

# BAILDON RUNNERS NEWSLETTER

March 2015

## FROM THE EDITOR

*by Lizzie Smith*

Welcome to the March edition of your Newsletter.

Things are changing!! The Club is hoping to publish a Quarterly Magazine. This is where you come in. If you have any ideas for the magazine or would like to write a regular feature, please email the Club. We look forward to hearing from you.

Thanks

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## CONTRIBUTIONS TO THE NEWSLETTER

*by Lizzie Smith*

This newsletter has been brought to you by Phil Bland, John Cawley, Dan Cobb, Dave Lonsdale and Lizzie Smith. 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 17 April 2015.**

Thanks

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## NEW MEMBERS

We have one new member to report this month: Stacey Rushworth. Welcome.

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## RUNNER OF THE MONTH

Runners of the Month for January was Rebecca Langdon for PB at the Brass Monkey HM with ice skating - just outside 1.40 and - 19th lady & top ladies VET points scorer at Stainland WYWL. 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 [baildonrunners@yahoo.co.uk](mailto:baildonrunners@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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## **MEMBERSHIP FEES**

*by Dave Lonsdale*

At the AGM on the 19th March we agreed to once again freeze the membership fees for 2015/2016:

£20 for 1st Claim Members;  
£10 for 2nd Claim Members\*;  
£5 for Social Members.

\* Second claim members are those who were members of another club, before joining Baildon Runners, and retain first claim membership of that other club.

Subscriptions for the 2015/2016 year become due on 1 April 2015. It would be really great to set a new PB for the club in renewing memberships, in particular for the speed of renewals (ever the optimist!).

You can renew by either:

Paying by BACS to Sort Code 72-00-05 Account Number 94928702 and quoting your EA Reference Number or Name in the Reference field (if you don't know your EA reference number please email the Club and we will confirm it by email reply).

Paying by cheque (made payable to Baildon Runners) through the following Committee Members, either in person or via their postal addresses:

Dave Lonsdale (26 Baildon Wood Court, Baildon BD17 5QG)  
Geoff Perigo (14 Langley Rd, Bingley, BD16 4AB)  
Ian Ferris (40 Hollin Head, Baildon, BD17 7LJ).

If you choose not to renew then we would appreciate it if you could confirm to us by email, so we can remove you from our tracking process. If you have any other queries please let us know.

Thanks for your support

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## **PRE-LONDON MARATHON MEAL**

*by John Cawley*

For the last three years, a group of London Marathoners, their supporters and others who happened to be in London, have got together for a pre marathon pasta type meal on the Saturday night.

The group have had a great meal at 'Ask Italian' restaurant, at 197 Baker Street (postcode NW1 6UY), about a couple of minutes' walk from Baker Street underground station. Here's a hyperlink:

[www.askitalian.co.uk/#!/restaurants/london-baker-street](http://www.askitalian.co.uk/#!/restaurants/london-baker-street).

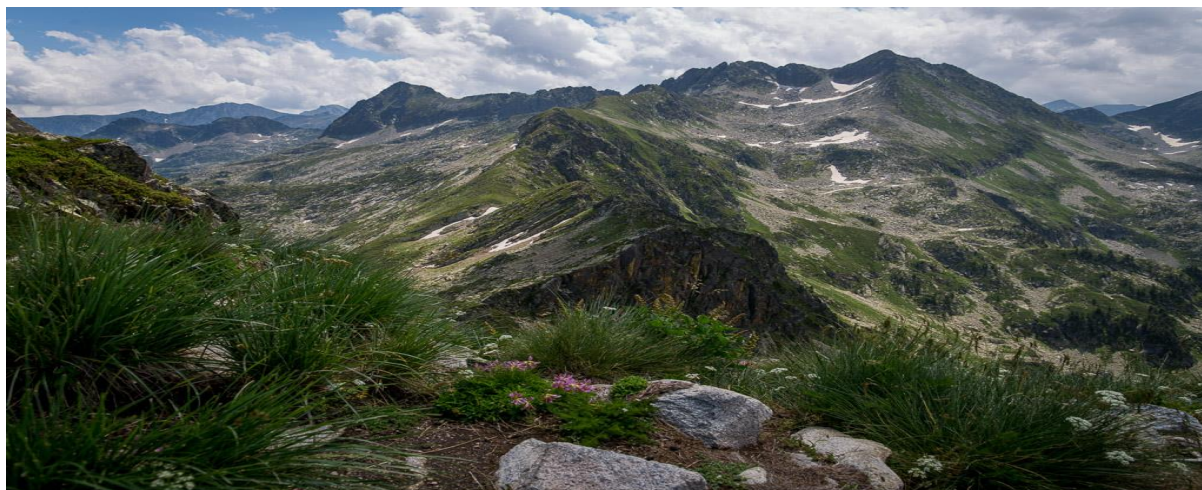
There is a good choice of dishes, the prices are reasonable for London, and the service has been spot on. So this year's group are repeating the arrangements of the last three years and will meet at 6:45 pm outside Baker Street underground station on Marylebone Road by the Sherlock Holmes statue, ready to go to the restaurant for 7:00 pm. The station is on the Bakerloo, Circle, Hammersmith & City, Jubilee and Metropolitan lines so it's very easy to get to.

