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Coming Events: June – End Aug 09

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

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 11 th July	Baildon Canter. 3.5m 2.15pm. Entries on day only.
Sun 12 th July	Eccup 10.
Sun 18 th July	Oxenhope fell race. 2pm £3 on day only.
Sun 26 th July	Pudsey 10k Challenge & run funs.
Sun 2nd Aug	Idle trail race 10.30pm. ALL CLUB NEEDED.
Sat 8 th Aug	Arncliffe 4 1.30pm & Fell race(s)
Sun 9 th Aug	Bingley show 3m/575’.
Sun 30 th Aug	Alices Run, Multi terrain 10k. 10.30am.
Mon 31 st Aug	Spofforth Gala Trail Race (Approx 10k).

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 is now complete. The 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	Spen 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	Guisseley Gallop (Approx 10k)	Whilst some of us eat vast amounts of Easter eggs 7 Idle vests ran the Guisseley 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	Ikley Trail Race. 6.9 miles. 2009 Idle AC Club Race.	7 Idle AC runners.
June – Thurs 4 th	Bronte 5, 7.30pm. Includes vets champs.	3 club records set – Leon – Male, Peter M45 & Ana F50.
June – Wed 10 th	Otley 10. 7.30pm.	More club records! Peter 68.47 M45 & Kay 1.25.28 F50.
June – Sat 27 th	Eldwick Gala Fell Race. BS 3m/550'.	
July – Sat 11 th	Baildon Canter 3.5 mile off road race.	Entries on day only.
July – Sun 12 th	Eccup 10.	
July – Sat 18 th	Oxenhope Village Fell race. 2pm.	Loads of family stuff to do also.
July – Sun 26 th	Pudsey 10k Challenge.	
Aug – Sat 8 th	Arncliffe Fete 4. Also Fell race. 1.30pm.	Another family day out idea.
Aug – Mon 31 st	Spofforth Gala trail race (Approx 10k)	Lovely bank hol day out. Plus Richard Lyons photo is again on the entry form !

Sept – Sun 6 th	Sandal Castle Multi Terrain race (approx 10k)	
Sept – Sun 13 th	Yorkshireman Marathon or Half. 10/10.30am	Great local event.
Sept – Sun 20 th	Kirkstall Valley Trail Race (app 7.25m)	
Oct – Sun 4 th	Bronte Way. BM. 8m/1150' from Wycoller Country Park Info Centre.	
Oct – Sun 25 th	Holmfirth 15.	A classic 15 miler – championship race.
Oct – Sun 25 th	Withins Skyline Fell Race. BM. 11.30am. 7m/1000' from Penistone Hill Country Park, Haworth.	

Fell Races 2009: June to end Aug 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.

TUE 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 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

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 TURN SLACK 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

SAT.AUG 1. HELLIFIELD GALA. BS. 3.15 p.m. 3.5m/850' from Hellifield Recreation Field (GR857567). £3. Village gala with children's sports, fun fair etc and 40th anniversary events. Details: Stephen Moor, 8 East View, Hellifield, Skipton, BD23 4EU. Tel: 01729 850399. Email: stephen@moor8704.fsnet.co.uk

TUE.AUG 4. CROW HILL REVERSE BS. 7.30 p.m. 5m/1000' from Mytholmroyd Community Centre (GR011260). £3.50. PM. Reverse of original course this year. Details: Clive Greateorex, Tel: 07872 928754. Email: clive-at-greateorex.fsworld.co.uk

WED.AUG 5. WHITTLE PIKE . AS. 7.30 p.m. 4.5m/1400' from Cowpe Village Hall, Waterfoot, Rossendale (GR837212). £3. Details: Nick Harris. Tel: 07956 344174. Website: www.rossendaleharriers.co.uk

SAT.AUG 8. ARNCLIFFE GALA . AS. 3.00 p.m. 1.8m/443' from Arncliffe Village Green. £3. Details: Michael McKenzie 01756 770329. Email: mike.mckenzie@multiflight.com

SUN.AUG 9. BINGLEY SHOW. BS. 1.00 p.m. 3m/575' from Myrtle Park, Bingley. £7 pre-entry (form on website), includes free entry to show. Also £7 entry on day but excludes entry to show. Confirm start time on website: www.bingleyharriers.org.uk

THU.AUG 20. DENIS STITT MEMORIAL RACE. BS. 7.15 p.m. 5m/850' from Cartworth Moor Cricket Club, nr Holmfirth (GR 134067). £4. Please note new start location. Details: www.holmfirthharriers.com

