
Contents

Coming Events: July – End Sept 09	1
Attendance Scheme/ Club races – 2009 details:	2
Fell Races 2009: July to end Sept 09.	3
The Idle Trail Race – Sunday 2nd Aug 2009	5
Yorks Vets	5
Washburn Valley Relay – 2 teams	6
Pudsey 10k Challenge: Sunday 26th July at 10.45am	6
Bradford 10 Miler – 18th Oct 09.	6
New Members.	6
Race Results:	6
The Lakes..	8

Coming Events: July – End Sept 09

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

Sun 18 th July	Oxenhope fell race. 2pm £3 on day only.
Sat 25 th July	Rombalds Romp Trail Race
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).
Sun 6 th Sept	Sandal Castle 10k
Sun 13 th Sept	Yorkshireman marathon & half.
Sun 13 th Sept	The Wetherby Run 10k.
Sun 20 th Sept	Kirkstall Valley Trail Race. Approx 7.25m
Sun 27 th Sept	Tree-Athlon. 5k run, Tree wish, Plant a tree!
Sun 27 th Sept	Run Preston. 10k or 5k. Plus fun run.

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	Spennings Dale 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.	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'.	3 Idle AC had a fun day at the gala.
July – Sat 11 th	Baildon Canter 3.5 mile off road race.	Ana ran this race & then Eccup the following day!
July – Sun 12 th	Eccup 10.	Good runs from all 6 who ran. Pb for Leon and club records for Laurence (MO) and Peter (M45).
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 31st	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: July to end Sept 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.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

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-greatorex.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.freereserve.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

WED.SEP 2. ILKLEY INCLINE . CS. 7.00 p.m. 1m/560' from the junction of Wells Road/Keighley Gate Road (GR SE114469). £1.50. Uphill only. No toilets. Held in conjunction with Junior Sprint Fell Relays. Details: Geoffrey Howard, Tel: 01943 607799.

THU.SEP 3. HADES HILL BS. 6.45 p.m. 5m/1200' from Taylor Street, Whitworth (GR SD885177). £2.50 on day, PM. Details: Derek Clutterbuck, Windy Ridge, High Peak Road, Whitworth, Rochdale, OL12 8SR. Tel: 01706 344630.

SAT.SEP 5. BLACKSHAW HEAD FETE . BS. 2.00 p.m. 5.5m/900' from the Fete Field, Blackshaw Head, nr Hebden Bridge (GR 959276 on OL21). £3.50 includes entry to fete, registration from 12.30 p.m. LK/PM. Website: www.todharriers.co.uk

SUN.SEP 6. BRADLEY BS. 3.00 p.m. 3.5m/750' from the Playing Fields, Bradley, nr Skipton, (GR003483 on Leeds & Bradford OS Map). £3. Great prizes and goody bag for all finishers. Run with Bradley Family Day. Website: www.bofra.co.uk

SUN.SEP 6. PUMA DERWENTWATER TRAIL BM. 2.00 p.m. 8.5m/1350' from Keswick, Cumbria. See website for entry details. Limit 1000. Event T-shirt. See website for other events at venue, entertainments etc. Website: www.lakelandtrails.org

SUN.SEP 6. SHELF MOOR . AS. 11.00 a.m. 5.9m/1500' from Scout Hut, Old Glossop, (GR SK042949). £4. Website: www.glossopdale.org.uk/races/racessm.html

SAT.SEP 12. HODDER VALLEY SHOW AM. 1.30 p.m. 7m approx. from Slaidburn, Clitheroe. £3 - pay entry to show and get partial refund at registration. New course - see website for further details. No safety pins. Part of Hodder Valley Agricultural Show. Website: www.bowlandfellrunners.org

SUN.SEP 13. SETTLE LOOP TOUGH TRAIL BM. 10.30 a.m. 9.5m/1500' from 10 mins from registration. Register/collect number at Drill Hall. £6 pre-entry or £8 on day - includes tea and homemade cakes. Details: Tracy Wilson, Croft Cottage, Commercial Street, Settle, BD24 9HP. Tel: 01729 823073. Email: viviennetwilson@aol.com

SUN.SEP 13. YORKSHIREMAN HALF MARATHON . BL. 10.30 a.m. 14.9m/1750' from Haworth Primary School (GR 032374). £13 pre-entry only; on-line entry at www.ukresults.net. Teams free. LK/PM. Over 18. Records: 1.25.42 A. Breaks 2005; f. 1.43.12 C. Leah 2005. T-shirt to all finishers. Hot meal at finish. Website: www.kcac.co.uk

SUN.SEP 13. YORKSHIREMAN OFF-ROAD MARATHON . CL. 10.00 a.m. 26.2m/3000' from Haworth Primary School (GR 032374). £13 (solo) and £25 (pair) pre-entry only; on-line entry at www.ukresults.net. Website: www.kcac.co.uk

SAT.SEP 19. GOOD SHEPHERD CLASSIC BL. 10.30 a.m. 15m/2000' from the Good Shepherd Centre, Mytholmroyd, West Yorks. (GR 013258). £5 pre-entry or £6 on day. Website: www.goodshepherdfellrace.co.uk

