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Coming Events: April – End June 09

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

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

Sun 31 st May	Town Centre 5k, Harrogate.
Thurs 4 th June	Full Bronte 5.
Wed 10 th June	Otley 10.
Sat 27 th June	Eldwick Gala Fell race – Great family afternoon out.

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.	Male Club record for Leon with 2.20 plus a pic with Nell McAndrew!! PBs for Peter, Tony Brayshaw & Tony L.
March 29 th - Sun	Bradford Epilepsy Action 10k. 9am.	We hope to get a team photo on steps at City Hall at 8.45am.
April – Tues 7 th	Bunny Run (1) 3miles, 7pm.	Shaun led home the Idle team of 7.
April – Sun 12 th	Guiseley Gallop (Approx 10k)	Whilst some of us eat vast amounts of Easter eggs 7 Idle vests ran the Guiseley Gallop.
May – Sun 3 rd	Bluebell Trail 10.	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. Includes vets champs.	We hope for a great turn out of this local events which includes the vets champs.
June – Wed 10 th	Otley 10. 7.30pm.	
June – Sat 27 th	Eldwick Gala Fell Race. BS 3m/550'.	

Fell Races 2009: April to end June 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.

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

SAT MAY 2nd RAVENSTONES. BM. 2pm. 10m/1250' from Tanners Waterside Mill, Greenfield, Oldham. £4. Full kit/Equipment (will be checked at start). Website: www.saddleworth-runners.co.uk

SUN MAY 3rd GREAT HAMELDON HILL RACE. BM. 12 noon. 6m/1100' from Peel Park pub, Turkey St, Accrington. £4.50 on day. See website: www.clayton-le-moors-harriers.co.uk

TUES MAY 5th BUNNY RUN RELAY CS 7.30pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start) £6 per team of 3 on night only. 1st leg 2.5m/250', 2nd & 3rd legs 2m/200'. Almost any conceivable team composition welcome including mixed, family etc. Relay batons are eggs!! Crème Egg to all finishers. Soup & roll included. Highly recommended event at a bargain price. . www.woodentops.org.uk

MON MAY 4th COINERS FELL RACE. BM. 1.30pm. 7m/1100' from Mytholmroyd Community Centre. £3.50 on day. website: www.cvfr.co.uk

WED MAY 6th FLOWERSCAR. AS 7.15pm. 4m/1400' from Hare & Hounds Pub, Burnley Rd, 1 mile from Todmorden centre. No entry fee & no prizes. Website: www.todharriers.co.uk

WED MAY 6th LOTHERSDALE BS 7.30pm. 3.6m/600', £3. Village Hall, Lothersdale, Nr Skipton. Website: www.kcac.co.uk

SAT MAY 9th BELMONT WINTER HILL FELL RACE. BS. 1.15pm. 4.5m/1000' from the Belmont Bull, Belmont Village, Bolton. £4 on day. Email: dave.bateson@talk21.com

SAT MAY 9th PENDLE CLOUGHS. AL. 11am 14m/3900 from Downham nr Clitheroe. £4 pre-entry to organiser by May 2nd or £5 on day. Navigational skills required, 1:25,000 map of course provided. Website: www.wharfedaleharriers.org.uk

SUN MAY 10th MYTHOLMROYD FELL RACE. BM. 11.30 am, 7m/1350' from Mytholmroyd Community Centre. £3.50 on day. Changing/showers available for small charge. website: www.halifaxharriers.co.uk

TUES MAY 12th JACK BLOOR RACE. BS. 7.15pm. 5.2m/1150' from Darwin Gardens, Ilkley. £4 on night. No toilets. Website: www.jackbloor.co.uk

WED MAY 20th KILDWICK. BS. 7.30pm 3.75m/800' from White Lion, Kildwick, between Keighley & Skipton. £3. Website: www.kcac.co.uk

SAT MAY 23rd HUTTON ROOF CRAGS RACE. BM. 2.30pm. 7m/1300' from Hutton Roof Village Hall, near Kirkby Lonsdale. £4 on day. Best Tea & cakes in FRA calendar!! Busy weekend add extra time for heavy traffic. Website: www.huttonroof.org.uk/

