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Coming Events: Feb – End April 09

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

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	Spenneth 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.
Sun 29 th Mar 09	Epilepsy Action 10k, Bradford. We hope to get a team photo at the event. More details in March Gossip.
Tues 7 th Tues 09	Bunny Run (1) 3miles

Sun 12 th April 09	Guiseley Gallop (Approx 10k)
Tues 14 th April 09	Bunny Run (2) 3miles
Tues 21 st April 09	Bunny Run (3) 3miles
Tues 28 th April	Bunny Run (4) 3miles

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 has yet to be completed but the first half of the years races are as follows:

Date	Race Details	Comments.
February 15 th – Sun	Liversedge Half, 12noon.	5 of us for this hilly half. First half marathon & PB for Claire on her birthday!!!!!!
March 15 th – Sun	Spennings 20mile, 10am.	A must for a Spring marathon.
March 29 th - Sun	Bradford Epilepsy Action 10k. 9am.	We hope to get a team photo. Details to follow.
April – Tues 7 th	Bunny Run (1) 3miles, 7pm.	Great local event accessible to all abilities with FREE CREAM EGG!!!
April – Sun 12 th	Guiseley Gallop (Approx 10k)	
May – Sun 3 rd	Bluebell Trail 10.3.	Quality gift & goody bag and some of the most scenic views.
May – Wed 6 th	John Carr 5k, Esholt, 7.30pm. Fast, flat course.	Great local event.
May – Sun 10 th	Leeds Half marathon, 9.30am.	
May – Wed 20 th	Kildwick Fell Race, 7.30pm, 3.75m/800'	
May – Sun 24 th	Ilkley Trail Race. 6.9 miles. 2009 Idle AC Club Race.	Footpaths, moorland and fantastic views.
June – Thurs 4 th	Bronte 5, 7.30pm. Hilly two lap course. Includes vets champs.	Date to be confirmed.
June – Wed 10 th	Otley 10. 7.30pm.	
June – Sat 27 th	Eldwick Gala Fell Race. BS 3m/550'.	

Fell Races 2009: Feb to end April 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.

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.holmfirtheharriers.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

SAT APRIL 4th PENDLE FELL RACE. AS. 2pm. 4.5m/1500' from Barley Village Hall, Barley, near Burnley, Lancs. £3 on day. Refreshments in village hall. Website: www.clayton-le-moors-harriers.co.uk

SUN APRIL 5th GISBOROUGH MOORS RACE. BL. 11am. 12.5m/2600' from Guisborough Rugby Club. £7 to organiser. Alternative short race 6m/1100' £6. Website: www.nym.ac

TUES APRIL 7th BUNNY RUN 1 CS 7pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start) £2 on night only. Crème Egg to all finishers. All prizes Easter Eggs. 3 out of 4 races to count for overall awards. **Highly recommended event/series.** Website: www.woodentops.org.uk

SAT APRIL 11th WARDLE SKYLINE. BM. 2pm 7.2m/1250' from Wardle Square, off A58 Rochdale-Halifax Rd. £4 plus £1 to scouts. Website: www.rochdaleharriers.co.uk

TUES APRIL 14th BUNNY RUN 2 CS 7.15pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start) £2 on night only. Crème Egg to all finishers. All prizes Easter Eggs. 3 out of 4 races to count for overall awards. Highly recommended event. www.woodentops.org.uk

TUES APRIL 21st BUNNY RUN 3 CS 7.30pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start)£2 on night only. Crème Egg to all finishers. All prizes Easter Eggs. 3 out of 4 races to count for overall awards. Highly recommended event.

www.woodentops.org.uk

SUN APRIL 25th THREE PEAKS RACE. AL.10am. 24m/4500' from the Playing fields, Horton in Ribblesdale. £16. Must pre-enter, on line only (from early Jan), by 31st March if 800 entry limit is reached. Visit website for details: www.threepeaksrace.org.uk

TUES APRIL 28th BUNNY RUN 4 CS 7.30pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start)£2 on night only. Crème Egg to all finishers. All prizes Easter Eggs. 3 out of 4 races to count for overall awards. Highly recommended event.

www.woodentops.org.uk

Weekend Away & Millennium Way Relay.