SAT.SEP 26. THIEVELEY PIKE . AS. 3.00 p.m. 4.25m/1300' from Holme, Chapel-in-Cliviger, nr Burnley (GR SD875285). £4. PM. Limited car parking. No safety pins. Details: Peter Booth, Flat A, 101 Burnley Road, Cliviger, Burnley, BB10 4SN. Tel: 01282 448232 or 07724 085873. Email: pete.booth@ntlworld.com

SAT.SEP 26. WHERNSIDE BL. 11.00 a.m. 12.1m/2972' from Church Bridge, Dent (GR 707871). £5. ER/LK/NS/PM. Marshalling by "Cave Rescue Org." - donations welcome at www.cro.org.uk Details: Paul Cornthwaite, c/o Lyon Equipment, Rise Hill Mill, Dent, Sedbergh, LA10 5QL. Tel: 015396 25910. Email: paulc@lyon.co.uk

SUN.SEP 27. WYCOLLER HOOF. BL. 8.30 a.m. 18m/2570' and 26m/3800' from Colne Cricket Club (GR 899403) on Keighley road from end of M65. £7.50 pre-entry or £8 on day including meal, see website for details. NS. LDWA event, runners welcome. No safety pins. Details: Website: www.ldwa.org.uk/eastlancashire

The Idle Trail Race – Sunday 2nd Aug 2009

Its nearly here so we need the whole club on board beforehand with spot prizes and homebaking. On the day we need some people who enjoy putting up gazebos & carrying tables, chairs etc from 8am. We have entries from as far afield as London & Edinburgh.

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 race is:

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

Washburn Valley Relay – 2 teams

Congrats to the two teams who ran the Washburn Valley Relay: Lisa, Andy M & David L, plus Andy S, Leon & Phil G, on the wet Friday night of 17th July.

14th Leg 1 Andy Shorey 19.52, Leg 2 Leon Winder 27.17, Leg 3 Phil Good 21.11

43rd Leg 1 Lisa Davenport 28.48, Leg 2 Andy Moakler 30.13, Leg 3 David Lewis 26.32

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 400meters) 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

Bradford 10 Miler – 18th Oct 09.

Organised by Bradford District Council and supported by Steve Cram, former world record holder and gold medallist, this event offers a unique opportunity for runners to enjoy central Bradford traffic free and in front of with hundreds of well wishes.

The event includes a 10 miler, 5 mile 'Fun Run', kids race, City Challenge and 4-person relay all as a taster for next years 2010 Bradford Marathon.

Online entries are now open at www.bradford.gov.uk/events where theres also more information about the day.

New Members.

This month we welcome 2 new members John Baldock & Barbara McGuffie

John came to the club a couple of times last year and hes done a few races, up to half marathons. Barbara is in a higher vets category and is a swimming coach and having entered the Trail Race now hopes to start training with the club. Welcome to you both.

Race Results:

Melmerby 10k 24/5/09:

192	Steve Little	52.35
194	Kay Gambles	53.00

Bingley St Ives Fell race 9/6/09 4.5m/450'

50	Phill Routh	44.27
----	-------------	-------

Kirkby Malzeard 10k 6/6/09

136 Kay Gambles 50.29 **F50 CR**
138 Steve Little 50.39

Buckden Pike fell Race, AS, 4m/1500', 20/6/09:

Warren Fletcher 49.57

Staveley Stampede 21/6/09

Gary Naylor 1.19.50

Leeds 10k 21/6

Peter Helliwell 55.59

Ana Lincoln 59.35

Jane Lewis 1.12.12

Yorks Vets Grand Prix Race 5, Meanwood, 23rd June 09

Ana Lincoln 53.26

Esholt Bash Trail Race, Approx 10k, 24/6/09

Kay Gambles 60.51

Andy Moakler 64.17

Mark Crawshaw 64.35

Eldwick Gala Fell Race, 3m/550', 27/6/09.

Dave Lewis 23.22

Tony Brayshaw 24.00

Jo Belcher 26.43

Rainton 10k, 26/6:

165 Kay Gambles 50.46 184 Steve Little 52.48

Lune Valley & Howgill 10m race, 5/7/09:

Lisa Davenport No time available.

Eccleshill Tuff 10k, 5/7/09:

Leon Winder 41.33

Peter Hilliard 42.07

Mark Crawshaw 59.26

Ana Lincoln 59.44

Helen Windsor 10k, 8/7/09:

Ana Lincoln 58.44

Wasdale 21m/900'. AL, 11/7:

Tony Wimbush 5.41.30

Baildon Carnival Canter, 3.4 m, 11/7:

Ana Lincoln 44.27

Eccup 10, 12/7:

Laurence Doddy 1.06.06 Male CR .PB.

Leon Winder 1.06.48 PB

Peter Hilliard 1.08.27 M45 CR.