SAT.AUG 22. BURNSALL CLASSIC . AS. 5.00 p.m. 1.5m/900' from Burnsall, N. Yorks. £5 pre-entry only to organiser by 15th August. Village sports inc. 10-mile road race. Details: www.burnsallsports.co.uk

SUN.AUG 23. SEDBERGH HILLS AL. 12.00 noon. 14m/6000' from the People's Hall, Howgill Lane, Sedbergh. £5. ER/LK/NS. NO parking on Howgill Lane - free parking at Sedbergh School. Details: Jonathan Broxap : 01539 721603. Email: jonathan@dbroxap.freemove.co.uk

SAT.AUG 29. DENTDALE . AS. 12.30 a.m ladies; 2.00 p.m. men. 2.9m/1385' from Church Bridge, Dent (GR 707871). £5 pre-entry only by July 31st, on FRA Universal Entry Form from FRA website/Calendar with SAE, cheques payable to "Dentdale Show". ER/PM. No safety pins. Showers available. Part of Dentdale Show. Free parking and entry. Sponsored by La Sportiva. Please DO NOT RECCE. Details: Website: www.dentdale.com/fellrace and www.dentdaleshow.com

SAT.AUG 29. PENDLETON AS. 2.00 p.m. 5m/1500' from Pendleton, near Clitheroe (GR 755396). £3.50. Home-made refreshments, village pub. Details: Website: www.clayton-le-moors-harriers.co.uk

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 came 17th team!!!

Sun 14th June was us entering a team for the first time in the Bradford Millennium Way Relay organised by St Bede's AC, which consists of five legs with two runners per leg.

Ours team details were:

Leg 1: Beckfoot Lane, Bingley to Marsh Lane, Oxenhope. 9.9miles 1609'. **Dave L & Tim. 1.39.54**

Leg 2: Marsh Lane, Oxenhope to Laycock. 9.9 miles 1467'. **Shaun & Andy Shorey. 1.33.14**

Leg 3: Laycock to Silsden. 8 miles 811'. **Peter & Leon 1.09.02**

Leg 4: Silsden to Ilkley. 8.7 miles 1304'. **Phil G & Laurence 1.13.12**

Leg 5: Ilkley to Bradford & Bingley Rugby Club. 11.6 miles. 1355'. **Tony Brayshaw & Phil R 1.38.31**

The total time was a brilliant 7.13.53, finishing in 17th position out of 44 teams. Congrats to all 10 who took part and thanks to those who supported at the end. 2009 was our first effort in this relay. What can we achieve next year.....

Yorks Vets....

The remaining 2009 Yorks Vets Championship races are as follows:

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 races are:

T Tuesday June 23rd at 19.30, Meanwood, Leeds.

This is a multi terrain course on parts of the Meanwood Trail Race route and studded trail shoes are recommended.

Venue: Leodiensian Club, Crag Lane, off King Lane LS17 5PR

Facilities: Limited parking near Clubhouse other wise on surrounding streets but **do not park on King Lane as this may cause an obstruction.** Changing rooms and showers, limited toilet facilities, start and finish about 100m from Clubhouse. No muddy shoes or kit bags in bar please.

Sunday 12th July at 11.00 a.m., Neiley Fields, Honley

This is a new course avoiding the crumbling footpath after Hey Wood and the steps. It is mainly on good tracks and paths with much less road than previous routes. Trail or fell shoes may be needed in wet conditions (one very muddy section of 100m or so if wet) but in dry conditions runners could use road shoes. The course is just less than 6 miles (approx. 9.75K) and although climbing to the same high point as last year, has longer stretches of level running and slightly easier climbs (284m in total). Usual £3.00 entry on the day.

Wednesday 29th July at 7.30 p.m., Knavesmire, York

This is a flat multi-terrain course of approx. 10k. Usual £3.00 entry on the day. Don't forget your number from previous races if you have completed any of this years runs or you will be charged an extra pound for the issuing of a new number!

Venue: Hamilton Panthers Football Club, York.

Facilities: Toilets and changing facilities at the club together with registration. Presentation and refreshments, after the race, will be at the Knavesmire pub, Albermarle Road, a short walk from the Hamilton Panthers Club.

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

Summer Away run: Thurs 25th June.

Phill Routh is leading the away run on Thursday 25th June. Meet at Shipley station at 6.50pm (set off 7pm - prompt) to run over moors to Ilkley. Take a small rucksack for a quick change and a drink at a pub in Ilkley then a train back to Shipley. The trains back from Ilkley are as follows: 8.05pm (back 8.30pm), 8.40pm (back 9pm), 9.40pm or 10.40pm.

Teams at Lakeside-Gummers Howe Fell Race.