So far Debbie Bland, Phil Bland, John Cawley, Jane Chapman, Hester Stefanuti, Emma Stoney (and husband Martin) and Melanie West (plus friend Fran who is running the marathon) have 'signed up' to go. Is anyone else interested in

joining us on Saturday, 25 April? Please let John Cawley know as soon as possible so a booking can be made. Please text John on 07949 819626 or email [baildonblue@gmail.com](mailto:baildonblue@gmail.com).

## **PYRENEES HAVEN MEETS BAILDON RUNNERS**

*by Dan Cobb*



Gary and Debbie Devine, along with our daughter Leah, offer a little bit of Yorkshire in the beautiful Ariege Pyrenees.

Gary is a former British and English fell running champion who has also represented England and GB as both a junior and senior athlete, during this time he won a number of mountain running World Cup medals. Gary has competed for over 30 years on the European Mountain running circuit with great success, winning titles as a senior and now as a v45.

Debbie is also fell runner. She has also competed for a number of years, both in the UK and Europe, but not quite with the same success as Gary! As a qualified UKA Endurance Coach, Debbie is on hand to provide any training help and advice you might need.

We would like to offer Baildon Runners a three night break at Pyrenees Haven, a mountain running break/introduction to mountain running. Depending on who would be interested in coming we would have two groups, a group that would go out with Gary and/or a group that would go out with Debbie. We are looking at people who would love to try the mountains but are maybe a bit daunted by the concept and those looking to go a bit further. The price of this superb break is £165 per person for three nights full board, so two days in the mountains (maybe a bit more depending on flight times). This includes all French side transfers. We would need a minimum of four people.

If you are interested in taking advantage of this wonderful offer, please contact Gary and Debbie direct: [www.pyrenees-haven.com](http://www.pyrenees-haven.com); 00 33 561640237 or 00 44 7828990131

# BAILDON RUNNERS NEWSLETTER

March 2015

## SUMMER CHAMPIONSHIP

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

| Race No | Name               | Distance      | Time     | Day       | Date              |
|---------|--------------------|---------------|----------|-----------|-------------------|
| 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    | nOctober 2015     |
| Race 20 | Wistow (Selby)     | 10K           | 11.00 am | Sunday    | 25 October 2015   |

## RESULTS ROUNDUP: FEBRUARY 2015

*By Phil Bland*

February seems to have been dominated by the mudlarks who love nothing better than frolicking across the fells & moors getting as filthy as possible in the sort of conditions that Scott of the Antarctic would have found challenging! Of the twelve races in this month's report, no less than eight were fell or cross country.

Just to disprove my point, the first race of the month was the flat and fast **Dewsbury 10K**. Known as a PB course at this distance this was well oversubscribed a few months in advance. Surprising then that only **John Buddle** flew the Baildon flag on 1<sup>st</sup> February, finishing in **45:50**.

The weekend of the 7<sup>th</sup> and 8<sup>th</sup> **February** brought a rash of mudfests with the tough **Wadsworth Trogg** on the moors above Haworth, attracting 153 hardcore mud surfers on the 7<sup>th</sup>. With 19.25 miles and 3,650ft of ascent to tackle this is no walk in the park and **Jim Goddard** took it on, finishing in **4hrs 57m 39s**. The race was won by Karl Gray of CVFR in 2:27:24 and 1<sup>st</sup> lady home was Emma Bain of Northumberland FR in 3:09:15.

