

# **BAILDON RUNNERS NEWSLETTER**

**April 2015**

## **FROM THE EDITOR**

*by Lizzie Smith*

Welcome to the April edition of your Newsletter.

If you have any articles for the Newsletter, ideas for the new Magazine or would like to write a regular feature, please email the Club. We look forward to hearing from you.

This newsletter has been brought to you by Phil Bland, Ian Ferris, Lizzie Smith and Jackie Walters. Thank you for your contributions.

If you have a contribution to make to the next Newsletter, please send to [news@baildonrunners.co.uk](mailto:news@baildonrunners.co.uk) **no later than Friday 15 May 2015.**

Thanks

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## **YOUR NEW YEAR STARTS HERE**

*by Ian Ferris*

Welcome all to the 2015-2016 running year which starts on 1<sup>st</sup> April. You can tell it's a new season by the very unpredictable weather we've had recently, the start of the transition from road to off-road and of course the Boundary Way race.

This year we will aim to bring you more of what you love about being a member of Baildon Runners and also to try a few new initiatives. One of these will be a quarterly Club Magazine which will be issued in addition to the monthly Newsletter. Please welcome new Committee Member Geraldine Ray who will be helping us out with the Magazine and related activities.

We will continue with the five Club sessions / runs each week and will be asking for your support in volunteering to lead the groups on a Thursday and Sunday and to help find us find new routes. We also welcome Jackie Walters to the Committee who will be helping coordinate this. Our Coaching and Run Leader team would also appreciate any help you can offer at the structured sessions on Tuesdays and Saturdays.

The 2015 Summer Championship is now up and running so be sure to get your race entries in quickly for the more popular events before they fill up. Jeremy Smith has taken over the SC responsibility from Alan and we welcome him too to the Committee.

If you don't like running on your own we will aim to enter teams into at least four relays including the Calderdale Way, Bradford Millennium Way, Leeds Country Way and Gathering Winter Fools. If you've not done these before you'll find them an excellent way to try something different, see new areas and get into the team spirit.

And after you've had enough of running you'll want to take advantage of the various social fixtures which will include a mix of the traditional and possibly some new events over the summer. Look out for more details.

As always we seek to encourage your input and involvement to help shape how Baildon Runners moves forward so please try to keep involved and make your opinions known.

Stepping down as Club Secretary is Alan who has steered the Club at a time when we've had a record high membership. We're extremely grateful for his stewardship and wish him a well-deserved break now he has navigated us through the BW.

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Also stepping down is Tracy Robinson who is moving to new pastures but not so far away that we can't visit for one of our away days and Tracy will continue to be a member of the Club.

This year we have split the Membership Secretary and Treasurer roles back into two with Dave Lonsdale continuing in the former role and Paul Baidon joining the Committee and representing us as our new treasurer. This brings me onto the closing point: with so much to look forward there is no time like the present to renew your membership. It remains incredibly competitive and good value.

Good Running!

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## **NEW MEMBERS**

We have seven new member to report this month: James Birkley, Mark Delaney, Marc Forrest, Noreen Hughes, Agnes Illingworth, Susanna Walters and Debbie Watson. Welcome to you all.

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## **RUNNER OF THE MONTH**

Runners of the Month for January was Kirsty Allen for FV40 Club Record 20:43 (5K Bradford parkrun 1<sup>st</sup> Lady). Rebecca's prize was a bottle of wine. WELL DONE!!



Runner of the Month nominations are welcomed from all members of the Club. If you know of anyone who has made an achievement (or indeed yourselves!!), then please feel free to nominate them by emailing [baidonrunners@yahoo.co.uk](mailto:baidonrunners@yahoo.co.uk). It is not all about breaking records, either. It could be someone who has completed their first race at a particular distance or in a particular time. Neither, does it necessarily need to be running related. We have had winners in the past who have been awarded the accolade for volunteering at events as well as other non-running related activities.

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## **BOUNDARY WAY FEEDBACK REQUEST**

*by Ian Ferris*

The Club thanks everyone who helped make the 2015 Boundary Way race such a success. It is a significant task and as always everyone pulled together. If you use Twitter you will have seen some of the positive comments the runners returned.