The weekend of 19th-21st June is the Summer Weekend Away: The highlight will be the **LAKESIDE-GUMMERS HOWE FELL RACE on Sat evening**. Its a 3m/900' run 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.

Washburn Valley Relay – Friday 10th July, 7.15pm

Please let me know if you are interest in this relay around the Swinsty and Fewston reservoirs above Otley. It's promoted by Otley AC.

The course is split into 3 segments averaging 3.8 miles / 6.31km and takes place on public footpaths, bridleways and a small amount of road in the scenic Washburn Valley around Blubberhouses, Timble, Swinsty Reservoir and Fewston Reservoir. Every stage starts and finishes at the car park to avoid a convoy of cars charging up and down the countryside. The course is not marked/marshalled & therefore we will need to reccy it beforehand.

There is the Tony Allen trophy for the winning male team , the Joyce Smith trophy for the winning female team plus a prize for the first mixed team (2 men and 2 women). The presentation takes place afterwards at Fewston car park with subsequent adjournment to The Spite pub on the way back to Otley.

It will be a great evening out – let me 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! Otley are organising practice runs, and we have maps showing the legs, which are all on paths around or near the reservoirs.

The event is VERY popular (limited to 60 teams) so declare your interest ASAP so we can register the teams. **Check out Otley AC's website for details or I can print some has paper copies.** For maps & course descriptions: www.otleyac.co.uk

Pudsey 10k Challenge: Sunday 26th July at 10.45am

We hope that club members will support Pudsey and enter their 10k challenge again this year. The course is scenic challenging mixed terrain offering something for everyone. All finishers get a T Shirt and there are various team prizes. In addition there is a 2 mile family fun run at 10am and a Park Fun Run (approx 400metres) for the under 8's at 9.30am we usually have Joseph, Katie and Tom Garlick in this race! Each year they usually reach their 400 race limit so get your entries in ASAP. Entry forms are available at the club, via Pudsey's website: www.pudseypacers.com For an additional £1 (plus no SAE) you can enter online at www.ukresults.net

Can you give Blood.....

Each summer I try to 'do my bit' by encouraging people I know to give blood. The number of registered blood donors in Bradford is falling and its essential to increase these numbers so that there are adequate blood stocks to meet the needs of local hospitals. As a regular donor I'd encourage anyone that I know to book an appointment to donate blood at the Bradford Blood Donor Centre, Rawson Road, Bradford. The opening hours are Mon –Fri 9.30-18.30. Tel: 01274 308450. Visit their website: www.blood.co.uk to look at the info. However I can say it's quick, painless and you get a drink and snack afterwards, although you can't train that day so you need to plan your training abit and obviously its not advisable to give blood before a major race.

New Member.

Welcome to new member Mark Crawshaw. Mark has previously run the Idle Trail Race and took part in the Leeds Half this year. He has entered Pudsey 10k so hopefully he'll meet a few of his new team mates there!

Race Results:

Ilkley Trail Race 6.9 approx 24/5/09

Dave Lewis	53.26
Tim Whitcombe	57.32
Phill Routh	57.40
Gary Naylor	59.11
Richard Lyons	1.02.37
Martin Burnside	1.04.38
Ana Lincoln	1.25.21

Halifax 5k 31/5/09

Tony Brayshaw	20.19
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Roberttown 7 31/5/09

Lisa Davenport	1.01.00
Ana Lincoln	1.12.00

Chevin Fell Race 3/6/09 3.5/900' AS

36 Leon Winder	21.50
46 Shaun Lennon	23.00
68 Phill Routh	24.29
69 Warren Fletcher	24.52
107 Lisa Davenport	30.02

Full Bronte 5 4/6/09

Leon Winder	32.34 MCR
Peter Hilliard	33.07 M45 CR
Tony Brayshaw	33.26
Phil Joyner	37.22
Lisa Davenport	41.41
Ana Lincoln	47.28

Wharfedale Off Road Half, 6/6/09

Dave Lewis	2.02.32
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Otley 10 10/6/09

Peter Hilliard	1.08.47 M45 CR
Tony Brayshaw	1.10.47
Jo Belcher	1.16.48
Tim Whitcomb	1.18.49

Gary Naylor	1.19.21
Lisa Davenport	1.22.49
Kay Gambles	1.25.28 F50 CR
Andy Moakler	1.39.36
Ana Lincoln	1.42.17

10 in 10 Marathon Challenge...

About 10 minutes before setting out to Windermere the T&A photographer turned up. She whizzed me away after I got changed, to do various photos. Then as we were about to set off, the T&A reporter rang. So I was being interviewed on my way to Brathay.

I was nervous, excited, felt sick, faint etc. on my journey. Michael, my son, drove me, and Colin, my husband, was also in the car.