Weekend Away and Millennium Way Relay

Do you remember last year? When we went to Hawkshead? The sky was blue and we had a picnic in a glorious meadow? The men rowed across Lake Windermere and ran up Gummer's How while the ladies cheered and drank pots of tea in the sunshine?

I thought we could try somewhere different this year but it seems people want to relive it all over again! So put the weekend of the 20th June in your diary. You can even begin the weekend on the Tuesday if you want to cycle up with Trevor. It should be easy enough to follow the same plan as last year – same race, same youth hostel, and same pub for dinner. Maybe just change the walk and do something else instead of mountain biking? I am mentioning it this far in advance so we can hopefully get even more people to come this year and get race entry forms in. The Gummer's How race involves a quarter mile row and a three mile fell race (can't remember how high but it's category 'A'). It's done in teams of three or individually and we're putting in a girls' team this time! It's a great for spectators if you're not convinced.

The Sunday before the weekend away is the Bradford Millennium Way Relay organised by St Bede's AC. That is the 14th of June and is local (as you can tell from the name). Again, I am giving plenty of notice because we need to get ten people together if we want to enter a team. It consists of five legs with two runners per leg. Each leg is 8-11 undulating miles on footpaths and tracks across fields and through heather and woodland. We could enter the 'open' category (any combination of men and women) or the 'mixed' category which is five women and five men (mixed couple per leg). It costs £70 per team (including t-shirts and food at the end) and we have to register by 31st May. There is a supervised recce on the afternoon of Friday 12th June but I don't know if that is compulsory or if you can do your own. There is more information at <http://stbedesac1.pwp.blueyonder.co.uk/index.html> .

What do you think, Team Idle?! *Lisa*

Yorkshire Vets.

Idle AC will once again be affiliating the club to the Yorkshire Veterans Athletic Association (YVAA):

The 2009 Yorks Vets Championship races are as follows:

Half Marathon, Sun Apr 26, Sheffield.

5k, Wed May 6, Esholt.

5 miles, Thu Jun 4, Haworth

10 miles, Sun Aug 9, Askern

10k, Sun Sept 13, Spenborough

Track & Field, Sun Sep 20, Spenborough

15 miles, Sun Oct 25, Holmfirth

Fell, Sun Nov 8, Cop Hill @ Meltham

Road Relay, TBA

Yorks Vets Grand Prix Details 2009:

<u>Fixture</u>	<u>Date</u>	<u>Day</u>		
<u>Feb 1</u>	<u>Feb 1</u>	<u>Sun</u>	<u>11.00</u>	<u>Horsforth</u>
<u>2</u>	<u>Mar 22</u>	<u>Sun</u>	<u>10:00</u>	<u>Meltham</u>
<u>3</u>	<u>May 31</u>	<u>Sun</u>	<u>11:00</u>	<u>Walton -</u>
<u>4</u>	<u>Jun 10</u>	<u>Wed</u>	<u>19:30</u>	<u>Pudsey -</u>
<u>5</u>	<u>Jun 23</u>	<u>Tue</u>	<u>19:30</u>	<u>Meanwood -</u>
<u>6</u>	<u>Jul 5</u>	<u>Sun</u>	<u>11:00</u>	<u>Honley -</u>
<u>7</u>	<u>Jul 29</u>	<u>Wed</u>	<u>19:30</u>	<u>Knavesmire -</u>
<u>8</u>	<u>Aug 20</u>	<u>Thu</u>	<u>19:30</u>	<u>Starbeck -</u>
<u>9</u>	<u>??</u>	<u>-</u>	<u>-</u>	<u>Spensorough -</u>
<u>10</u>	<u>??</u>	<u>-</u>	<u>-</u>	<u>West Vale -</u>

Summary of the scoring details in the Yorks Vets Grand Prix:

Points are awarded in each Grand Prix race as follows.

