

BAILDON RUNNERS NEWSLETTER

May 2016

FROM THE EDITOR

Jackie Walters

This newsletter has been brought to you by John Cawley, Ian Ferris, Denise Johnson, Dave Lonsdale, Geraldine Ray and Sue Coates. Please send contributions for the next newsletter to baildonrunners@yahoo.co.uk. By **29 June**.

RUNNER OF THE MONTH

Voting for runner of the month was tied in April so two winners each got a bottle of wine. The first winner was Denise Bailey for her 3 consecutive Parkrun PBs, (in fact 5 if you count the ones in May) and for running there and back on 9 April. The second winner was Ali Boyle for her brilliant 3:19:32 time at Rotterdam marathon and new club F35 marathon record.

Please can we encourage all members to think about nominations. There are some impressive achievements and we don't want to miss any. So if you know anyone (including you) who has achieved something special, email your nomination to baildonrunners@yahoo.co.uk. Every nomination is listed and the committee considers them all and then votes. It is not just about breaking records. It could be completing a first race, a particular distance or time. It doesn't need to be running related and could include volunteering at events for instance.



NEW MEMBERS

Dave Lonsdale

Please welcome this month new first claim members Philippa Jones, Joanne Milsom, Sarah Willis, Ged Futter, Natalie Briggs and Claire and David Bruno, a big welcome to you all.

DALES TRIP FRIDAY 3 JUNE

Geraldine Ray

2 days to go! Just a couple of things:

If you require gluten free food please let me know ASAP so I can confirm to the pub.

I've arranged a pick-up in Bingley outside the old B&B building. If you would like to be picked up there can you please let me know ASAP so we're not waiting for you in Baildon. You would need to be there by 6.15pm.

For everyone else, see you 5.45pm for 6pm set off at the Ian Clough car park.

For those of you who haven't been on the trip before, you will be able to take a change of clothes and leave your bag on the coach to collect after the run.

THE BAILDON CANTER

Sue Coates

Hi everyone, once again I am asking for your help. The Baildon Canter takes place on the day of the Baildon Carnival, on Saturday 9 July. For those of you that are new to the club the Canter is a 3.5-mile race from Baildon Rugby Club up to the trig point on the moors and back, finishing on the rugby field.

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The race has grown over the past 14 years from a handful of local runners to a strong field of 70 plus. I would dearly love to increase these numbers, so please spread the word to your fellow runners. I do have flyers left if anyone could make use of them at local schools, work, or a race you are going to, just let me know and I will get them to you.

We also have a well-attended fun run for children with both club juniors as well as children just out for a day's enjoyment taking part. I love the thought of introducing youngsters to running, and the event helps our club be part of Baildon community for the day. Please note for the safety of the fun runners, the order of the start of the races has changed. The fun run will go first at 14.15 and the senior race will start at 15.15. Because of insurance the races for the under eight year olds will be on the field.

As you can see this is going to need a lot of supervision. This is where you come in, I could not put this race on without your help. We have a bunch of faithful people that help every year but we do need more help. There's nothing hard to do, I just need a few hours of your time to make this a great event. If you can help in any way please contact me.

We run a tombola stall on the day. We don't intend to make a profit but the tombola helps to raise money for prizes and trophies, which you will appreciate can be a bit pricey, so if you have any unwanted gifts you would like to donate please pass them to any member of the committee.

Of course every race needs runners so if you would like to run get those Baildon vests on and show the other local clubs what we are made of!

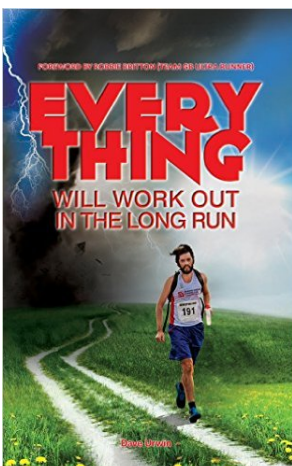
5K FATHERS DAY RACE (MALE RUNNERS ONLY)

We have been asked to publicise this race to the men in our club. The Annual 5K male only run/jog/walk in aid of Prostate Cancer Research and related diseases takes place as usual on Father's Day, Sunday 19 June in the morning, plenty of time afterwards to celebrate the special day!

