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## Coming Events: March – End May 09

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

Sun 15 <sup>th</sup> Mar 09	Spennings 20. Tough run which seems to have snow/sleet and huge hail stones but still very appealing!!!
Sun 22 <sup>nd</sup> 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 <sup>nd</sup> Mar 09	South Leeds 5m (or 5k fun run), 9.30am.
Sun 29 <sup>th</sup> Mar 09	Epilepsy Action 10k, Bradford. We hope to get a team photo at the event. More details in March Gossip.
Tues 7 <sup>th</sup> Tues 09	Bunny Run (1) 3miles
Sun 12 <sup>th</sup> April 09	Guisley Gallop (Approx 10k)
Tues 14 <sup>th</sup> April 09	Bunny Run (2) 3miles
Tues 21 <sup>st</sup> April 09	Bunny Run (3) 3miles

Tues 28 <sup>th</sup> April	Bunny Run (4) 3miles
Sun 3 <sup>rd</sup> May	Bluebell Trail 10.
Mon 4 <sup>th</sup> May	Rothwell 10k
Wed 6 <sup>th</sup> May	John Carr 5k, Race 1.
Sun 10 <sup>th</sup> May	Leeds Half.
Sat 16 <sup>th</sup> May	Meanwood Valley Trail. 7.5
Thurs 21 <sup>st</sup> May	Apperley Bridge Canter Approx 10k. 7.30pm
Sun 24 <sup>th</sup> May	<b>Ilkley Trail Race, approx 6.9 m. Club race 2009.</b>
Sun 31 <sup>st</sup> May	Roberttown 7.
Sun 31 <sup>st</sup> May	Town Centre 5k, Harrogate.

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## Attendance Scheme/ Club races – 2009 details:

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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 <sup>th</sup> – Sun	Liversedge Half, 12noon.	5 of us for this hilly half. First half marathon & PB for Claire on her birthday!!!!!!
March 15 <sup>th</sup> – Sun	Spenneth 20mile, 10am.	Male Club record for Leon with 2.20 plus a pic with Nell McAndrew!! PBs for Peter, Tony Brayshaw & Tony L.
March 29 <sup>th</sup> - Sun	Bradford Epilepsy Action 10k. 9am.	We hope to get a team photo on steps at City Hall at 8.45am.
April – Tues 7 <sup>th</sup>	Bunny Run (1) 3miles, 7pm.	Great local event accessible to all abilities with FREE CREAM EGG!!!
April – Sun 12 <sup>th</sup>	Guisley Gallop (Approx 10k)	
May – Sun 3 <sup>rd</sup>	Bluebell Trail 10.	Quality gift & goody bag and some of the most scenic views.
May – Wed 6 <sup>th</sup>	John Carr 5k, Esholt, 7.30pm. Fast, flat course.	Great local event.
May – Sun 10 <sup>th</sup>	Leeds Half marathon, 9.30am.	
May – Wed 20 <sup>th</sup>	Kildwick Fell Race, 7.30pm, 3.75m/800'	
May – Sun 24 <sup>th</sup>	<b>Ilkley Trail Race. 6.9 miles. 2009 Idle AC Club Race.</b>	<b>Footpaths, moorland and fantastic views.</b>
June – Thurs 4 <sup>th</sup>	Bronte 5, 7.30pm. Hilly two lap course. Includes vets champs.	Date to be confirmed.
June – Wed 10 <sup>th</sup>	Otley 10. 7.30pm.	
June – Sat 27 <sup>th</sup>	Eldwick Gala Fell Race. BS 3m/550'.	

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## Fell Races 2009: March to end May 09.