SUN MAY 24th ILKLEY TRAIL. CM 11am. 6.5m/700' from Ilkley swimming pool. £6 pre-entry, £8 on day, limit 250. Also junior races. Proceeds to Rivaval Centre in Matugga, Uganda (www.rivivalcentrematugga.org.uk). Website: www.ilkleyharriers.org.uk

MON MAY 25th AUSTWICK AMBLE. BM. 1pm. 8m/1200' from Austwick Village centre, Austwick, near Settle. £3.50 on day. Course partially marked and local knowledge an advantage. Street market, gala, refreshments etc. Website: www.austwick.org

WED JUNE 3rd OTLEY CHEVIN RACE. AS. 7.30 pm. 3.5 miles/900' from Otley Town Centre. £3 on night. www.skyrac.org.uk

SAT JUNE 6th PEN Y GHENT. AS. 3 pm . 5.9 miles/1650' from Horton in Ribblesdale Playing Fields. £4 on day. Part of Horton Gala Day. Website: www.settleharriers.org.uk

SAT JUNE 6th WHAREFDEALE OFF ROAD MARATHON & HALF MARATHON. CL/BL. See website for full details: www.wharfedalerufc.co.uk

WED JUNE 10th BINGLEY ST.IVES. CS 7.30pm 4.5m/450' from Bingley St.Ives Young Disabled Unit Car park. £5 pre-entry and on night. Charity fund raiser for Riding for Disabled. Website: www.bingleyharriers.org.uk

SUN JUNE 14th HEBDEN BRIDGE BS. 11am. 5.9M/1150' from Calder Holmes Park, Hebden Bridge. £3.50. Website: www.todharriers.co.uk

SAT JUNE 20th BUCKDEN PIKE FELL RACE. AS. 2.30pm. 4m/1500' from Buckden Village Green, Buckden, Nr Skipton. Village gala. Website: www.wharfedaleharriers.org.uk

SAT JUNE 20th JAMES BLAKELEY FELL RACE. AS. 3pm 3m/900' from Hasrden Moss Sheepdog trails, Greenfield road, Holmfirth. Pay to enter sheep dog trails but race free. Website: www.holmfirthharriers.com

SAT JUNE 20th LAKESIDE-GUMMERS HOWE. AS. 5.30pm (individual) 6.30pm team race. 3m/900' plus 1/4m return row across lake Windermere from Lakeside Hotel at SW end of Lake Windermere. £5 per individual or £15 team of three (forms available from 1st Feb). Email: dbi57@hotmail.com

FRI, SAT, SUN JUNE 19th, 20th & 21st MIDSUMMER MADNESS THREE DAY EVENT : FRI 19th WICKEN HILL WHIZZ. AS. 7.30pm. 3m/1000' from Mytholmroyd Community Centre, Near Hebden Bridge. £4 Race or £10 for series. 1 of Mid Summer Madness 3 day event. See website for full details: www.cvfr.co.uk

SAT 20th RESERVOIR BOGS. BM. 11.30am. 7m/1000' from Hare & Hounds, Chiserley, Hebden Bridge. £4 per race. Race 2 of Mid Summer Madness 3 day event.

SUN 21st : TOM TITTIMAN BS. 12 noon. 4m/700' from Hare & Hounds, Chiserley (Wadsworth Old Town), Hebden Bridge. £4 on day. Race 3 of Mid Summer Madness 3 day event.

SUN JUNE 21st SETTLE HILLS RACE. AM. 1.00 pm. 7 miles/1750' from North Ribblesdale Rugby Club, Settle. £5 on day. Course partially marked and local knowledge an advantage. Website: www.settleharriers.org

SAT JUNE 27th : ELDWICK GALA FELL RACE. BS. 3pm. 550' from Eldwick Memorial Hall, Eldwick. £2.50 on day. website: www.bingleyharriers.org.uk

Millennium Way Relay.

Sun 14th June is the Bradford Millennium Way Relay organised by St Bede's AC. It consists of five legs with two runners per leg.

Each leg is as follows:

Leg 1: Beckfoot Lane, Bingley to Marsh Lane, Oxenhope. 9.9miles 1609'. Dave L & Tim.

Leg 2: Marsh Lane, Oxenhope to Laycock. 9.9 miles 1467'.