Many runners and walkers dress up but there are also serious runners taking part. There is also a father and son category.

All money raised goes to Professor Maitland and his research team at York University who have already made breakthroughs into this very common male problem. Many of the participants have recovered from or indeed have prostate cancer and take part to support this worthy cause. You are encouraged to join this event organised by local runners and friends. Entry forms are available on the York against Cancer website : www.yorkagainstcancer.org.uk/

“UPLIFTING MEMOIR PROVES THE RACE OF LIFE CAN ALWAYS BE WON OR RUN!”



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Dave Urwin asked the club to publish the press release for his new e book.

Written with heart and passion from the life of Dave Urwin, 'Everything Will Work Out in the Long Run' takes readers from the author's days of substance addiction to his panic attacks, family turmoil and his life-changing participation in the Caesar's Camp 100 Mile Endurance Run in October 2013. Running literally saved Urwin's life, and in his new book, readers will find out how and why.

During the darkest days of his alcohol abuse, running a 100-mile race was the last thing on Dave Urwin's mind. All that mattered was getting his next fix, making excuses for it, and sitting back as he continued to alienate everyone around him.

Sober for seven years and counting, Urwin is now in a much healthier and more meaningful place. In his powerful new memoir, he explains how it happened, against all odds.

'Everything Will Work Out in the Long Run' is a truly inspirational read, both for running buffs as well as those fascinated by the human condition's ability to react to change.

Everything Will Work Out in the Long Run', from Spiderwize, is available now on Amazon for both kindle and as a printed book: http://www.amazon.co.uk/Everything-Will-Work-Out-Long-ebook/dp/B01DN1PXXG?ie=UTF8&qid=1450061410&ref_=tmm_kin_swatch_0&sr=8-1

If you are UK-based you can get a signed copy from: <http://www.albionrunning.org/#!/book-store/c15zd>

OGOBS SUMMER HANDICAP

by Denise Johnson

OGOBS have been having handicap races on a Wednesday morning for a while now and they have proved great fun.

I offered the club the chance to have one on a larger scale as an away night.

We have finally come up with the date of Thursday 14th July, 2016. We meet at the bandstand in Roberts Park at 6.45pm to give us a 7.00pm start.

The idea of a handicap race for people that have never taken part is the slowest runners go off first and the fastest runners go off last. The course is a flat 5-mile route down the canal all the way to the top of the 3 rise locks turning round and running back.

This is great fun and to make it even better we are giving prizes on the night. The race is open to all abilities and may involve eating chocolate at the finish.

Please try to wear your club vest, as this is a great way to show off our club to people on the canal or in the park.

All you have to do is email me either your recent 5k time or a 5-mile time if you have done one and I will work out your handicap time. If you work late and cannot make it for 6.45 don't worry I can slot you in at a later time and just adjust your handicap at the finish.

Please contact me if you would like to enter with your expected time.

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Dates of Forthcoming Races 2016

Every Saturday [Lister Park 5K parkrun](#) (Bradford),
morning at 9:00 [Hyde Park 5K parkrun](#) (Leeds),
[Horton Park 5k parkrun](#) (Bradford)
[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.