Gary Naylor 1.18.55

Roy Bradshaw 1.22.01

Mark Crawshaw 1.38.05

Ana Lincoln 1.39.50

Burn Valley Half 14/7:

Kay Gambles 2.05.46 F50 CR.

The Lakes..

The TV series *On Thin Ice* follows James Cracknell and Ben Fogle as they prepare to race to the South Pole. Idle AC could have its own version of this battle against extremes of weather, fatigue and the mind... it's the annual cycle ride to the Lake District for the Gummers How fell race. If you've been watching the TV show, you realise that putting people under pressure opens a window on the soul. So how did Team Idle measure up?

On an overcast morning, 7 of us set off for the 108-mile journey to the Lake District. Less than ten miles into the journey, the weather began to show its unforgiving nature. It began to rain... and it rained relentlessly. At lunchtime we pulled ourselves into Appletreewick which by then was hidden in a mist. We were all wet and glad to get some respite. It didn't matter what you were wearing - Gortex, Nike or Primark - this rain was getting everywhere. Getting back on the bikes 45-minutes later was tough. Being wet made us feel cold. We were silent as we cycled hard for the next half an hour, trying to generate a bit of body heat to get us warm.

Shaun had plotted a course that avoided all but a couple of miles on busy roads. The downside was that there were no gentle asphalt climbs over the Dales. We had some lung-busting, thigh-aching ascents to get under our belts before the end of the first day. Amy was on a heavy mountain bike which made a tough job even tougher. The aim was to get to Buckden, stop at the Buck Inn for a short while before attacking the last and perhaps most challenging part of the day's route. We needed to get warm and psyched up for that last, big push of the day. Meticulous as Shaun's planning was, he hadn't anticipated on the destructive cynicism of the bloke behind the bar

Whatever skills the bloke behind the bar had, customer care was not one of them. I heard him gleefully tell a group of pensioners out for a walk, they had just missed the last bus home. This guy served up misery in double measures. Then his attention turned to us.

He asked where we were going. He listened quietly then it was like he'd just released the cork on one of his bottles of bubbly... We had a long, long way to go... it would take several more hours and by the time we reached the Station Inn at Ribbleshead (where we were staying the night), they would have stopped serving food. It was devastating. The only thought pulling us all along at that stage was the thought of a hearty meal at the end of the day.

Dispirited, cold and wondering if we would ever eat that night, we pushed on. The climbs were tough but the scenery stunning. Phil R raced ahead to try and get to the Station Inn and warn them that we were on our way. Eleven hours after starting, a bedraggled peloton arrived at the Station Inn. Just for the record: we had an hour to spare before the kitchen closed

Day two was a lot easier. Fewer climbs and better weather meant time and the miles just flew by. By mid afternoon, we had reached Bowness and we decided to do the last three miles to Ambleside in style: we travelled there by ferry. Just over 24 hours of rest and recuperation and we were onto the culmination of the journey – the ascent of Gummers How which stands proudly 1,000 ft above sea level. Last year, the top of the fell had been covered by mist – you couldn't see how far up it was. It was a case of running into the unknown. Sometimes it's best not to know what lies ahead. This year, it was bathed in sunshine – and worryingly, it looked a long way up - and steep. But once we were off, such intimidating thoughts were put to the back of our minds. The race consists of a frantic sprint to the side of Windermere Lake, a row across the water and then a run up and down the fell. Last year, my team was last – this year, we improved on our position and so did the three other teams from Idle AC. In the post-run glow, the consensus was we'd be back next year.

And that window on the soul - how did cyclists from Team Idle measure up?

Shaun: The Leader. A meticulous planner. We travelled 108 miles over two days and not a single wrong turning. Kept everyone going when things got tough.

Phil Goode: The Achiever. He attacked every hill between Bradford and Ambleside and didn't seem to show any fatigue. Yells like a drill sergeant to encourage his team mates to give their all to the cause.

Amy: The Fighter. She was riding a heavy bike which made climbing the hills unpleasant and extremely hard work. She quietly battled on before deciding to take an easier route to Ambleside on the second day of the ride – in her boyfriend's car.

Martin Burnside: The Technophile. The John Motson of Idle AC - if it can be measured, Martin measures it and records all the figures. If there was a gadget that did the running for you, Martin would have it – especially if it told him his heart rate as well.

Tony Brayshaw: Status Seeker. Tony’s pannier bags cost more than some of the bikes making the journey. To go with his shiny panniers, Tony had a new bike and top of the range clothing. Perhaps it was a good investment – he was the only one to keep dry.

Phil Routh: The Enforcer. Believes team loyalty is all-important. Phil G unwisely opted to stay in a separate bedroom from his team mates when at the Hawkhead youth hostel. Seen as an act of betrayal, Phil sought retribution. What he did cannot be recounted in a magazine that could be read by children and people of an infirm disposition.

David Lewis: Well... modesty prevents me from disclosing my innermost make up.

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	Laurence Doddy	1:0:06
	M40	Chris Stubbs	1:03:10
	M45	Peter Hillard	1:08:27
	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	Kay Gambles	50:29
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	Kay Gambles	2.05.46
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