After arriving at my destination, I met up with other running colleagues, who too were all excited. Three of the members were running the 10 in 10 for the second, and a third time. What marvellous people.

A meeting was held after the evening meal, we were briefed on what to expect daily. At night, to get our drinks ready to put in various boxes, to be put at certain mile markers, which were distributed in the morning. We could also put bananas, energy bars, energy gels etc, if we wished, in the boxes. These boxes were collected by various support members, the bottles were washed, ready to be filled again.

The following morning, before or after breakfast in which ever order we could be slotted in, we could have a leg massage by the physios. There were three physios by the end of the marathons.

Then at 10am the marathon began. The timing started when everyone arrived. After the completion of the marathon, we had to clock in our finish time. Then, if it was not too late, a light meal was made. After that, in no particular order, it was – shower, massage and evening meal. Finally the drinks, etc had to be prepared for the following day.

The first two days I managed to run ok. Before the dreaded blisters appeared. So every morning after that my feet had to have a dressing on my the physios.

Everyday my blisters were getting worse. It was making it very difficult for me to run. The blisters were appearing on top of each other – very painful. With all the dressing on my feet, I wished I had brought bigger trainers. All the plasters and bandages were making my feet feel very tight in the trainers.

If the weather was nice -we had two beautiful sunny days – running was enjoyable. The scenery was beautiful, so wonderful to view, but mostly it was raining, hail stoning, windy, cold. It was a struggle to run in these difficult conditions. Yet, I kept going.

After seven miles I dreaded the horrible hill daily. It was never ending, yet I managed to get up it.

During these marathons, a few people were injured. This meant the physios spent longer on certain individuals. Without the help of the physios, it would have been very hard for us to survive.

I knew it would be a tough challenge, but worth it for the charity.

We stayed at Shackleton Lodge, not far from Brathay Hall. It was down the hill at the start of the day, but up the hill at the finish.

I had a lovely room, the food was really good. I managed to have a good breakfast in the morning, and a good evening meal. We all looked after each other, encouraged one another, had a good laugh and enjoyed the company.

It was lovely to see Leon Winder and Ian Fisher on Saturday before the last marathon.

I was really lucky to run on that day, because the day before, it rained so heavy, none –stop, that I was very poorly. I nearly caught hypothermia. I had never been so wet & cold. It was the longest marathon I had ever run.

Anyway, I started the final marathon an hour earlier than the rest of the team, because of my slow time. Ian ran past me on the course, and then Leon. It was lovely to see familiar faces.

At the end of the final marathon, I received so many hugs from everyone, it was unbelievable.

The trophies were presented by Jos Naylor, and the final photos were taken before we departed.

I still can't believe what I have achieved, but looking at my feet, I know I must have done it. Its well worth the challenge. Its all for a good cause. People are putting their names down already for next year.

When I did the 262 mile challenge, I had to stay focused and injury free to keep going to the end.

Thank you to everyone at Idle AC for your kind support and generous sponsorship. You have all been fantastic. What would I do without you?

Many thanks to all for your lovely congratulations card and the gift vouchers, which came as a very unexpected surprise. I will put the vouchers towards buying myself another pair of trainers – a size bigger!

Many thanks once again to EVERYONE.

With love, *Anastasia X*

Current Men's Club Records

Distance	Category	Name	Time
5 Km	Senior	Leon Winder	18:58
	M40	Vacant	
	M45	David Lewis	18:40
	M50	Dave Lewis	19:34
	M60	David Carroll	24.49
5 Miles	Senior	Leon Winder	32:34
	M40	Chris Stubbs	31.06
	M45	Peter Hilliard	33.07
	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	Peter Hillard	1:08:47
	M50	Steve Little	1:16:21
Half Marathon	Senior	Leon Winder	1:30:48
	M40	Chris Smith	1:24:05
	M45	Vacant	
	M50	Dave Lewis	1:33:26
15 Miles	Senior	Chris Stubbs	1:37:03
	M40	Vacant	
	M45	Vacant	
	M50	Vacant	
20 Miles	Senior	Leon Winder	2:22:01
	M40	Vacant	
	M45	Vacant	2:13:50

	M50	Vacant	
Marathon	Senior	Chris Smith	3:04:12
	M40	Vacant	
	M45	Vacant	
	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	Ana Lincoln	47:28
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	1:25:28
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	
20 Miles	F50	Ana Lincoln	2:34:19
	Senior	Joanne Belcher	2:37:11
	F35	Joanne Belcher	2:45:47
	F40	Kay Gambles	3:02:00
	F45	Vacant	
Marathon	F50	Ana Lincoln	3:35:10
	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