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

[www.fellrunner.org.uk](http://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 MARCH 14<sup>th</sup>. 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](http://www.kcac.co.uk)

**SAT MARCH 14<sup>th</sup> WINDMILLS WHIZZ. BM.** 11.30am. 7m/800' from Ogden Reservoir, Causeway Foot. £5 on day. Website: [www.ogdenwater.freereserve.co.uk](http://www.ogdenwater.freereserve.co.uk)

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

**SUN MARCH 22<sup>nd</sup> 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](http://www.nym.ac)

**SAT MARCH 28<sup>th</sup> MIDGLEY MOOR RACE. AS.** 11am. 5m/1250' from Booth Cricket Club, Booth, Halifax. £3.50 on day. Website: [www.cvfr.co.uk](http://www.cvfr.co.uk)

**SAT APRIL 4<sup>th</sup> 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](http://www.clayton-le-moors-harriers.co.uk)

**SUN APRIL 5<sup>th</sup> 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](http://www.nym.ac)

**TUES APRIL 7<sup>th</sup> 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](http://www.woodentops.org.uk)

**SAT APRIL 11<sup>th</sup> 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](http://www.rochdaleharriers.co.uk)

**TUES APRIL 14<sup>th</sup> 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](http://www.woodentops.org.uk)

**TUES APRIL 21<sup>st</sup> 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](http://www.woodentops.org.uk)

**SUN APRIL 25<sup>th</sup> 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 31<sup>st</sup> March if 800 entry limit is reached. Visit website for details: [www.threepeaksrace.org.uk](http://www.threepeaksrace.org.uk)

**TUES APRIL 28<sup>th</sup> 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](http://www.woodentops.org.uk)

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## Weekend Away & Millennium Way Relay.

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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 20<sup>th</sup> 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 14<sup>th</sup> 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 31<sup>st</sup> May. There is a supervised recce on the afternoon of Friday 12<sup>th</sup> 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*

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## Spring Marathons....

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The club (well certain members) are all out clocking up an impressive amount of miles in preparation for the various Spring marathons.

Rhea ran her debate marathon at Cornwall (Duchy on 8<sup>th</sup> March). I received the following text that evening:

**“ Cornish coast & about 8 miles of gale force headwind that was an effort to keep upright in, never mind run against! Ow! Managed a brave 4 hrs 8 mins. Was just glad to complete it, given the conditions!”**

Ana, Adrian, & Tony Brayshaw all run at London on 26<sup>th</sup> April. Earlier that month Leon and Peter Hilliard take in the sea air when they run at Blackpool. Then in May Donna runs her first marathon at Windermere.

Ana, of course will also be running at Windermere and if all goes to plan will have completed it as her 10<sup>th</sup> marathon in 10 days as she takes on the 10 in 10 challenge.

We wish them all success.

Is anyone planning any other marathons?? What about an Autumn one. What about a couple of teams at Nottingham in September??

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## Yorkshire Vets.

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Idle AC has again affiliated 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: the next Grand Prix details are:**

**Sunday 22<sup>nd</sup> March at Meltham start time 10.00**

**Promoted by Meltham AC**

**Venue:** Meltham Community Sports Centre. Excellent changing facilities and showers plus large lounge with hot drinks and snacks. The bar is usually open as well.

**Car Parking:** There is ample parking close by. Follow directions of marshals.

**Route:** Mostly off road on tracks and fields with some long climbs and descents, approx. 6 miles

**Entry:** £2.00 on the day [unless changed at AGM] (remember you can register for the season on the website before the race)

**Travel instructions:** From the centre of Meltham follow signs for Slaithwaite and Marsden. Where Slaithwaite Road turns sharp left, turn right down Mean Lane just after Morrisons' supermarket. The sports centre is on your left just before the road peters out into a track! **Check out the Yorks Vets**

**Website:** [www.yvaa.org](http://www.yvaa.org)

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## Idle Trail Race 2009

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The 2009 Idle Trail Race is on Sunday 2<sup>nd</sup> August 2009 at 10.30am and for the 2<sup>nd</sup> year will be raising money for the Yorkshire Cancer Research Charity. We are currently at the process of approaching possible sponsors. If anyone has any items of any organisations that might be interested in supporting the race please let us know. Please keep the date free as there'll be loads of help needed.

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## John Carr Race Series.

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In past years Idle AC have had a large number of runners for all three races and this year we hope to be even stronger for this series of 5k races around Esholt on Wednesday nights on 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> May 09, starting at 7.30pm. Get a 'league' position by completing all 3 races. Entry forms are available at the club but you need to get them in as there are no entries on the night.

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## Happy Birthday Idle AC.

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We are 7 on 22<sup>nd</sup> March. How far we have come since we met in a bus shelter in Morrisons car park. Happy Birthday Idle.

