270	Dave Lewis	58.14	
380	Tim Whitcombe	62.55	
533	Andy Moakler	78.19	
557	Ana Lincoln	98.52	557 ran.

Please let me know if you run any races so I don't miss anyone off the results.

Fun at the Chevin Chase!

There is nothing more arresting than the Chevin Chase.....

First of all there is the worry about the weather. Is it going to be snowing? Is it going to be bucketing down with rain? Is the ground going to be so icy you slip down one of the hills from hell

The fact is, it was truly perfect this year - cold but sunny and bright, offering magnificent vistas of Otley and surrounding Wharfedale. It is on the one of the hills from hell, that you reach the top, turn the corner and are rewarded with a landscape to die for, looking across Wharfe Valley with the gravel ponds gleaming in the distance as you trip down a narrow winding track before reaching THE HILL FROM HELL – the

one I had forgotten about from three years ago. I had told my friend Helen that the previous hill was the last one. She was not impressed.

Everyone starts to walk on THE HILL FROM HELL. Everyone, that is, at the back of the pack. Perhaps Olympic triathlete and this year's winner Alistair Brownlee leaps up it like a mountain goat. I must admit I would like to see the frontrunners some time.....

It was on THE HILL FROM HELL that I first started to feel that the Christmas pudding and mince pies were not such a good idea after all. I had forgiven several runners for cutting me up and overtaking me, even for speeding. I hadn't once pulled anyone over.

But when I saw a photographer trying to take a picture of me dragging my weary body up THE HILL FROM HELL I truly wanted to give him an on-the-spot fine. As he leapt to the top of the hill to get even more pictures of me grimacing I actually wanted to commit grievous bodily harm. Of course, I had to get a grip on myself. It would have ruined a beautiful career.....

As I muttered to Helen, 'Who is that Bloody Man', she replied Dave Woodhead. At this point my whole demeanour changed. I have admired Dave Woodhead for many years. He is the guy who organises the Bunny Runs, so beloved of my husband, and who dishes out loads of chocolate eggs afterwards in The Sun Inn on Haworth Moor. He also takes many photos for the magazine The Fellrunner, a gloriously glossy publication crammed with wonderful pictures and tales of the daring who lovingly embrace the Yorkshire moors and dales with a pair of spikes and shorts whatever the weather.

Once up THE HILL FROM HELL it is a great feeling to know you are out of the woods, so to speak, and about to start a slow descent after firstly crossing a Yorkshire stone pavement that traverses the moorland, then down a country track, before scampering across the field. It was in the bottom of the field that I had an unseemly panic attack in a sea of mud, laughed at by onlookers and berated by Helen because I let some branches whiplash her after clinging on for dear life, and then letting go just as she came behind me!

Very unbecoming behaviour for someone in my position.

Nevertheless, we made it, after a nice downhill romp before turning right, a slight incline, and then the last few yards turning into a school field.

There might have been only nine runners behind us out of 833, but this did nothing to dent our happiness. We'd had an absolutely brilliant time. What a great way to spend Boxing Day. We could have sat slumped in front of the TV with a big box of chocolates (actually I did that the following day) but I would not have had the chance to wave my truncheon at a load of giddy Christmas fairies, elves, and santas, in the middle of a forest, now would I? – *Jane*.

10 Marathons in 10 days!!!!!!!

From 8th to 17th May 2009, I will be running 10 marathons in 10 days to raise money for Brathay Hall Trust.

Brathay is a registered charity that delivers personal development programmes with children and young people from across the UK. They work in partnership with various national and regional youth agencies in helping children and young people overcome difficulties arising from their personal and social circumstances, and give them the skills to make positive choices about their behaviour and attitude.

Alongside their work with children and young people Brathay also helps individuals and organisations excel by delivering high quality people development programmes. They have a strong commitment to CSR and work with people's beliefs and values, resulting in long-lasting and effective change. Programmes include team-building, graduate programmes, management & leadership development and coach & facilitator programmes.

Brathay currently work with over 5000 children and young people, and over 4000 adults each year.

Please can you sponsor me for this epic 262 mile challenge by sending me a cheque or via logging onto: www.justgiving.com/anastasiaincoln

Remember every little helps. Thank you very much for your support! – *Anastasia*.

For more details check out the website: www.brathaychallenge.com/10-in-10marathon-runners.asp

For details about the Windermere marathon on 17th May, which starts and finishes at Brathay Hall, taking in stunning scenery on the way through Hawkshead, Newby Bridge & Bowness on Windermere log onto: www.brathay.org.uk

A New Year at Idle AC.

Contrary to a rumour that some runners (outside of Idle AC) seem to be circulating – Idle AC continues to build in terms of the numbers, the ethos, and in the support and enthusiasm that we can all provide to one another. In 2009 we will continue to offer weekly coached sessions on Tuesdays, offering hill and speed work. However with Chris's departure as the main coach I (and hopefully another Level 2 Coach) will lead the sessions. Please bear with me on this, I'll give it my best but I know that I don't have the confidence and experience that Chris gave to the sessions. However I do have the experience of participating in these sessions both at Idle and in my previous club for the previous 19 years plus I have led some sessions. In addition, subject to numbers and having members prepare to plan a route (rota basis) we will also offer a run on Tuesdays. I hope that by doing this that all members will support the club on Tuesdays. For the time being the monthly coached sessions on the 1st Wednesday in every month (at 6.30pm) will stop although this will be reviewed at a later date, therefore every Wednesday will be a run. Thursdays will be a night when **ALL** are encouraged to run (obviously in groups once we get the numbers, again each group having a 'leader' who plans/organises their route/group). Please let me know if you are happy to organise/plan routes so we can get rotas sorted. Obviously the specific 'Run for All' (previously on 1st Thurs each month) will cease. The Attendance and Club records Scheme (with a big choice of prizes!) will be re-launched. We'll also prepare for our AGM in early April when the vacant Committee positions will be filled. Prior to the AGM I will act as Secretary.

We will continue to encourage members to race at a variety of distances, especially the races that form the 2009 club race listed events.

In addition to running events there will be 'social' events such as the WYWL Presentation evening in March hosted by Idle AC (details to be confirmed) & the annual Idle Beer Festival at the end June. Plus, other social events such as nights out etc. If anyone has any ideas/wants to organise things let us know.

However the highlight of 2009 will be our hosting of the 5th Idle Trail race (date to be confirmed but likely to be early Aug). We will need the whole club (plus family and friends) to make it a success so please ensure everyone is available. With the excellent feedback we received from last year's event and the increase in race entrants, we hope to reach our race limit. If you are interested in joining the Trail Race Committee please let me know – This will be a lot of work so I really need assistance.

Finally, of course, we hope to be competing in the West Yorkshire Winter League. This is just a **tiny** (there'll be loads more stuff!) number of things that Idle AC will be offering in 2009.

We will continue to keep members regularly updated at the club sessions, on our website, within the monthly Idle Gossip and within the committee minutes. In addition we'll have additional updates, particularly in the run up to the AGM. If you want something done or have ideas for things you want the club to do – see/contact a committee member, Shaun Lennon, Peter Hilliard or myself. Thanks for your continued support – *Davina*.

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