The first man, regardless of age category is awarded 200 points, the second man 199 points and so on. The first lady, regardless of age category is awarded 100 points, the second lady 99 points and so on. No points are awarded for guests (guests are runners for clubs which are not affiliated to the YVAA, runners without a club or runners below the age of 35).

Age at AGM date determines age category for the season in grand prix **team** awards. If you change age category during the season you are eligible for the new category in the individual grand prix races **only**. This paragraph does not apply to championship races.

There are various team events (see website for details).

Individual Awards:

Category prizes are given at each of the races. At the end of the series trophies are awarded in each category based on the runners' best 7 scores from the 10 races. A minimum six races have to be completed to qualify for an award.

Race Fees: Entry fee is £3.00 for each race. Race entry is made on the day.

Your race number for the season will be issued when you attend your first grand prix race of the season. Keep this number for the series. If you forget to bring this to a subsequent race you will be charged an extra £1.

Check out the Yorks Vets Website: www.yvaa.org

Idle Trail Race 2009

Watch this space for further details of the 2009. There is a probable date of Sunday 2nd August so please keep that weekend free if at all possible. If you are interested in the possibility of being on the race committee please let me know – *Davina*.

Idle Web... Feb 09.

This, including links, is available on our website: Welcome to my first Idle web of 2009.

By now you should (“not”) have realised that the website has now safely moved into it’s new home. All the database tables & website content is now in place & you’ll hopefully start to see the fruits of the past few months efforts.

You will shortly have the ability to add any race results to the database for instant updates to the website. If a race isn’t on the list you will also have the option to add the race too. (Davina has already had a go at this & found it very quick & easy to do). This does mean that you will have to “login” to the site to update & also to view the restricted member’s pages. In writing the logon pages I have had to consider the security of the database & its content from two angles.

1 - Allowing users to add data whilst minimising the chance for mistakes (It’s success depends on how easily I can make it for everyone to add data to the site.) & 2 – Stopping non-members from accessing the database for updating it.(Using a secure logon & signup for access).

The 1st of March 2009 will be “go-live” day for this new secure area which will also incorporate the current restricted members area, including details of AGM’s, Committee minutes & club accounts etc.... From that date you will not be able to access any of the secure pages unless you login to the website.

From the 1st of February 2009 you will be able to access the new login/signup pages which will allow you to initially go through a simple “sign up” process. This is very quick & easy to use. All you will need to do is provide a password & your valid email address plus a couple of other self explanatory questions. For this to work, I do need your help in making sure that I have got a valid & up to date email address for you in the database. I have already added all the member’s who’s email addresses I know, but there are still a few missing. It would be great if you could check with either myself or Davina to verify that we have the right email address on record for you.

I do realise that some of you do not have an email address & if you are one of those people, can you get in touch with me so that I can setup an alternative method of validating your access.(assuming you have computer access – if not you won’t be reading this either !!!) – Maybe if anyone else knows someone who is not on email, they could let me know so I can manually create a specific signup for them.

Keep on Browsing - *Martin*.

West Yorkshire Winter league Presentation Night.

The Presentation Night will be at Heath Rugby Club on Friday 13th March, organised by Stainland Lions. Tickets will be limited at a cost of £5 each and include pie & peas/veggie option plus a disco. Please let Davina know if you want a ticket as these must be booked and paid for in advance. Congratulations to Stainland who were overall winners of the 2008/9 WYWL. Plus a real coup for the League as Stainland will be hosting the National finals and plate race.

Raise money for the club!!!!.

It’s really easy to raise funds for Idle AC with easyfundraising. Shop online with 600+ well known retailers and every purchase you make will generate a free cash donation for us.

easyfundraising is FREE to use and you won’t pay a penny more for your shopping. You could even SAVE money with over 100 exclusive online offers from many of your favourite high street stores.

You could raise much needed funds for us, just by making all your online purchases through easyfundraising all year round.