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## Swapping Race Entry Numbers – Club Policy

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Just a reminder as we start the main summer race season that if you take a number from someone else, you must contact the race organiser to have the details properly changed. There is otherwise potentially a huge health and safety issue, and all personal and public liability insurance cover gained through the race permit will be invalidated. Furthermore, swaps which cross age and gender boundaries can really screw up race results and prize awards. We have positive relationships with every club and organiser we deal with, and we are a highly respected club considering how young we are.

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## Washburn Valley Relay – Friday 10<sup>th</sup> July, 7.15pm

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I went to Swinsty reservoir last weekend I remembered how much I enjoyed it when we put teams in the Washburn Valley Relay. I know it's a Friday evening and that its hard for some members to get there but it would be great if we could start to think about the above date and plan on a lovely Summers eve run???? It's a relay (see Otley AC site for more details) for men's, women's or mixed teams, around the Swinsty and Fewston reservoirs above Otley, organised by Otley AC.

The course is split into three segments averaging 3-4 miles and is on public footpaths, bridleways and a small amount of road. The race is not marshalled and as there are only limited course marking it is essential to recce the course beforehand.

Let the Committee know if you are interested as it would be good to get as many teams of any standard out as possible – it's only a fiver a team! Due to its popularity Otley usually impose a limit of 45 clubs and a maximum of 6 teams per club and they usually organise a recce nearer the date. Check out Otley AC's website for maps & course descriptions: [www.otleyac.co.uk](http://www.otleyac.co.uk)

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## Great Daffodil Appeal 2009.

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We have a box of daffodils in support of the Marie Curie Cancer Care Great Daffodil Appeal during March. Please help by buying a daffodils (min suggested donation £1).

- Marie Curie Cancer Care provides high quality nursing care and emotional support, completely free of charge, to thousands of cancer patients and their families across the UK.
- This year they will care for around 25,000 terminally ill patients in their own homes and in the Marie Curie Hospices.
- By taking part in the Great Daffodil Appeal, we will have helped to make it possible for this special care to continue.

Visit their website [www.mariecurie.org.uk/daffodil](http://www.mariecurie.org.uk/daffodil).

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## Epilepsy Action 10k 29<sup>th</sup> March 09

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The event has been organised with the support of the City of Bradford Metropolitan District Council, the local emergency services, Airedale Athletics and Yorkshire Building Society.

- Date: Sunday 29 March 2009, 9:00am
- Location: Bradford City Centre, West Yorkshire, UK, starting and finishing in Centenary Square.
- Distance: 10km
- Race style: Mass participation (over 1,000 runners), flat, city centre road race
- Cost: £13 UK Athletics affiliated/ £15 unaffiliated

**Get your entries in (Yeah, I know its expensive for a 10k). We hope to have a team shot (kindly taken by Barry Collins) on the steps (or thereabouts) of City Hall at approx 8.45am.**

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## Raise money for the club!!!!

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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 at no additional cost to you:

Website: [www.easyfundraising.org.uk/idleac](http://www.easyfundraising.org.uk/idleac) or [www.idleac.easysearch.org.uk](http://www.idleac.easysearch.org.uk)

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## 2009 Club race.

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The 2009 club race will be the Ilkley Trail Race on Sunday 24<sup>th</sup> 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](http://www.revivalcentrematugga.org.uk)

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

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## Coaching 'Tasters' .....

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Just a reminder that we are 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).

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## Bunny Runs 2009

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- 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: 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](http://www.woodentops.org.uk)

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## Coached sessions

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As you all might be aware I usually publish the details of the Tuesday sessions on the club website calendar each week (and the Thurs routes). Hopefully this is useful as it give you all the opportunity to look and see what the session is but those who want an element of surprise can simply choose not to look. It also means that you are able to meet at the session if its near to where you live etc. If you don't have access to the internet I'm happy for you to text or phone me on my mobile and I'll give you the details. I tend not to have finally decided on the session until the Monday evening as I like to check out the actual session and to consider the weather conditions. If there is any night when I'm unable to offer a coached session (such as hols etc) then it has been agreed by the committee that the club will be offered a run as an alternative. With this in mind I won't be at the club on Tues 7<sup>th</sup> or 14<sup>th</sup> April however I'd really encourage ALL members to run the Bunny Runs instead (see above). You'll get a good work out, a FREE cream egg and the opportunity to go for a swift pint in the Old Sun Hotel after the race!!!!!!