No sooner has one Boundary Way finished then we start planning for the next.

While the race is still fresh in your mind we'd be grateful to receive any thoughts on what went well, what we can do better and any feedback you were given from race participants, spectators or onlookers.

We will review all comments and use these to help shape the 2016 race.

Many thanks in advance.

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## LEADERS FOR CLUB RUNS – THURSDAY D AND E GROUPS AND SUNDAYS

*by Jackie Walters*

### Thursday Runs 7.00 pm

We are looking for more volunteers to lead Groups D and E.

Group D runs the same distance as Groups A – C but at a steadier pace. Group E runs a shorter distance of 4-5 miles, usually starting on the same route as the other groups but circling back earlier. Group E was set up mainly for the benefit of newer runners but also those who prefer a shorter distance, slower pace or just enjoy a sociable run! Some of you may be reluctant to lead because you are not familiar with the routes, particularly off road. The routes tab on the website is helpful and provides detailed routes which can easily be cut down for the E runs. If you regularly run on Thursdays you are probably familiar with at least some of the routes so you may want to volunteer for a route you know. You might prefer to co- lead with a more experienced leader at first.

### Sunday Runs 10.00 am

The Club also needs more Sunday leaders for these social runs, typically 6-8 miles, depending who turns up. Routes are chosen by the leader, usually around the Saltaire/ Baildon area. If you have a favourite route you could lead please get in touch.

Any offers of help would be most gratefully received so I don't have to keep asking the same people to lead groups!

Thank you

## RACE RESULTS: MARCH 2015

*by Phil Bland*

DATE	NAME	TIME	DATE	NAME	TIME
8 <sup>th</sup>	<b>Harewood 10k</b>		21st	<b>Coniston 14</b>	
	Kirsty Allen	43:23		Carolyn Hargreaves	2:16:37
	Liz Caven	48:52		Jackie Walters	2:23:26
	Jeremy Smith	49:16		Michelle Gill	2:37:15
	John Buddle	49:18			
	Dave Shaw	1:01:02	22nd	<b>Trimpell 20</b>	
	Geraldine Ray	1:02:20		Debbie Bland	2:55:12
	Sarah Terry	1:02:47		John Cawley	2:57:15
	Karen Butler	1:03:26		Phil Bland	DNF
	Ellie Newhouse	1:06:37			
	Rach Anmer	1:21:29		<b>Thirsk 10 (SC)</b>	
				Ian Ferris	1:11:46
	<b>Ian Roberts Mem'l</b>				
	Rob Myers	1:16:28		<b>Heptonstall Fell</b>	
				Steve Pickard	3:10:34
	<b>Trollers Trot</b>			Rob Myers	3:14:42
	Chris Longstaffe	3:58:53		Jim Goddard	3:21:15
	Michelle Morris	5:28:03			
				<b>Rivock Edge</b>	
14th	<b>Haworth Hobble</b>			Rob Martin	1:00:30
	John Buddle	6:16:35		Jim Barnett	1:03:41