How to use: To start please you need to register so they know which cause you want to support. Its free to register.

Next, you then login using your username / password. This is how the system recognises who you are and which cause benefits when you make purchases.

Finally, click any of the retailer links provided and then shop just as you would normally. That's all you need to do. There is no additional cost to you.

Why do retailers support your fundraising?

It seems very generous, but when you buy online the cost to the retailer is much lower. As there's no shop, salesperson, heating, electricity, rates, not even the cost of the bag to put your goods in, retailers are more than happy to help good causes when new online customers are introduced to them via our website.

Will I pay anything extra?

No. You pay the same prices exactly as if you visited each retailer's website directly. Using our service will not cost you a penny more than you would pay normally.

How much can we raise for club funds?

Up to 15% of every purchase is donated, depending on which retailer you select and what you buy. The exact donation that will be paid is displayed directly next to each retailer listing. With some categories such as mobile phones and insurance there is a cash value. If a retailer offers more than one donation, or if there is any special information about the retailer.

Website: www.easyfundraising.org.uk/idleac or www.idleac.easyssearch.org.uk

We'll have a link from our website shortly. Get spending!!!!

2009 Club race.

The 2009 club race will be the Ilkley Trail Race on Sunday 24th May 09 at 11am. A scenic 6.9 mile undulating route on woodland trails, footpaths, moorland and road with fantastic views over Ilkley and the Wharfe Valley. Its only £6 if you pre-enter (or £8 on the day). The event offers an extensive prize list and a goody bag for all finishers. All the proceeds from this well organized local event are being donated to Revival Centre & Orphanage in Matugga, Uganda: www.revivalcentrematugga.org.uk

It would be great to have a big turn out at the 2009 club race.

Coaching 'Tasters'

I'm hoping to introduce the idea of 'Coaching Tasters' on some Tuesdays. The overall aim is to eventually increase the number of qualified coaches at the club. As a start I'm like to try out an idea whereby volunteer members approach me and suggest a session (outline of the session in writing). A risk assessment (i.e. look at the site where the proposed session would take place) would take place. The member would then lead/coach that session (as usual details published on our website calendar) on a particular Tuesday and I'd be there in attendance. The idea is to give members the opportunity to try out leading a session. Members would then have a better idea if they'd then like to consider obtaining a coaching qualification in the future (see below). As a starter with this idea Tony Brayshaw planned the following session for Tuesday 10th Feb 09, which was really well received.

Warm up: Jog to Thackley Old road: **Dynamic warm up**

Session: At 5k pace: (on Windhill Old Road):

Group 1: 10 times 700 meters with 30 sec recovery (this will take about 26 mins)

Group 2: 8 times 700 meters with 30 sec recovery (this will take about 25 min)

Group 3: 6 times 700 meters with 40 sec recovery (estimate is 24 to 30 min)

Session time max 30 min plus 15 jog to start 20 min jog back.

Your thoughts of the idea?:

If you fancy having a go, its completely voluntary, let me know! – *Davina*.

Coaching info: England Athletics run a range of courses and assessments to enable people to qualify as a coach. A CRB check is required before a coaching licence is awarded.

Level 1

Length: One day (usually 9am – 5pm)

Cost: £60

This Course is an introduction to coaching skills with a major emphasis on the ‘how to coach’ skills rather than the ‘what to coach’ skills. Despite this there is a large practical element with the coaching theory element of the course being taught and then put in to practice alongside technical sprint, endurance, jumping and throwing activities.

Coaches will receive a coaching manual with complete notes from the course and following completion of a CRB check through UK Athletics the coach will receive a coach pass and license (usually within eight weeks). At Level 1 a coach is qualified and insured to coach under the supervision of an athletics coach qualified to Level 2 or above.

Level 2

Length: Two days core modules, one day event module/assessment

Cost: £140 (core modules plus one event module of choice, subsequent event modules or assessments cost £30)

Coaches are usually expected to have been qualified at Level 1 and gaining practical coaching experience for at least six months before attending a Level 2 course.