Leg 3: Laycock to Silsden. 8 miles 811'.

Leg 4: Silsden to Ilkley. 8.7 miles 1304'.

Leg 5: Ilkley to Bradford & Bingley Rugby Club. 11.6 miles. 1355'.

So far Dave & Tim are sorted to run Leg 1 & I'm wanting definite names to match up pairs for the other legs (better still give me both names & decide your own leg!!!). Once we know who is running we can decide which team category we enter.

It costs £70 per team (including t-shirts and food at the end) and we have to register by 31st May so once we sort teams I'll collect £7 pp. There is a supervised recce on the afternoon of Friday 12th June. There is more information at <http://stbedesac1.pwp.blueyonder.co.uk/index.html> .

Spring Marathons....

Congrats to Peter Hilliard & Leon Winder who both ran 3.18 at Blackpool on 5th April.

Ana, Adrian, & Tony Brayshaw all run at London on 26th April. On the day before Tim tackles the famous 3 Peaks race.

May sees Donna, Ana & Leon at Windermere (plus the 10 in 10 challenge for Ana). Please see her if you want to sponsor her.

Yorks Vets....

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, Spensborough

Track & Field, Sun Sep 20, Spensborough

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 race is on 31st May, 11am at Walton but not details as yet. Check out the Yorks Vets Website: www.yvaa.org

Away weekend

Phill is organising a repeat of last years successful away weekend in the lakes on the weekend of 19/20/21st June. There's a whole gang cycling up a couple of days before then everyone is staying in the Youth Hostel for the weekend. The highlight (well theres probably lots of highlights) will be the Gunners How Fell Race on the Saturday tea time.

LAKESIDE-GUMMERS HOWE. AS. 5.30pm (individual) 6.30pm team race. 3m/900' plus 1/4m return row across lake Windermere from Lakeside Hotel at SW end of Lake Windermere.

We have the following 4 teams entered:

- Phill R, Shaun & Phil Good.
- Andy S, Trevor & Dave L.
- Leon, Peter Hilliard & Tony Brayshaw.
- Martin, Richard & Phil Joyner.

John Carr Race Series.

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 6th, 13th and 20th 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.

Free Saturday 5k Races.

Those of you who fancy a free 5k race on a Saturday morning just turn up at Hyde park, Leeds (9am start). For details check out: www.parkrun.com

New first aiders.

Congrats to Tim Whitcombe & Tim Routh who are the clubs newest first aiders.

Washburn Valley Relay – Friday 10th July, 7.15pm

This is 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 ASAP 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

2009/10 subs

It would be appreciated if all subs could be paid to Davina by the end of April at the latest as annual subs then need to be paid to England Athletics. A membership form must be completed.

The Idle Web.

The new secure logon has been live for just over a month now with very few hiccups. Hopefully you will all be familiar with the new “Results Page” & will have experimented with the page navigation. Some of you have managed to enter their own results & races which I launched last month & it looks to be going reasonably well. It is still early days & there’s plenty room for improvement. At the moment you can only add races & results. I have not written the pages or code to allow results to be amended, so if an error is made, for the time being can you just contact me & I can put it right straight away.

Tony Wimbush has found a problem by using the single quote instead of “ft” to show the climb of a fell race. It is causing a display problem. Thanks to Tony’s perseverance with me I have found a fix, which will take some time to fully apply, but in the meantime can anyone adding a fell race just use “ft” for the climb height & avoid using the single quote symbol.

One of the immediate benefits of this database system & the new company who are hosting it, is that the site content can be updated from anywhere in the world by any user who has internet access (once I’ve sussed out the security side of it all out). This means that the content isn’t just reliant on me being at home & available to update the site. This leaves just the website design & main page updates down to me & my local computer.

To be able to add your own race or results you need to be logged into the secure part of the website. There is a logon option on the top right of the homepage & once you have clicked that you are asked for your userid & password. If you’ve not created a login & password then you can click on the signup option & enter some basic details. There is an option to update your details & change your password at anytime you like.

You now also need to be logged on to view any committee meeting minutes or any other sensitive information like Trail race meetings, accounts etc. So please make sure you create yourselves a logon as soon as you get the opportunity. So far only 16 people have created a login account. It would be great to see all members signed up by the end of April so come on guys. n’ gals. Keep on Browsing - *Martin*.