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				Neil Fairburn	1:08:43
	<b>Dent 14</b>			Ian Hartman	1:16:10
	Debbie Bland	1:58:14		Kate Walter	1:25:33
	Phil Jones	2:07:17			
	Phil Bland	2:25:53	<b>29th</b>	<b>Wakefield 10k (SC)</b>	
				Jim Wheldon	44:35
<b>15th</b>	<b>Spennings 20</b>			Don Johnson	45:33
	Lorne Mc Neil	2:31:40		Debbie Bland	47:13
	Rebecca Langdon	2:57:50		Geoff Perigo	53:02
	Edward East	3:25:00		Jackie Walters	58:03
				Geraldine Ray	59:04
	<b>Keighley 10k</b>			Ellie Newhouse	59:54
	Ben Watson	40:18		Phil Bland	1:03:29
	Kirsty Allen	41:46		Dave Lonsdale	1:08:45
	Phil Brown	43:34		Richard Depledge	1:16:40
	Claire Greenwood	47:26		Rach Anmer	1:20:43
	Geoff Perigo	52:18			
	Kate Walter	55:03		<b>Liverpool Half M</b>	
	Sarah Terry	58:35		Dan Cobb	1:30:46
	Karen Butler	59:48			
	Angela Pegg	1:00:49		<b>Blubberhouses 25</b>	
	Linda Carey	1:01:06		Steve Tindall	5:47:00
<b>DATE</b>	<b>NAME</b>	<b>TIME</b>	<b>DATE</b>	<b>NAME</b>	<b>TIME</b>
	<b>PARKRUNS</b>			<b>PARKRUNS</b>	
<b>7th</b>	<b>Bradford parkrun</b>		<b>21st</b>	<b>Bradford parkrun</b>	
	Ben Watson	20:03		Rob Martin	20:04
	Rob Martin	20:10		Jim Barnett	21:42
	Kirsty Allen	20:28		Dave Long	22:14
	John Buddle	23:04		Catherine Milner	23:23
	Neil Fairburn	24:28		Debbie Bland	25:32
	Denise Johnson	25:00		Dave Shaw	27:31
	Don Johnson	25:01		Nicola Steffen	28:58
	John Colwell	25:51		Emma Long	29:39
	Jo Miller	27:32		Ellie Newhouse	29:48
	Kate Walter	27:47		Angela Pegg	30:50
	Linda Carey	30:15		Cathy Williams	35:51
	Judith Wilson	35:44		Susanna Walters	37:20
	Ian Connor	40:23			
				<b>Leeds Woodhouse</b>	
	<b>Halifax parkrun</b>			Dan Cobb	19:34
	Melanie West	24:50			
	Amanda Darbyshire	27:30		<b>Roundhay</b>	
				Jim Wheldon	23:06

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	<b>Keswick parkrun</b>			
	Shelagh Hopkinson	30:01		<b>Huddersfield</b>
				Alice Buttle
				24:24
<b>14th</b>	<b>Bradford parkrun</b>			
	Rob Martin	20:12	28th	<b>Bradford parkrun</b>
	Ian Ferris	21:06		Rob Martin
	Dave Long	21:54		20:27
	Ian Hartman	24:22		Ben Watson
	Martin Kieffer	25:42		20:29
	Jo Miller	26:45		Jim Barnett
	Nicola Steffen	28:29		21:18
	Dave Shaw	28:32		Ian Ferris
	Jackie Walters	28:59		21:29
	Ellie Newhouse	30:26		Neil Fairburn
	Kath Robertshaw	31:45		23:10
	Susanna Walters	40:12		Debbie Bland
				23:40
				Edward East
				27:25
				Phil Bland
				32:34
				Jennifer Stephenson
				34:57
				Denise Johnson
				35:02
				Judith Wilson
				35:04
	<b>Halifax parkrun</b>			<b>Winchester</b>
	Rebecca Langdon	23:40		Rebecca Langdon
	Melanie West	24:03		22:47
	Amanda Darbyshire	27:00		
	Richard Depledge	36:06		<b>Halifax parkrun</b>
	Rach Anmer	38:25		Melanie West
				24:46
				Amanda Darbyshire
				28:04
	<b>Keswick parkrun</b>			
	Shelagh Hopkinson	29:55		

## RESULTS ROUNDUP: MARCH 2015

*by Phil Bland*

With frightening speed the rash of Spring Marathons is approaching & those who have been foolish enough to enter one have been honing their long runs during March.



However, there was unfinished business to conclude in the Cross Country arena and on the opening day of March Baildon staged the final race in the five race **West Yorkshire Winter League** series. On a freezing cold day, complete with sleet showers, our gallant team put on a brave show to try and unseat the might of Stainland, who had been dominant all season.

For the Men, **Quentin** produced yet another fine performance on his home turf running in **4<sup>th</sup> (197 pts)** with **Gareth Holme** not far behind in **30<sup>th</sup> (171 pts)**. **Ben Watson (48<sup>th</sup> 153 pts)** and **Chris Longstaffe (53<sup>rd</sup> 148 pts)** completed the men's team counters along with **Matt Gurney** returning to form after injury with a fine run along with **Steve Pickard** for the Vets – **Total men's points 1144**.