On the same day the ever popular **Rombalds Stride** covered the local moors in a 23 mile walk / run route starting and finishing in Guiseley. Four Baildoneers took up the challenge with **Chris Longstaffe** leading us home in **3:18:55**, followed by **John Buddle (3:48)**, **Michelle Morris (4:26)** and **Steve Tindall (4:51)**.

Sunday 8<sup>th</sup> brought a further trio of "muddy moments" – the **West Yorkshire Winter League Cross Country series** arrived at race four staged at **Temple Newsam, Leeds**. We fielded a strong team despite losing a few key players due to illness and injury and 15 blokes and 14 ladies put up a strong performance – **Quentin Lewis** romping home in **4<sup>th</sup> place** with **Dave Long (71<sup>st</sup>)**, **Don Johnson (101<sup>st</sup>)**, **Rick Nottage (102<sup>nd</sup>)** providing fine support and producing **976 points**. The **Vets** team of **Paul Dennison (44<sup>th</sup>)**, **Paul Baildon (53<sup>rd</sup>)** and **Chris Longstaffe (56<sup>th</sup>)** with the addition of **Liz**

# BAILDON RUNNERS NEWSLETTER

March 2015



**Caven (26<sup>th</sup>)** produced a further **380 points**. Meanwhile our ladies continued their fine form – another great run from **Jennie Guard (4<sup>th</sup>)**, well supported by **Liz Caven (26<sup>th</sup>)**, **Alice Buttle (27<sup>th</sup>)** and **Barbara Lee (38<sup>th</sup>)** producing **309 points**.

Second of the race trio was the **PECO Race Series**, also on race four at Boddington Hall Fields, Lawnswood, Leeds. **Debbie Bland**, running in second claim colours for Eccleshill RR produced another great run to clock **35:54** over the 4.2 mile muddy course. **Debbie** ran in **1<sup>st</sup> FV60** and also defeated the FV55s to finish **68<sup>th</sup> out of 215 ladies**.

Meanwhile **Karen Butler** and **Sarah Terry** ventured out to North Yorkshire to tackle the **Ripon Muddy Boots 10K** mixed terrain race. **Karen (1:06:04)** just claimed the honours over **Sarah (1:07:19)** on the day.

The following week (14<sup>th</sup>) brought more mud and hills as three of our Baildoneers tackled the tough **Windy Hill Fell Race** – 9 miles and 1,281ft of ascent, and it's not called "windy hill" for nothing! **Emma Stoney** chose hilly mud and wind over Valentines flowers and chocs to record an impressive **1:18:10** with **Rob Myers (1:29:24)** and **Ian Hartman (1:31:59)** also producing great runs. The race was won by the usual suspect – Ben Mounsey of Caldervale FR in an astonishing 54:22 with Heidi Dent of Howgill Harriers 1<sup>st</sup> Lady (1:05:47).

Sunday 15<sup>th</sup> brought the **Liversedge Half Marathon**, one of the tougher Halves in the racing calendar and traditionally used as a training test for those running Spring marathons. **Debbie** and **Phil Bland**, together with **Rob Graham** and **Mel West** flew the Baildon flag with **Debbie** taking the honours in **1:47:09**, **1<sup>st</sup> FV60** and her second fastest time in seven attempts. **Rob Graham** ran her close in **1:49:22** with **Mel West**, returning from injury, producing a gutsy **1:52:39**. Yours truly arrived some time later in **2:19:12**.

On the same day Don and Denise Johnson journeyed over to Bolton for the **Northern Vets 5K Championship** – **Don** running home in **22:40** and **Denise (24:59)**, **3<sup>rd</sup> FV55**.

Fast forward a week and the **Ilkley Moor Fell Race**, hosted by Ilkley Harriers, was staged on the moors above Ilkley. This is a Category A 5 miler, so a stern test and three of our fell runners stepped up the plate and did the Baildon vest proud – **Andy Price** running an impressive **58:02** with **Neil Fairburn (1:03:45)** and **Ian Hartman (1:08:40)** turning in terrific runs. The race was won by Simon Bailey (Mercia FR) in 36:52 with Caitlin Rice (Glossopdale FR) 1<sup>st</sup> Lady in 46:24.