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## Race Results:

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### Huddersfield 10k 22/2/09

491 Ana Lincoln 1.05.56

### Ilkley Fell Race, 5m, 22/2/09

191 Phill Routh 55.08

360 Amy Wright 69.37

### Noonstone Fell race, AM, 9 miles, 28/2/09:

Phill Routh 01:40:15 Warren Fletcher 01:45:22 Tim Whitcombe 01:49:41 Lisa Davenport 02:20:40

### Duchy Marathon, Cornwall, 8<sup>th</sup> March 09:

108 Rhea Hawkins 4.08.47. PB as debut marathon.

### Dentdale Run (14 miles), Yorkshire Dales, 14<sup>th</sup> March 09:

382 Kay Gambles 2.24.18 421 ran.

### Haworth Hobble, 32 miles, 4400', 14/3/09

102 Tony Wimbush 5.59.03

### Spennings 20, 15/3/09

59 Leon Winder 2.22.01 PB & Male Club Record.

82 Peter Hilliard 2.26.59 PB.

99 Tony Brayshaw 2.30.53 PB

112 Tony Le-Feuvre 2.32.57 PB

229 Martin Burnside 3.15.26

255 Ana Lincoln 3.49.24 258 ran.

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## Giving something back.....

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As I sat at the WYWL Presentation Night on Friday 13<sup>th</sup> March I felt a mixture of emotions. Delighted at being a central part of the League that gives so much to so many runners, but a bit sad, that apart from Chris, who was presented the awards, I was the only runner from Idle AC. It was great to see representatives from all 7 league clubs and to help celebrate the success of those clubs and individuals who collected awards. I know what its like to be in a club that is achieving and successful – Idle AC has our name of some of those trophies. Equally I know what its like to be in a club that hasn't really won a lot. But I'd really like to encourage us all to look further than just 'winning' or 'losing' and not even just at 'taking part'. I'd like Idle, as a whole club, to show our true spirit and to show what we, as a club, can give to our sport. The Presentation evening wasn't really about individuals, or teams, or even clubs as such. It was about the League, giving to the sport of cross country running. A recent article in the T & A suggested that the League might be failing. The article made the reps, including me, produce written responses pointing out that far from failing the League is a huge success. This season 225 men (22 from Idle) and 109 women (11 from Idle) ran in the WYWL. The 5 events all offered varied courses, but all were well organised and open to runners of all abilities. This year the League winners, Stainland Lions, will host the national finals on 19<sup>th</sup> April. This is a real coup for the League and something that runners from all 7 clubs should be proud of. 2009 also sees the WYWL (formally the Today's Runners League) celebrate 20 years. I think as a club we should contribute to the continued success of the League. It would be great if (via the AGM) we, as a club, remain part of the WYWL and play our part in its future – this would involve hosting a cross country races in the 2009/10 season. We'd need the whole club to come together to achieve this and for us to try and put as many runners as we can in each of the 5 events.

Today (Sunday 15<sup>th</sup>), a lovely Sunny morning, whilst a lot of the club ran Spennings 20, I ran round the Idle Trail Race course. I've not been round it since late last year but today it was stunning. The daffs were all out, the canal was glimmering as the sun shone on it and there were sheep in surrounding fields. I really

enjoyed it and I'd encourage the club to go round it and just enjoy it. As with the League the Idle Trail Race, which takes place on 2<sup>nd</sup> August, will need the whole club to come together to show that as a club we can give something back to the sport (this time trail running!). In 2008 we had 354 entrants to the race, this year we expect more, and (hopefully) to also put on a fun run. Even if you don't want to be on the race committee you can all put forward ideas/suggestions of how we can make the race even more successful. What we will need is everyone on board, working together.

So, in addition to Idle AC, giving something back and succeeding at Cross Country and Trail running, it would be great to encourage each other to participate at road and fell races, especially by trying to get teams into certain races like the club races & relays and at events such as the Bunny Runs.

### 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	Leon Winder	2:22:01
	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