The Ladies had two runners in top form – **Emma Stoney (1<sup>st</sup> / 100 pts)** and **Kirsty Allen** making a welcome return **2<sup>nd</sup> (99 pts)** with **Natalie Bottomley** producing another great run to bag **14<sup>th</sup> (87 pts)** and **Liz Caven** not far behind in **17<sup>th</sup> (84 pts)** as our lady counters. For tactical reasons **Emma** counted as a Vet so her 100 pts helped them to a score of **406** whilst the ladies scored **370**.



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Overall Baildon Runners ended the series in **5<sup>th</sup>** place out of the ten teams with the **Men's 5<sup>th</sup>, Ladies 4<sup>th</sup> and the Vets** who had suffered from injuries and illness to key players, in **9<sup>th</sup>**. Congrats to all the team members who contributed so well on some tough courses across the five races.

On the same day at the last of this year's rival **PECO** five race cross country series at Roundhay Park, **Debbie Bland**, running 2<sup>nd</sup> claim for Eccleshill ran in **1<sup>st</sup> FV60** in **38:16**

Meanwhile **Don and Denise Johnson** journeyed over to the "dark side" for the **Northern Vets Cross Country Championships** at Bolton. With a choice of 5K or 10K events, **Denise ran in 3<sup>rd</sup> FV55 at 5K and Don 6<sup>th</sup> MV60 in the 10K.**

**On 8<sup>th</sup> March** we were still firmly rooted in the mud of off road and trail running with the popular **Harewood 10K** running in the grounds of Harewood House. By no means an easy course with some stiff climbs to contend with, ten Baildon Runners turned out. Once again **Kirsty Allen** produced a phenomenal run to claim **2<sup>nd</sup> lady spot in a new FV40 Club Record time of 43:23**. Close behind in a great time of **48:52** was **Liz Caven** with **Jeremy Smith (49:16)** just pipping **John Buddle (49:18)**. **Dave Shaw** was next in with a shade over the hour in **1:01:02** followed by **Geraldine Ray (1:02:20)**, **Sarah Terry (1:02:47)**, **Karen Butler (1:03:26)**, **Ellie Newhouse (1:06:37)** and **Rach Anmer (1:21:29)**.

Turning to the moors and fells now and **Rob Myers** tackled the 6.4 mile / 853ft **Ian Roberts Memorial** fell race at Marsden up in the Pennines completing this tough race in **1:16:28**.

Tougher still is **Trollers Trot** with 24 miles of climbing the trails on the moors above Grassington. Two Baildoneers rose to the challenge with **Chris Longstaffe** running in **67<sup>th</sup> of 226 (3:58:53)** with (guess who!) **Michelle Morris** putting yet more training miles on the clock – **197<sup>th</sup> / 226 (5:28:03)**. The race was won by Andy Grant (Harrogate Harriers) in 2:57:01 with first lady Carol Morgan of Nidd Valley (3:41:58)

The following week (**14<sup>th</sup>**) saw **John Buddle** tackle the **Haworth Hobble** (and after 32 miles and 4,400ft of climb you would be hobbling!) in **6:16:35** – true Baildon grit!

Running on the same day was one of the Marathon "tune up" races – the **Dent 14**, a lovely circuit of Dentdale with a sting in the tail. Three Baildoneers showed up to test their endurance and leading them home was **Debbie Bland (1:58:14 and 1<sup>st</sup> FV60)**, followed by **Phil Jones (2:07:17)** and **Phil Bland (2:25:53)**.

The following day (**15<sup>th</sup>**) saw three of our runners take on the **Spen 20** – probably the toughest of the three 20 milers that run at this time of year (the other two being Trimpell 20 & East Hull 20). In a race overshadowed by a major controversy over the alleged treatment of a slower runner by Spen A.C, **Lorne Mc Neil** showed a clean pair of heels by finishing in **2:31:40** followed by **Rebecca Langdon** in a terrific **2:57:50** and **Edward East**, making a welcome return to racing, in **3:25:00**. John Hobbs of Valley Striders took 1<sup>st</sup> in 1:59:30 and first lady was Shona Fletcher (Richmond and Zetland) in 2:06:26.