Coaches & Officials

We want to establish if any club members would be interested in being Coaches or Officials. We currently have these within the club but want to see if anyone else wants to be trained. Anyone who is interested should register their interest with a Committee member.

Coaches (Information taken from UKA website):

UK Athletics recognise the need to have great coaches throughout athletics – at every level, in every event and discipline and in every part of the country. UK Athletics’ Coach Education aims to provide coaches with the knowledge, understanding and skills necessary to become excellent coaches.

Coaches need to understand athletics, they need to understand learning and development and they need to understand people. Coaches must be able to apply their knowledge and understanding in a wide range of situations and constantly make decisions about what they are doing and how they are doing it. UK Athletics’ courses aim to ensure that coaches develop good knowledge across the 5 key areas: Technical and Tactical; Strength and Conditioning; Psycho-Behavioural; Movement Skills; and Lifestyle and Support, and the skills to apply that knowledge to the maximum benefit of athletes.

The 4 level programme aims to guide people along the pathway from novice to expert. Level 1 Assistant Coach, Level 2 Coach, Level 3 Advanced Coach & Level 4 Master Coach

Officials:

UK Athletics have introduced a new Endurance Officials Grading Scheme that will recognise and accredit all those who officiate at Road, Cross-Country and other “Endurance” events. There are currently three levels: 2, 3, 5. At present there are interim arrangements in place which meant that applications were processed based on prior competence/race organisation experience. It is hoped that in due course this will

be opened up allowing more members to train/get experience and obtain licences as Endurance Officials. We currently have three Officials within Idle AC.

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 at no additional cost to you:

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

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.

Idle Gossip....

As a club we have produced the Idle Gossip on a monthly basis since April 02. This is read not just by club members but by a wider audience via the website, I know this to be true as Loads of people have told us this over the years. I don't want it to just be me putting info into it I'd like it to be interesting, amusing and something that people want to actually read. With this in mind I'd like everyone to have a good think about how you can ALL contribute to the Gossip in terms of info, an article & photos (photos are also needed for the website). It doesn't really matter (well within reason!!) what you write about as long as its interesting to club members and others who read the Gossip. It doesn't matter if you can't spell (I'm the worlds worse) or if you just hand write it but it would be great to get new input. Photos are essential to the club so even if you can't run maybe you can go and watch a local race & take some pics, although please turn up at the right time so you don't miss the entire field!!!!!!

Full Bronte 5

It would be great to have an 'away' run in early June in place of the normal club night. I'm suggesting we do the Full Bronte 5 (2 laps – Haworth) on Thurs 4th June at 7.30pm. Please all enter ASAP (forms at club) or via www.keighleyandcravenac.co.uk. The race incorporates the Yorks Vets champs. It would be great to have the whole of Idle AC there??? Plus for a drink in the Old Sun pub afterwards.

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: 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
- We had 7 Idle AC vests at Bunny Run 1. Check out the above website for full results & photos & 5 at Bunny 2.

Race Results:

Hyde Park 5k, Leeds, 21/3/09:

Dave Lewis 21.04

East Hull 20 22/3/09:

Tony Brayshaw 2.43.53 Ana Lincoln 3.35.10 F50 CR. PB.

Midgley Moor Fell Race 28/3/09:

Shaun Lennon 51.04

Coniston 14 28/3/09:

Tony Le-Feuvre 1.41.56 PB.

Ana Lincoln 2.27.20 PB.

Bradford 10k 29/3/09:

Dave Lewis 42:13 M50 CR.

Tim Whitcombe 43:48 PB.

Gary Naylor 44:49

David Carroll 52:09 M60 CR.

Ana Lincoln 57:00

Wakefield 10k 5/4/09:

Rhea Hawkins 46.38

Hannah Peacock 53.51

Baldon Boundary Way - off road half 5/4/09:

Donna Edmondson Booker 1.34.00 2nd female.

Tony Brayshaw 1.41.00

Simon Bellwood 1.41.05

Tony Le-Feuvre 1.43.02

Adrian Trevelyan 1.45.02

Tim Whitcombe 1.49.05

Gary Naylor 1.55.04

Trevor Hooley 2.02.04

Richard Lyons 2.05.01

Jo Belcher 2.06.03

Davina Smith 2.09.04

Sarah Thorp 2.12.00

Clare Sweeney 2.13.01

Ana Lincoln 2.50.01

Phill Routh 2.56.05 (injured but dragged him self round!).