- 2 June Apperley Bridge Canter 10K
- Liverpool Rock n Roll Marathon &
 Half Marathon
- Melmerby 10k (nr. Ripon)
- Ilkley 6.9 miles Trail
- Blackpool Promenade 10 miles
- Jane Tomlinson's Hull 10K
- 8 June Otley 10 miles
- 9 June Bronte 5m
- 11 June Settle Saunter 9,12, 16, Or 27 miles
- Jane Tomlinson's Pennine 10K
(Burnley)
- 26 June Humber Bridge Half Marathon
- 3 July Eccup 10 miles
- Jane Tomlinson's Leeds 10K
- 10 July Kilburn Feast 7 miles (nr Thirsk)
- 17 July Windmill Half Marathon
(Lytham St. Annes)
- 24 July Saltaire Shaker 15k
- 24 July Gt Yorkshire Run 10k (formerly
Harrogate)
- 31 July James Herriot Country Trail
- Wagon & Horses 10 miles (Lancaster)
- 14 August Askern 10 miles
- Wagon & Horses Half Marathon
(Lancaster)

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- Burnsall 10 miles
- Honley 10k (nr. Holmfirth)
- Fleetwood Half Marathon
- 21 August Escrick 10K (nr. York)
- Leeds Country Way Relay
- Blackpool Hilton Half Marathon
- 4 September Wetherby 10K
- 4 September Garstang Half Marathon
- 11 September https://bookitzone.com/chris_drake/z12FFX
- Spennings Greenway
- 11 September Great North Run
- English Half Marathon (Warrington)
- Lancaster Castle Half Marathon
- Lancaster Castle 10K
- 18 September Hull Marathon
- Yorkshire Vets Cross Country Championships (Nunroyd Park, Guiseley)
- Great Yorkshire 10K (Sheffield)
- Burnley Fire 10K
- Cusworth 10K
- 9 October Plusnet Yorkshire Marathon (York)
- Withins Skyline 12K, 300m ascent (Penistone Hill Country Park, nr Haworth)
- Woodland Challenge 6 miles approx. (Huddersfield)
- 30 October Bradford Half Marathon
- Pain Barrier 10K (Tong)
- Wadsworth Half Trog 9.25 miles (Hebden Bridge)
- Leeds Abbey Dash 10K

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AGE CATEGORY & RELAY RECORDS

Full details of all age category records can, as usual, be accessed on the club website; however the following is a list of the new records set since the last newsletter (including some late results!):

Name	Cat	Distance	Date
Kirsty Allen	F40	5K	23 April
Graham Driver	M45	Marathon	24 April
Kirsty Allen	F40	5K	4 May
Chris Burke	M45	5K	4 May
Kirsty Allen	F40	Half Marathon	8 May
Sue Coates	F65	5K	18 May
Malcolm McMillan	M35	50K	22 May
Sue Coates	F65	10K	29 May

Particular congratulations to Kirsty Allen on her 5K record which is an all time female club record for the distance. Also to Malcolm McMillan who is the first person we are aware of to have taken part in a 50K race and thus sets a new all time male club record. Congratulations also to the following pairings who set new club records in the recent Calderdale Way Relay:

Leg 2	Paul Dennison & Lorne McNeill
Leg 3	Pete Gallagher & Michael Malyon
Leg 4	Jennie Guard & Gareth Holme

RESULTS

Due to some problems following the transfer of the club website to a new hosting company, the email address to report race results to has had to be changed. Emails sent to the old address will not have been delivered. If any of your results have been missed out of this or an earlier newsletter, please accept our apologies and can we ask you to send them through again.

From now on will members please email your race results to the new address, resultsbaildon@gmail.com, but note there is no need to do this for parkrun events or summer championship races **unless** you are not shown in those results as a Baildon Runner for whatever reason. However, could second claim members please email **all** their results **including** parkruns?

For those of you who don't want to wait for the next newsletter, all Baildon Runners' parkrun results can be viewed shortly after the relevant Saturday at www.parkrun.com/results/consolidatedclub/?clubNum=1854.

Tough Guy Mudathon (Obstacle/Mud race) (Wolverhampton) – 10 April

20th Rob Myers 1:59:00
119 finishers (1 DSQ).

Shakespeare Marathon (Stratford on Avon) - 24 April

46th Graham Driver 3:14:41
704 finishers.

Orchan Rocks 3.4 miles, 919ft climb (Todmorden) 25 April

82nd Rob Myers 35:36
102 finishers (1 DNF).