Over in Keighley we had a good turnout at the **Keighley 10K** with ten Baildoneers swelling the 1047 runners in this popular race (which sadly turned out to be short of the full distance at 5.8 miles!). However, none of that put off **Ben Watson** who led the troops home in **40:18** followed by **Kirsty Allen**, enjoying a rich burst of form, in **41:46 (2<sup>nd</sup> Lady)** with **Phil Brown on 43:34**. **Claire Greenwood** was next home in **47:26** with **Geoff Perigo (52:18)**, **Kate Walter (55:03)**, **Sarah Terry (58:35)** and **Karen Butler (59:48)** all dipping in under the hour. **Angela Pegg** just missed the hour by the narrowest of margins (**1:00:49**) just ahead of **Linda Carey (1:01:06)**. The race was won by Craig Shearer in 34:15 with first lady Helen Wright of KCAC in 40:26.

On the morning of the 15th the end of series **PECO v WYWL Relays** were held at Pendas Fields, Crossgates. This enjoyable event sees teams from both series pitted against each other in a three lap Cross Country Relay. In an exciting event that saw the lead change hands frequently between PECO and WYWL during the morning's racing, the event ended in a 3-3 stalemate. **PECO Men's** team beat WYWL by a narrow 20 seconds but both **WYWL Men's Vets teams triumphed** as did the **WYWL Ladies**, with our own **Jennie Guard** recording the fastest ladies lap of the day. However, both **PECO Ladies Vets teams** clawed back the score to make it **3-3 on the day** – PECO retain the Trophy as

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current holders! Several clubs from both leagues entered relay teams and it was a shame not to see a Baildon Team in the mix. However, there was some reflected glory in that **Jennie Guard** won the fastest lap prize and our own **Debbie Bland**, running second claim for Eccleshill RR, **won the overall PECO series 1<sup>st</sup> FV60 trophy** having overhauled her near rival Liz Ball of Valley Striders in the last race at Roundhay earlier in the month.

Fast forward a week to Coniston in the Lakes where **Michelle Gill, Carolyn Hargreaves** and **Jackie Walters** tackled the **Coniston 14** road race – a deceptively undulating course round Coniston lake. **Carolyn** led the Baildon contingent home in **2:16:37** with **Jackie (1<sup>st</sup> FV65)** not far behind in **2:23:26** and **Michelle** clocking **2:37:15** – all three ladies setting new Club Age Records for the distance.

On the 22<sup>nd</sup> **Debbie and Phil Bland** plus **John Cawley** took on the **Trimpell 20** road race at Lancaster. Sadly Phil had to pull out at mile 8 with an injured knee but **Debbie** stormed home in **2:55:12 (1<sup>st</sup> FV60)** followed closely by **John** in **2:57:15**

Our first Summer Champs race of the year, the **Thirsk 10** ran on the same day. This is a flat fast PB course with many runners taking advantage of ideal conditions to clock fast times. However, only our own **Ian Ferris** chose to turn up for Baildon and he was rewarded with a terrific **1:11:46** to clock the first points of our new Summer Championships year.

Meanwhile our Fell runners were at it again – **Steve Pickard (3:10:34), Rob Myers (3:14:42)** and **Jim Goddard (3:21:15)** tackling the knee busting **Heptonstall Fell race** – 15.4 miles of tough Pennine moorland with 3,170ft of climb.

Going for a shorter distance at **Rivock Edge Fell Race** – 6.8 miles / 883ft of climb – were **Rob Martin (1:00:30), Jim Barnett (1:03:41), Neil Fairburn (1:08:43), Ian Hartman (1:16:10)** and **Kate Walter (1:25:33)**.

The action continued right through to the last weekend of the month with the second of our Summer Championship races – **the Wakefield 10K** – running on the 29<sup>th</sup>. A good Baildon turnout saw 11 of our runners take on this popular race in aid of Wakefield Hospice. Leading home the pack in a great time of **44:35** was **Jim Wheldon (5<sup>th</sup> MV60)** followed by **Don Johnson (45:53)**. **Debbie Bland** was next in with a terrific **47:13**, taking out yet another **FV60 1<sup>st</sup>** to leave her unbeaten in her age group in all her 2015 races so far. **Geoff Perigo (53:02), Jackie Walters (58:03 and 1<sup>st</sup> FV65)** and **Geraldine Ray (59:04)** all had fine runs and **Ellie Newhouse** scored yet another 10K PB just dipping under the hour in **59:54**. **Phil Bland (1:03:29)** and **Dave Lonsdale (1:08:45)** both coming back from injury made good progress whilst **Richard Depledge** scored a **1:16:40 PB** running only his third ever 10K. **Rach Anmer** completed a fine Baildon team performance in **1:20:43**.