The core element of the course is taken by coaches of all disciplines and covers topics including:

Learning styles, questioning and feedback, use of demonstrations, how to effectively observe and analyse coaches, planning a session, anatomy and physiology, strength training, development of power teaching technique.

Following on from the core weekend coaches are required to go through a period of supported practice, during which they will work with a more experienced coach to put in to practice knowledge and skills acquired at the core workshop. Coaches are required to complete five session planner and evaluation sheets to document this.

The final part of the award is an event specific day, which is taken 6-8 weeks after the core modules. Coaches decide which event group (i.e. sprints, endurance, jumps, throws) they would like to specialise in and will learn about the specific techniques involved with the events and how to coach them. Following this coaches are assessed while they deliver a short coaching session which they have prepared previously.

Coaches will receive a pre-course study pack, a coach’s manual with further information to support all areas of the core workshop and technical templates. Upon successful completion of the log book and assessment coaches are upgraded to Level 2, where they are insured to lead sessions in the event module in which they were assessed.

Licenses last 3 years and further training is taken to either remain at the same level or to progress to a Level 3 or Level 4 qualified coach.

Blast from the past!!

We received the following email:

It is now 3 ½ years since I moved out to Qatar and pulled on the old Idle AC vest. Things out here are going really well and living here has given us some great opportunities. The one area that is lacking is the running though. These days I am just running to maintain some fitness. The climate here is not really set up for it with the temperature in the day in the mid 20s and set to climb. When we return after the summer break we are looking at the mid 40s and humidity in the 80% plus region. You certainly manage to get a sweat on those first few runs back. Anyway I am glad to see that the club is going well and I like the look of the new web site. You just need someone to knock of those club records or they are going to become a bit of a Bob Beaman!!! Okay take care and a big hello to anyone there who remembers me

Cheers, Doug Briggs

Congratulations...

To Tony & Mary Blythe who have become grandparents to twin boys and also to Steve & Sue Little who became grandparents for the second time to a baby boy. Awwwwwww.....

Annual General Meeting – Thurs 19th March.

The date of the AGM has been changed to Thursday 19th March 09 Feb at 7pm 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 shortly 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.

The Committee positions involve active participation in the general running of the club and ensuring that all issues are dealt with in a fair and consistent manner. The posts involve issues such as coaching, training, and the future development of Idle AC. They do involve sometimes being involved in any issues that individual/collective members may raise and finding solutions. Equally the positions involve representing the club at meetings and at wider events within the sport. The positions are about acting in the best interest of all members at Idle AC.

You've all received the nominations sheet so have a think if you want to play a central role in the running of Idle AC.

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

Race Results:

Results for Brass Monkey Half Marathon on Sun, Jan 18 2009

Name	Time	Placing	PBT	Record
Leon Winder	01:30:48	220	Yes	MO
Tony Le-Feuvre	01:32:41	165	Yes	
Pete Hilliard	01:33:03	587		
Dave Lewis	01:33:26	281		M50
Rhea Hawkins	01:38:33	415		
Phil Joyner	01:38:52	425		
Carmel Beswick	02:03:21	1034		
Wilma Saville	02:03:22	1035		
Ana Lincoln	02:13:51	1178		
Jane Lewis	02:38:33	1273		

Pennine 10k, 4/1/09:

277 Ana Lincoln 59.47. Ana then immediately jumped in the car and ran the WYWL XC race at Stainland!!

Coley Canter Fell Race Dec 08

33 Tony Brayshaw 59.24

Dewsbury 10k 1/2/09

461 Matt Dunsmore 47.05

543 Lisa Davenport 48.37

698 Hannah Peacock 52.46

799 Ana Peacock 56.35 930 ran

Mickleden Straddle Fell Race, 1/2/09 BL, 13.8m/1980'

113 Tim Whitcombe 2.31.45

124 Tony Brayshaw 2.36.26 154 ran.

Liversedge Half Marathon 15/2/09:

278 Martin Burnside 1.57.12

293 Claire McConnell 1.58.38

328 Davina Smith 2.02.31

371 Andy Moakler 2.09.42

413 Ana Lincoln 2.21.31

Stamford Striders St.Valentines 30k 15/2/09

366 Rhea Hawkins 2.39.46 631 ran this tough course. Looking good for the Cornwall marathon for Rhea!!!!

5K Charity run 1st March at Leeds Met.

