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Coming Events: May – End July 09

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

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.
Sat 6 th June	Wharfedale Off Road Marathon & Half Marathon.
Sun 7 th June	Harewood House Chase (Approx 10k)
Wed 10 th June	Otley 10.
Sun 14 th June	Castle Howard 10k Trail Race.
Sun 14 th June	Millennium Way Relay.
Sat 27 th June	Eldwick Gala Fell race – Great family afternoon out.
Wed 24 th June	Esholt Bash trail Race.
Wed 8 th July	Helen Windsor 10k, Greetland, Halifax.

Sun 12 th July	Eccup 10.
Sun 26 th July	Pudsey 10k Challenge & run funs.

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.	8 at JC 1 including Kay who set a new F50 CR and David Carroll who got a M60 CR.
May – Sun 10 th	Leeds Half marathon, 9.30am.	A new M50 and all time M50 for Dave Lewis and a 1.30 run for Tony L. ^ ran at Leeds.
May – Wed 20 th	Kildwick Fell Race, 7.30pm, 3.75m/800'	Shaun, Lennon & Clare all ran.
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'.	
July – Sun 12 th	Eccup 10.	
July – Sun 26 th	Pudsey 10k Challenge.	

Fell Races 2009: May to end July 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 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.ilkeleyharriers.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 6^h 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

TUES JUNE 9th 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 14^h 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

FRI JUL 3rd. WHARFEDALE TTT A three day race series on Tarmac, Trail and Tussock. Friday - Uphill only road race (NB as a road race this is not registered/insured via the FRA), 8.00 p.m., 3m/950'. Saturday - Fell race, AM, 11.00 a.m., 12.5m/3000' from Kettlewell P.O. (GR971723). ER/NS/PM. Over 18. Sunday - Short fell race, 11.00 a.m., AS, 1.5m/500' from event field (GR971722). Entry fee £4 each race, £10 for series - see website for further information. Family camping (no caravans), parking, showers, refreshments etc. Website: www.bingleyharriers.org.uk

SAT JUL 4th TOCKHOLES. BS. 2.30 p.m. 5.8m/1100' from Rock Lane, Tockholes (GR 662234). £3.50. LK/NS/PM. Over 16. Short, tough course visiting Darwen Tower. Please use the designated parking area. Website: www.dashers.org.uk

TUE JUL 7th STOODLEY PIKE BS. 7.30 p.m. 3.7m/700' from the Top Brink Inn, Lumbutts, Todmorden (GR SD996052). £3.50. Teams men(4), ladies(3). Please car share. PM. Over 16. Website: www.todharriers.co.uk

WED JUL 8th STIRTON. BS. 7.30 p.m. 5.5m/1200' from Tarnhouse (GR 975531), Stirton, Skipton. £3. Full set of junior races for over 6s upwards. See website for details. Parking limited. Website: www.kcac.co.uk

WED JUL 15 WIDDOP. BM. 7.15 p.m. 7m/1200' from the Pack Horse Inn ("The Ridge"), Widdop, Hebden Bridge (GR 952316). £4. ER/PM. Website: www.cvfr.co.uk

SAT JUL 18. INGLEBOROUGH. AM. 3.00 p.m. 7m/2000' from the Community Centre Sports Field, Ingleton (GR 695731). £4. PM/NS. Email: david.mcgonnigal@btinternet.com

SUN JUL 19th HOLME MOSS AL. 11.00 a.m. 17m/4000' from Cartworth Moor Cricket Club, Cartworth Moor Rd, Holmfirth (GR 134067) £4.50 to organiser by July 13th or £5.50 on day. Random kit checks new start location. ER/LK/NS/PM. Over 18. Website: www.holmfirthharriers.com

SUN JUL 19th CONISTON COUNTRY FAIR . AM. 2.00 p.m. 6m/2400' from Coniston Hall, Coniston (GR303963). £5 entry to Fair, race free. ER/LK/NS/PM. Traditional country fair. Free parking, refreshments etc. Local camping (015394 41223). Website: www.conistoncountryfair.com

SUN JUL 19th OLDFIELD CS. 11.30 a.m. 5.5m/550' from the Grouse Inn, Oldfield, nr Oakworth, Keighley (GR 011383 on OS 104). £4. PM. Over 16. Email: john-collinson@gmx.com

SAT JUL 25 TURNSLACK AM. 2.30 p.m. 8m/2000' from Calderbrook Playing Fields, nr Summit, Littleborough. £4. Details: Kev Shand, Tel: 01706 370080.