Elsewhere **Dan Cobb** ran a blistering **PB 1:30:46** at the **Liverpool Half Marathon** whilst **Steve Tindall**, fresh off a cruise ship, put all that luxury behind him and tackled 25 miles of moorland in the **Blubberhouses 25 in 5:47:00** Sad to say, no one took up the challenge of the **YVAA Grand Prix** at Honley.



March hopped away off the calendar with the first of the **Woodentops Bunny Runs** – a brisk 3 mile canter across the moors above Haworth and featuring the famous chocolate “chuck out” at the end. Ten gallant Baildoneers took up the challenge with **Gareth Holme** leading the troops back in a quick **19:37 (26<sup>th</sup>)** followed by **Dan Cobb (21:27), Kevin Brain (22:18)** and **Andy Price (23:02)**. Good runs also from **Neil Fairburn (23:23)**, and **Catherine Milner (24:28)** who only just pipped **Rob Myers (24:38)** whilst **Rebecca Langdon (25:30)** and **Ian Hartman (25:58)** were a further minute back. **John Crabtree (28:48)** sneaked in a last crafty MV55 race before his big birthday on 4<sup>th</sup> April. Race winner was Tom Adams (Ilkley) in a very brisk 15:57 with Katie Walshaw (Holmfirth) not too far behind in 18:33

## **March parkruns**

In our unofficial “parkrunner of the month” competition our troops ranged far and wide from as far south as Winchester and as far north as Keswick with our usual venues in between. Happily the new Halifax parkrun in

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Shroggs Park has bedded in well with over a hundred runners each week and Melanie West together with sister Amanda Darbyshire have flown the flag for Baildon since day one, putting down some excellent times.

At the sharp end of competition there has been the usual tussle between **Rob Martin** and **Ben Watson** at Bradford with Ben taking the early advantage (**20:03**) on the 7<sup>th</sup> only for Rob to steadily improve his times across the month with a **20:04** on the 21<sup>st</sup>, shaping up for a big showdown on the 28<sup>th</sup>. Sadly it never came, with Ben contracting a bad cold and Rob easing back to a 20:27 just 2 seconds ahead of Ben on a rainy Bradford course on the 28<sup>th</sup>. However, late drama came with another fine run off the blind side by **Dan Cobb** running at **Leeds Woodhouse Moor** and clocking **19:34** to nick the "Golden Trainer" for March right at the death!

There was never much doubt about the destination of the Ladies prize with a magnificent **20:28 PB** at Bradford on the 7<sup>th</sup> by **Kirsty Allen** which will take some beating in months to come. Other notable ladies performances came at **Winchester** where **Rebecca Langdon** showed the southerners how to run 5K by clocking a terrific **22:47** and **Debbie Bland** who fooled the opposition by pretending to take it easy prior to the Wakefield 10K but wound it up to take **2<sup>nd</sup> Lady** and the **1<sup>st</sup> Age Grading in 23:40** on the 28<sup>th</sup> at Bradford.

**Congrats on a great month's running everyone – next month is Marathon month!! Good luck to all our runners in London, Manchester and elsewhere.**

## **SUMMER CHAMPIONSHIP**

The following races are included in the Club's Summer Championship.