The following day saw the very popular **Snake Lane 10** – a fast flat 10 miler around Pocklington. Don and Denise Johnson tried their luck and **Don** ran home in **1:18:13** with **Denise clocking 1:21:25**.

Meanwhile **Alice Buttle** tackled the **Huddersfield 10K**, an altogether different proposition with plenty of tough hill climbing in the mix. **Alice** ran it in **47:29**.

The final mud fest of February was the aptly named "**Night of the Wolf**" – a rollicking 4K / 8K run round Otley Chevin in total darkness whilst wearing Werewolf fancy dress. We need more races like this! In a performance that proves that Baildoneers race best in the dark (and in fancy dress) we took a bite out of the other teams and claimed first team place with **Rebecca Langdon** (Queen of Darkness) running a fantastic **22:42 (1<sup>st</sup> Lady)** and **Natalie Bottomley** blasting through the field after arriving late to claim **2<sup>nd</sup> Lady** in **26:06**. **Karen Butler** and **Sarah Terry**, aided by the other two Blister Sisters also had a fine old time in **30:52** and **31:06**. **Baildon (153)** ended up 59 points ahead of second placed Leeds and Bradford Tri (94) with local rivals Otley AC (55) and Ilkley Harriers (32) trailing in their wake.

The parkrun month covered Arrow Valley (Redditch), Clumber Park (Notts), Newbury (Berks) and Wolverhampton as well as our local runs at Bradford and Huddersfield. As usual, competition for fastest Baildon parkrunner has been intense. **Ben Watson** and **Rob Martin** have been locking horns for some weeks now, both clocking times in the low 20s. **Rob** produced a brace of terrific runs at Bradford on the **21<sup>st</sup> (20:28)** and **28<sup>th</sup> (20:19)** but he couldn't quite match Ben's early month performances also at Bradford, of **20:05** on the **7<sup>th</sup>** and **20:02** on the **14<sup>th</sup>**. So **Ben** nicks the title once again to gain revenge for his defeat by Rob last month.

# BAILDON RUNNERS NEWSLETTER

March 2015

Our lady parkrunners were not to be outdone with **Alice Buttle** producing a terrific **22:41** at hilly **Huddersfield** on the 7<sup>th</sup>. On the same , **Emma Stoney**, running her first parkrun for some time, pulled a **21:04 PB (2<sup>nd</sup> lady)** out of the hat at Bradford that seemed destined to give her the February crown. However, **Kirsty Allen**, making a welcome return to racing after a long layoff, grabbed it by just 21 seconds, clocking **20:43 (1<sup>st</sup> Lady)** again at Bradford on the 28<sup>th</sup>. That's called cutting it fine!

Well done everyone and congrats on a great month's racing once again – next month sees the climax to the WYWL series with our home race at Baildon so lots to play for.

If you feel I have missed you out of the Roundup let me know via the results email on the website or via our Facebook page and keep the results rolling in. Good luck for March!

## 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 [Lister Park 5K parkrun](#) (Bradford), [Hyde Park 5K parkrun](#) (Leeds), [Roundhay Park 5K parkrun](#) (Leeds), [Temple Newsam 5K parkrun](#) (Leeds), [Cross Flatts Park 5K parkrun](#) (Beeston, Leeds)  
All are free events, but you must pre-register online by 6:00pm Friday, and take the barcode emailed to you.

5 April 2015 [Guiseley Gallop 10K \(approx\)](#)  
12 April 2015 Baildon Boundary Way  
**KEEP THIS DATE FREE!**

19 April [Manchester Marathon](#)  
26 April [Blackpool Marathon](#)  
26 April [Blackpool Half Marathon](#)  
26 April [Blackpool 10K](#)  
3 May [Bluebell Trail 10.3 miles](#)  
(West Vale, Stainland)  
11 May [Leeds Half Marathon](#)

# BAILDON RUNNERS NEWSLETTER

March 2015

## 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                                  |
| 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<br>BBWay Race Director |
| Chris Burke      | BBWay Course Marshall                         |
| Hamid Houman     | BBWay Course Director                         |
| Denise Johnson   | BBWay Course Director                         |
| Michelle Morris  | BBWay Chief Marshal                           |
| 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> |