Blackpool Marathon 5/4/09

Pete Hilliard 3.18.11 PB

Leon Winder 3.18.32 PB

Bunny Run 1 7/4/09

Shaun Lennon 20.35

Dave Lewis 23.17

Tony Blythe 24.52

Andy Moakler 25.36

Hannah Peacock 28.57

Ana Lincoln 37.17

Guiseley Gallop (Approx 10k) 12/4/09:

Leon Winder	44.31
Dave Lewis	47.44
Gary Naylor	48.44
Andy Moakler	58.11
Rhea Hawkins	63.08
Hannah Peacock	63.08

Bunny Run 2 14/4/09:

Shaun Lennon	20.22
Dave Lewis	21.34
Phill Routh	22.04
Lisa Davenport	26.29
Ana Lincoln	38.16

FRA Navigation Course

If you feel in need of a wholesome weekend of sleep deprivation, running around on a hillside clutching a map, the wind chapping your lips and burning your cheeks and clearing your head while you use it a little, the Fell Runners Association Navigation course might be just the thing.

In the car on the way there, Tim and I asked ourselves and each other why we had come on the course. It turned out that we were each under the impression it had been the other's idea and neither of us actually had any reason for being there.

On arrival at Kettlewell youth hostel, I dumped my stuff on the remaining top bunk and introduced myself to my new dorm buddies. They were the lovely Margaret and Karen from Keighley, Eleanor from Oxford and Amanda, one of the instructors. We went downstairs for a cup of tea, ready for a two hour lesson on map reading basics from our teacher Mark. There were about thirty of us; roughly half men and half women. Afterwards we were allowed a brief visit to the Bluebell Inn before trying to get some sleep prior to our early start the next day.

On Saturday morning we all had to go running partway up Great Whernside at 6:45am. It was a wonderfully bright morning and we were all glad we'd made the effort. After breakfast we headed out up the side of the valley in small groups for the rest of the day. My group consisted of me, Margaret from K&C, Sharon from Borrowdale, Gary from Dragons running club and our excellent instructor Dave. We walked and ran all around a section of the map finding shake holes and sheep folds and re-entrants for hours and hours. We ate lunch under some trees and then carried on a bit longer. We were really lucky with the weather; we might've been a little miserable if it'd been raining. We met up with the other groups in time for the short individual exercise – finding checkpoints to test our new found knowledge. As I set off quite early, I completed the task and made it back to the hostel before the rush for the showers started. Panic setting in as Dave's wife Jenny urged me to hurry and get in the shower before the rest got back, I couldn't get my shoes off so she pulled them off for me and swept up the mess I'd made and I ran up the stairs.

Showered, full of food and brimming with even more navigation instruction, we were put into pairs and sent out with head torches into the starry night. My partner was Gary and I was glad I wasn't by myself. It was quite exciting climbing up through a slit in the rock by torchlight and, on finding the check points, mysterious voices whispered to us from the darkness to move away quickly so we wouldn't be a beacon to the other pairs. Finally, about fifteen hours after setting off on our run that morning, the day was done and we went to the pub.

Eleanor got up for the early morning run again on Sunday while the rest of us were lazy and didn't get up until at least ten to seven. After breakfast and a talk on the FRA from Chris Knox, it was time for our individual navigation challenge. This covered the area we were now familiar with from the previous day and was a thoroughly absorbing six miles. Again there were instructors hiding in the undergrowth watching our every move. One of them gave me a fright by saying hi. Making it back to base, the weekend was over. We said our goodbyes and left happy and exhausted.

Tim found the course to be a really good refresher of what he used to know. I found it excellent for restoring some enthusiasm for running, replenishing general invincibility and finally showing me how to

use that compass. I think everyone should do it. The next one is at Elterwater on the weekend of the 25th September and is only £60 for FRA members including everything. Places fill really fast so you have to get your forms in quick – *Lisa D.*

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	Dave Lewis	42:13
	M60	David Carroll	52:09
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	3:35:10
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