<b>Race No</b>	<b>Name</b>	<b>Distance</b>	<b>Time</b>	<b>Day</b>	<b>Date</b>
Race 1	Thirsk	10 miles	11.00 am	Sunday	22 March 2015
Race 2	Wakefield	10K	9.00 am	Sunday	29 March 2015
Race 3	Huddersfield	Half Marathon	10.00 am	Sunday	19 April 2015
Race 4	Esholt (1/3)	5K	7.30 pm	Wednesday	6 May 2015
Race 5	Leeds	Half Marathon	9.30 am	Sunday	10 May 2015
Race 6	Esholt (2/3)	5K	7.30 pm	Wednesday	13 May 2015
Race 7	Esholt (3/3)	5K	7.30 pm	Wednesday	20 May 2015
Race 8	Otley	10 miles	7.30 pm	Wednesday	10 June 2015
Race 9	Bronte	5 miles	7.30 pm	Thursday	11 June 2015
Race 10	Eccup	10 miles	9.30 am	Sunday	5 July 2015
Race 11	Harrogate	10K	10.30 am	Sunday	5 July 2015
Race 12	Bradford Parkrun	5K	9.00 am	Saturday	25 July 2015
Race 13	Askern	10 miles	10.30 am	Sunday	9 August 2015
Race 14	Birkenshaw	5 miles	10.00 am	Sunday	9 August 2015
Race 15	Spennings Greenway	10K	11.00 am	Sunday	September 2015
Race 16	Bradford	10K	9.30 am	Sunday	27 September 2015
Race 17	Horsforth	10K	3.00 pm	Sunday	October 2015
Race 18	Bradford Parkrun	5K	9.00 am	Saturday	October 2015
Race 19	Bradford	Half Marathon	9.40 am	Sunday	October 2015
Race 20	Wistow (Selby)	10K	11.00 am	Sunday	25 October 2015



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## **AGE CATEGORY RECORDS**

This information will now be accessed through the website at [www.baildonrunners.co.uk](http://www.baildonrunners.co.uk)

## **FORTHCOMING RACES**

Every Saturday 9.00 am	<a href="#">Lister Park 5K parkrun</a> (Bradford), <a href="#">Hyde Park 5K parkrun</a> (Leeds), <a href="#">Roundhay Park 5K parkrun</a> (Leeds), <a href="#">Temple Newsam 5K parkrun</a> (Leeds), <a href="#">Cross Flatts Park 5K parkrun</a> (Beeston, Leeds) All are free events, but you must pre-register online by 6:00pm Friday, and take the barcode emailed to you.
26 April	<a href="#">Blackpool Marathon</a>
26 April	<a href="#">Blackpool Half Marathon</a>
26 April	<a href="#">Blackpool 10K</a>
3 May	<a href="#">Bluebell Trail 10.3 miles</a> (West Vale, Stainland)
11 May	<a href="#">Leeds Half Marathon</a>
14 June	<a href="#">Jane Tomlinson's Hull 10K</a>
10 June	Otley 10 miles
28 June	<a href="#">Jane Tomlinson's Pennine Lancashire 10K</a>
28 June	<a href="#">Humber Bridge Half Marathon</a>

## **COMMITTEE MEMBERS**

Ian Ferris	Secretary, Club Coach, Beginners, Run England and BAN Rep
Paul Baildon	Treasurer
Dave Lonsdale	Membership Secretary and Curry Nights
Kevin Brain	Quarterly Magazine
Sue Coates	Carnival Canter and Kit
Dan Cobb	Announcements and WYWL Rep
Matthew Gurney	Development Group Link, AA Link and BBWay Entries Secretary
Gareth Holme	Men's Relay Team Captain
Geoff Perigo	Webmaster, Club Diary and Routes
Lizzie Smith	Minutes and Newsletter
Tracy Robinson	Assistant Social Secretary
Emma Stoney	Ladies' Relay Team Captain and BBWay Chief Marshal
Jackie Walters	To be announced

## **OTHER CONTACTS**

Catherine Milner	Club Auditor
Richard Barnes	Garmin Routes
Phil Bland	Club Records
Alan Clements	Joint Club Liaison and BBWay Race Director
Chris Burke	BBWay Course Marshall
Hamid Houman	BBWay Course Director
Denise Johnson	Veterans
Colin Davidson	T & A Reports
Anna Smith	Off-Road Leagues

## **WEBSITE AND EMAIL ADDRESSES**

Website:	<a href="http://baildonrunners.co.uk">baildonrunners.co.uk</a>
General Email:	<a href="mailto:baildonrunners@yahoo.co.uk">baildonrunners@yahoo.co.uk</a>
Newsletter email:	<a href="mailto:news@baildonrunners.co.uk">news@baildonrunners.co.uk</a>
Results email:	<a href="mailto:results@baildonrunners.co.uk">results@baildonrunners.co.uk</a>