SUN JUL 26th . JAMES HERRIOTT RUN. CM. 11.00 a.m. 8.5m/1000' from Bolton Castle, Castle Bolton, Leyburn (GR 033919 on OL30). £9 to organiser or £10 on day - details on website. Over 18. Refreshments available at castle. All profits to charity. Website: www.wensleydale.rotary1040.org

The Idle Trail Race – Sunday 2nd Aug 2009

Well its definitely on and we have started giving out entries at races. Please take a supply to each race you go to. The main change this year is that there will be no on the day entries. Plus with a couple of people missing who have had a huge input into past years Trail Race I can't stress enough how important it is to have the whole club on board. If you are not available to marshal then please give me any spot prizes, buns, biscuits, cakes etc etc!! Entry forms are now available on our website. On-line entries are available via www.runnersworld.co.uk & on www.ukresults.com. This year we will once again be raising money for Yorkshire Cancer Research. So far we have 3 great sponsors on board: UpandRunning, Winders Carpets & Market Town Taverns. Let me know if anyone can give out entry forms at any local races. The Trail Race committee is: Davina, Peter Hilliard, Shaun, Martin & Tim. For details of the charity visit: www.ycr.org.uk

Millennium Way Relay – we have a men's team

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'. **Shaun & Andy Shorey.**

Leg 3: Laycock to Silsden. 8 miles 811'. **Peter & Leon**

Leg 4: Silsden to Ilkley. 8.7 miles 1304'. **Phil G & Laurence**

Leg 5: Ilkley to Bradford & Bingley Rugby Club. 11.6 miles. 1355'. **Tony Brayshaw & Phil R**

It costs £70 per team (including t-shirts and food at the end) so those who are running owe me £7. It would be great to have a team supporting our runners if anyone wants to drive to each change over let me know. <http://stbedesac1.pwp.blueyonder.co.uk/index.html> .

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: **3rd**

Monthly Grand Prix of 2009

Haw Park Woods, Walton, Wakefield.

This is a multi terrain course on woodland paths, tracks and tarmac paths. Trail or studded shoes may be needed in wet conditions but in dry conditions many runners use road shoes. Usual £3.00 entry on the day.

Venue: Walton Sports & Social Club, [Shay Lane](#), Walton

Facilities: Parking at Clubhouse. Parking is limited so please share cars where possible. Changing rooms and showers, toilet facilities, bar and food.

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.

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

The 36th real,- BERLIN-MARATHON on September 20th, 2009

On September 20, 2009, the sports metropolis of Berlin will be celebrating a fabulous anniversary. When over 40,000 athletes set off on the fastest marathon course in the world, cheered on by a million spectators and more than 70 live bands, the 36th real,- BERLIN MARATHON will once again captivate the German capital.

Participating in the 36th real,- BERLIN MARATHON means a lot more than just running the same 42 kilometres together with the fastest athletes in the world, however. Experiencing the fantastic atmosphere along the course and running through the Brandenburg Gate and past the grandstands the last 400 metres to the finish line make this euphoric marathon race an unforgettable experience for everyone.

It sounds good!!! – Tony Brayshaw is looking to see if anyone from the club fancies it??? Check out the website: www.scc-events.com/events/berlin_marathon/2009

Let me (or Tony direct) know who is interested.

Wedding Congratulations.....