Yorkshire Warrior 10 mile Obstacle Course Race (Harrogate) - 30 April

189th Rob Myers 2:03:33
1,329 finishers.

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Tough Mudder (London) – 1 May

Karen Butler

About 4hrs

Sarah Terry

About 4hrs

Coiners Fell Race 7.6 miles, 1,329ft climb – 2 May

53rd Neil Fairburn 1:11:58
64th Rob Myers 1:17:48 2nd M60
74th Ian Hartman 1:19:49

80 finishers (1 DNF).

Lothersdale 3.6 miles, 591ft climb – 4 May

60th Rob Myers 36:49 3rd M60
68th Ian Hartman 38:04 1st M65
82 finishers.

John Carr 5K Race 1 – 4 May

22nd Michael Malyon 17:03
40th Chris Burke 17:54 1st M45
42nd Lee Kaznowski 18:04
58th Andy Robinson 18:23
78th Kirsty Allen 18:54 1st F40
96th Ben Watson 19:48
106th Lorne McNeill 19:54
108th Andrew Price 20:02
118th Mark Delaney 20:19
129th John Buddle 20:32
131st Donna Kaznowski 20:41
136th Alison Boyle 20:56
152nd Michelle Woodrow 21:28
166th Robin Graham 21:38
176th David Long 22:05
187th Piero Tozzi 22:26
190th Neil Fairburn 22:31
216th Matthew Dudley 23:16
256th Tara Phillips 24:57
282nd Leanne Bower 26:33
288th Helen Foster 26:50
294th Sally Gavaghan 26:56 3rd F60
303rd Carolyn Hargreaves 27:18
305th Dave Lonsdale 27:23
313th Denise Bailey 27:36
315th Ian Davison 27:38
323rd John Cawley 28:12
324th Linda Carey 28:18
327th Dave Shaw 28:28
329th Sarah-Jane Templeman 28:50
330th * Susanna Walters 28:51
331st * Joanne Bloor 28:49
332nd Angela Pegg 28:56
337th Elinor Newhouse 29:40 3rd F65
351st Richard Depledge 31:53

* looks strange but positions published by organisers are based on gun time, but times are chip times.

371 finishers.

Kentmere Trail Challenge 17K – 7 May

386th Linda Carey 2:29:44
464 finishers.

Bramley 5K parkrun – 7 May

53rd Denise Johnson 26:20 1st F55
160 finishers.

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Horton Park 5K parkrun - 7 May

5th John Buddle 21:33 1st M50

Lister Park 5K parkrun - 7 May

2nd Michael Malyon 17:56
5th Lee Kaznowski 19:06 1st M35
7th Pete Gallagher 19:51 3rd M40
10th Ben Watson 20:18
100th Richard Lund 25:18
109th Melanie West 25:39 2nd F40
110th Richard Barnes 25:43 3rd M60
156th Tara Phillips 27:18
184th Denise Bailey 27:58 1st F50
214th Dave Shaw 28:57 1st M70
220th Karen Butler 29:04
255th Steve Tindall 30:22
303rd Shelagh Hopkinson 32:38 2nd F60
319th Jane Sturgess 33:28
321st Sue Gallagher 33:33
325th Jonathan Hornby 33:48

452 finishers.

Peckham Rye 5K parkrun (London) – 7 May

90th Niamh Bryson 27:24

172 finishers.

Roundhay Park 5K parkrun – 7 May

13th Jim Barnett 19:52

276 finishers.

58 finishers.

Leeds Half Marathon - 8 May

135th Lee Kaznowski 1:28:01
160th Kirsty Allen 1:29:11 1st F40
359th Alison Boyle 1:34:37
602nd Mark Delaney 1:39:05
1,992nd Melanie West 1:54:14
2,228th Jane Chapman 1:56:18
2,230th Abi Gallucci 1:56:18
2,232nd Hester Stefanuti 1:56:19
2,262nd Helen Christie 1:56:29
2,752nd Emma Long 2:00:30
2,753rd Karen Baildon 2:00:30
3,980th Sally Gavaghan 2:12:04
4,159th Karen Butler 2:13:54
5,348th Susanna Walters 2:29:30
5,349th Geraldine Ray 2:29:31
6,334 finishers (1 DSQ).