I received the following email:

Hello Idle AC!

**I am a student at Leeds Met studying Events Management and as a member of Charmers Events,
I have some important information for you...**

We would really appreciate it if you could inform your runners of the event and encourage as many members, plus their family and friends to get involved! We could also send you some

posters to put up around your club if you feel members would be interested.
'Be Someone's Hero!'

This is your chance to have some fun and raise money for charity at the same time!

Charmers Events is hosting a **5km Fun Run** in association with **Leeds Metropolitan University** and **'Up and Running'**, on the **1st March 2009** in aid of **Sue Ryder Care**. Please visit www.suerydercare.org

PRIZES! We have lots of fantastic prizes to give away including Leeds Academy tickets, Clothes Show London tickets, Nandos Vouchers, Up and Running Vouchers and lots more!

Lunch will be provided at the presentation of prizes as the SU Bar at Beckett Park, Headingley Campus.

Details:

- Start/End Point: Headingley Campus, Leeds
- Start time: 10am
- Registration fee: £5

Please find attached a registration and sponsor form, cheques should be made payable to 'Charmers Events'.

For further enquires please email charmersevents@live.co.uk or call James on 07919 554532

As the organisation of this event is part of our degree, we would really appreciate your support, not to mention, all money raised will go to an excellent cause!

Month 1 in a New Year.....

I wasn't sure how to start a February Gossip article. It felt appropriate that I should write something but I didn't know where to begin. So I'll start at the beginning, at least the beginning of the New Year at Idle AC.

Tues 6th Jan was the night I found most daunting. If I'm honest I'll admit that I hardly slept the night before and I worried most of that day about whether I could actually take on two very central roles at the club. Being 'central' doesn't come easy to me. I often feel scared and apprehensive about not being able to do things. I lack confidence. Even the fact that I'd previously been fairly central plus I knew the whole club didn't help me.

But I'd given a commitment to carry out the role as Acting Secretary until the AGM plus as a level II coach I needed to start to provide the coached sessions on a weekly basis. I worried no one would turn up. I worried people wouldn't want to do the session I'd planned. I worried about the weather conditions in case it was icy!!

The reality of that night turned out to be so much better than I'd thought in my mind it would be. Members turned up, including a few I'd not seen for a while. Everyone did the session and put in 110% effort. Even I did the session as it wasn't slippy!!!

Success. Tues 6th Jan was the tiny start I needed to prove to myself that maybe I could do this after all.

My next hurdle was 'leading' the Thurs 8th Jan session, in terms of planning & organising the route etc. I needed to keep it simple. Ensure everyone knew where they were going. I had to encourage the front runners to run back so that all felt included. Once again I dreaded going. Once again I was shown that provided people know what the 'plan' is, they'll embrace and support it 100%.

Since that week, I've just taken it a week at a time. I've had some minor successes which has helped my confidence. I managed to produce the January Gossip, including putting photos on the front and printing

it! I also managed to use the website calendar to start posting session & run details. I even registered to: www.goodrungle.co.uk and sorted a couple of routes. Well it's a start!

I've also had to deal with some other issues to do with the club and with the League and I've tried to offer a sense of diplomacy and fairness. I'll continue to do this whilst ever I'm in a central role.

I've enjoyed my first month as Acting Secretary & 'coach' and I'd like to add a big thanks to all members for your support.

I'll give it all another go during February. - *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	Leon Winder	1:30:48
	M40	Chris Smith	1:24:05
	M45	Simon Bellwood	1:22:48
	M50	Dave Lewis	1:33:26
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	1:13:09
	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	Rhea Hawkins	1:59:51
	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