Its the wedding season at Idle AC !! Congratulations to Rhea & Chris who got married on 2nd May and will be honeymooning in Italy. Also congratulations To Phil Joyner & Katy who get married in Cumbria on Saturday 16th May.

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 recon 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 ASAP as annual subs then need to be paid to England Athletics. A membership form must be completed.

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....

Remember more articles & pics are always needed. It doesn't really matter what you write about as long its interesting to club members and others who read the Gossip. It doesn't matter if you can't spell 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.

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.

Race Results:

Bunny Run Relay: 28th April – Idle Geezers

Shaun Lennon	12.56
Phill Routh	13.28
Dave Lewis	13.23
Total	39.49 20 th Team.

Lothersdale Fell Race 6/5/09 BS 3.6m/600'

Phill Routh	32.00
Tim Whitcombe	33.50
Lisa Davenport	42.46

John Carr 1 5k 6th May

Tony Brayshaw	19.32
Gary Naylor	20.37
Kay Gambles	22.49 F50 CR
Andy Moakler	23.23
Martin Burnside	23.46
Steve Little	23.53
David Carroll	25.09 M60 CR & All time CR.
Ana Lincoln	27.15

Leeds Half Marathon Sun 10th May

Tony Le-Feuvre	1.30.33 PB
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Dave Lewis	1.32.47 M50 & All time CR.
Adrian Trevelyan	1.36.24
Gary Naylor	1.41.20
Andy Moakler	2.03.51
Wilma Saville	2.03.54

Ripon 10 Sun 10th May

Kay Gambles	1.30.50 F50 CR.
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John Carr 2 5k, 13th May

Gary Naylor	20.40
Kay Gambles	22.22 F50 CR
Steve Little	23.24
Martin Burnside	23.57
Lisa Davenport	24.17
David Carroll	25.19

Fairfield Horseshoe Fell Race, 16/5/09, AM, 9m/3000'

Tim Whitcombe	2.20.58
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John Carr 3 5k, 20th May 09

Tony Brayshaw	21.38
Gary Naylor	22.29
Steve Little	23.22
Martin Burnside	24.20
David Carroll	24.49 M60 CR & All time.
Ana Lincoln	31.58 Amazing considering this was two days after 10 marathons!!!!!!!

Kildwick Fell Race, 20/5/09, 3.75m/800'

Shaun Lennon	33.49
Phill Routh	35.23
Clare Sweeney	46.30

Apperley Bridge Canter, 21/5/09, Approx 10k.

Ana Lincoln	1.14.26
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10 in 10 Marathon Challenge.....WOW!!!!

From 8th to 17th May 2009, Ana Lincoln ran 10 marathons in 10 days and raised money for Brathay Hall Trust.

Everyone was so impressed by Ana's massive achievement. Well done Ana!!
Here is what she did:

Day 1	6.09.44	
Day 2	6.02.45	
Day 3	6.43.23	
Day 4	6.08.03	
Day 5	7.10.56	
Day 6	7.26.00	
Day 7	7.58.22	
Day 8	8.02.32	
Day 9	7.31.33	
Day 10	6.59.02	Anas average was 7.01.14.

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.

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
	M60	David Carroll	24.49
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	Kay Gambles	22.22
5 Miles	Senior	Hayley Atkinson-Windsor	35.07
	F35	Amnuay Scott	40.06
	F40	Davina Smith	44.29
	F45	Kay Gambles	40.03
	F50	Vacant	

10 Km	Senior	Hayley Atkinson-Windsor	42.11
	F35	Jo Belcher	46.44
	F40	Amnuay Scott	46.55
	F45	Vacant	
	F50	Vacant	
10 Miles	Senior	Rhea Hawkins	1:13:09
	F35	Jo Belcher	1:14:38
	F45	Kay Gambles	1:16:50
	F50	Kay Gambles	1:30:50
Half Marathon	Senior	Hayley Atkinson-Windsor	1: 32:19
	F35	Jo Belcher	1:43:29
	F40	Kay Gambles	1:51:00
	F45	Vacant	
	F50	Vacant	
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