Jack Bloor 5.2 miles, 1,148ft climb (Ilkley) - 10 May

116th Neil Fairburn 56:40

156th Rob Myers 1:05:03

169th Jim Goddard 1:07:27

198 finishers.

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John Carr 5K Race 2 – 11 May

12 th	Michael Malyon	16:45	
37 th	Lee Kaznowski	18:05	
69 th	Kirsty Allen	19:15	1 st F40
82 nd	Ben Watson	19:35	
88 th	Lorne McNeill	19:46	
103 rd	Mark Delaney	20:22	
118 th	Donna Kaznowski	20:38	
120 th	John Buddle	20:42	
128 th	Alison Boyle	21:00	3 rd F35
130 th	Robin Graham	21:01	
141 st	Michelle Woodrow	21:15	
173 rd	Neil Fairburn	22:07	
181 st	Matthew Dudley	22:29	
196 th	Piero Tozzi	23:06	
238 th	Jim Goddard	24:58	
244 th	Tara Phillips	25:13	
264 th	Leanne Bower	26:21	
268 th	Helen Foster	26:21	
278 th	Sally Gavaghan	26:56	
279 th *	Denise Bailey	27:08	
283 rd *	Dave Lonsdale	27:14	
284 th *	John Cawley	27:04	
289 th	Ian Davison	27:40	
291 st	Linda Carey	27:44	
296 th	Dave Shaw	28:19	3 rd M70
300 th	Joanne Bloor	28:43	
301 st	Angela Pegg	28:45	
307 th	Elinor Newhouse	29:14	3 rd F65
309 th	Jane Sturgess	29:48	
323 rd	Sue Gallagher	32:00	

* looks strange but positions published by organisers are based on gun time, but times are chip times.
332 finishers.

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Over the Odda 10K – 14 May

1 st	Michael Malyon	39:31
5 th	Jim Barnett	43:22
9 th	Lee Kaznowski	44:09 1 st M35
16 th	Kirsty Allen	46:08 1 st F40*
22 nd	Paul Dennison	47:10 1 st M55
25 th	Ben Watson	47:42
29 th	Craig Blackwell	48:58
50 th	Mark Delaney	51:25 2 nd M50
57 th	Andrew Price	52:48
68 th	Donna Kaznowski	54:40
92 nd	Alison Boyle	58:06 1 st F35
93 rd	Phil E Brown	58:13
100 th	Rob Myers	58:52
104 th	Melanie West	59:14
105 th	Gordon Slater	59:33
119 th	Steve Tindall	1:01:44
125 th	Helen Christie	1:02:59
139 th	Liza Stead	1:03:58
145 th	Jonathan Hornby	1:04:57
146 th	Katherine Hornby	1:04:59
163 rd	Sue Coates	1:06:45 3 rd F60
182 nd	Jane Clough	1:09:18
10 th	Mark Delaney	1:01:12

18 finishers.

Calderdale Way Relay - 15 May

Team A

Leg 1	Matthew Gurney & Quentin Lewis	1:24:08
Leg 2	Paul Dennison & Lorne McNeill	1:12:34
Leg 3	Pete Gallagher & Michael Malyon	41:35
Leg 4	Jennie Guard & Gareth Holme	1:24:17
Leg 5	Chris Burke & Dan Cobb	1:06:57
Leg 6	Danny Miles & Clive Turner	1:28:58

28th out of 102 teams.

Team B

Leg 1	Paul Baildon & Tony Deacon	1:50:28
Leg 2	Karen Baildon & Geoff Perigo	1:34:17
Leg 3	John Buddle & Jim Goddard	54:27
Leg 4	James Birkley & Graham Driver	1:33:05
Leg 5	Natalie Bottomley & Rebecca Langdon	1:22:28
Leg 6	Jim Eyre & Rob Myers	1:46:24

70th out of 102 teams.

Team C

Leg 1	David Long & Ben Watson	1:47:18
Leg 2	John Crabtree & Steve Tindall	1:33:00
Leg 3	Denise Johnson & Ian Hartman	57:54
Leg 4	Linda Carey & Kate Walter	2:19:49
Leg 5	Stephen Brown & Richard Depledge	2:09:19
Leg 6	Jim Barrett & Andy Robinson	1:30:47

97th out of 102 teams.

189 th	Karen Butler	1:11:07
249 th	Dave Lonsdale	1:25:47

* also first female overall

251 finishers.

Lister Park 5K parkrun - 14 May

17 th	John Buddle	21:05 3 rd M50
93 rd	Matthew Dudley	24:03
154 th	Richard Barnes	25:57 3 rd M65
181 st	Tara Phillips	26:46
212 th	Denise Bailey	27:39
229 th	Dave Shaw	28:18 1 st M70
339 th	Jenny Stephenson	33:24
459 th	Jill Buddle	46:09

465 finishers.

Peckham Rye 5K parkrun (London) – 14 May

83 rd	Niamh Bryson	25:57
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177 finishers.

Harden 10K Trail Race - 15 May

3 rd	Kirsty Allen	45:26 1 st F
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Askern 10K - 18 May

334th Denise Johnson 50:05
610 finishers.

Kildwick 3.7 miles, 804ft climb - 18 May

13TH Jim Barnett 29:55
90th Rob Myers 39:41 1st M60
109th Ian Hartman 44:53
116 finishers.

John Carr 5K Race 3 – 18 May

12th Michael Malyon 16:41
41st Lee Kaznowski 17:54
60th Andy Robinson 18:24
92nd Kirsty Allen 19:05 1st F40
108th Lorne McNeill 19:34
109th Ben Watson 19:38
125th Mark Delaney 20:04
145th John Buddle 20:32
151st Donna Kaznowski 20:45
157th Michelle Woodrow 20:49
161st Robin Graham 20:56
163rd Alison Boyle 20:58
198th Matthew Dudley 21:55
211th Neil Fairburn 22:09
234th Piero Tozzi 22:48
287th Tara Phillips 25:18
291st Leanne Bower 25:31
295th Sue Coates 25:45 1st F65
300th Helen Foster 26:00
308th Sally Gavaghan 26:18
311th John Cawley 26:11
316th Dave Lonsdale 26:33
320th Denise Bailey 26:50
326th Ian Davison 27:31
330th Carolyn Hargreaves 27:45
337th Linda Carey 28:07
341st Philippa Jones 28:42
342nd Sarah Willis 28:44
344th Joanne Bloor 28:55
345th Elinor Newhouse 29:02
350th Jane Sturgess 29:32
657th Sarah-Jane Templeman 29:41
374th Richard Depledge 31:24
375th Sue Gallagher 31:29
391 finishers.

John Carr 5K series - Cumulative results

5th Michael Malyon 50:29
14th Lee Kaznowski 54:03 2nd M35
36th Kirsty Allen 57:14 1st F40
49th Ben Watson 59:01
50th Lorne McNeill 59:14
56th Mark Delaney 1:00:45
62nd John Buddle 1:01:46
67th Donna Kaznowski 1:02:04
70th Alison Boyle 1:02:54 3rd F35
75th Michelle Woodrow 1:03:32
77th Robin Graham 1:03:35
99th Neil Fairburn 1:06:47
105th Matthew Dudley 1:07:40
110th Piero Tozzi 1:08:20
144th Tara Phillips 1:15:28
152nd Leanne Bower 1:18:25
156th Helen Foster 1:19:11
165th Sally Gavaghan 1:20:10 3rd F60
167th Dave Lonsdale 1:21:10
170th John Cawley 1:21:27
171st Denise Bailey 1:21:34
176th Ian Davison 1:22:49
178th Linda Carey 1:24:09
185th Joanne Bloor 1:26:27
188th Elinor Newhouse 1:27:56 3rd F65
201 finished all three events.

Keswick Mountain Festival 25K – 21 May

59th James Birkley 2:38:11
204th Debbie Watson 3:12:13
407 finishers.

Charlesworth Chase (Simons Seat) Fell Race 3.7 mile, 1,201ft climb – 21 May

96th Rob Myers 1:00:43
118 finishers.

Conwy parkrun – 21 May

17th John Buddle 21:09
213 finishers.

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Horton Park 5K parkrun – 21 May

38 th	Ian Hartman	26:09	1 st M65
40 th	Philip Jones	26:21	2 nd M55
48 th	John Cawley	27:31	2 nd M60
50 th	Denise Johnson	27:47	1 st F55
59 th	Linda Carey	29:25	2 nd F55

134 finishers.

Lister Park 5K parkrun - 21 May

5 th	Lee Kaznowski	19:05	1 st M35
93 rd	Melanie West	25:01	2 nd F40
110 th	Richard Barnes	25:48	
127 th	Steve Tindall	26:15	
173 rd	Denise Bailey	28:18	2 nd F50
183 rd	Dave Shaw	28:41	1 st M70

371 finishers.

Keswick Mountain Festival 50K Trail – 22 May

62 nd	Malcolm McMillan	6:49:53
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180 finishers.

Keswick Mountain Festival 10K Trail – 22 May

392 nd	Anna McMillan	1:17:55
*	Dave Lonsdale	1:27:57
504 th	Richard Depledge	1:29:40
547 th	Rachel Amner	1:54:57

* self timed as not in official results due to chip error

550 finishers.

Keswick Mountain Festival Triathlon – 22 May

77 th	Michelle Morris	
	Swim	14:19
	Transition	3:29
	Bike	1:29:25
	Transition	1:12
	Run	1:10:27
	Total	2:58:52

156 finishers (5 DNF, 1 DSQ).

Great Manchester Run 10K – 22 May

16,276 th	Geraldine Ray	1:03:25
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26,044 finishers.

Keswick Mountain Festival Derwent Island

1,500 metres swim – 22 May

113 th	Debbie Watson	35:45
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143 finishers.

Yorkshire Vets West Park - 24 May

Men

87 th	Neil Fairburn	40:28
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155 finishers.

Cross Flatts 5K parkrun – 28 May

26 th	Denise Johnson	24:58	1 st F55
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116 finishers.

Horton Park 5K parkrun – 28 May

44 th	Linda Carey	29:46	2 nd F55
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71 finishers.

Keswick 5K parkrun – 28 May

15 th	Paul Dennison	20:40	2 nd M55
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147 finishers.

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Lister Park 5K parkrun - 28 May

18 th	Ben Watson	20:36	3 rd M40
28 th	John Buddle	21:11	3 rd M50
45 th	Neil Fairburn	22:09	
58 th	Jim Wheldon	22:50	2 nd M60
119 th	Melanie West	25:19	2 nd F40
174 th	Kate Walter	27:18	3 rd F55
178 th	Tara Phillips	27:26	
182 nd	Denise Bailey	27:30	
202 nd	Dave Shaw	28:12	1 st M70
252 nd	Elinor Newhouse	30:02	2 nd F65
324 th	Shelagh Hopkinson	34:30	2 nd F60
333 rd	Leanne West	34:55	

339 th	Jenny Stephenson	35:23
411 th	Jill Buddle	49:52

415 finishers.

Woodhouse Moor 5K parkrun – 28 May

34 th	Emma Stoney	20:20	1 st F35
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* also third female overall
403 finishers.

Edinburgh Half Marathon - 29 May

1,776 th	Rick Nottidge	1:45:41
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8,601 finishers.

Liverpool Rock 'n' Roll Half Marathon - 29 May

86 th	Lee Kaznowski	1:26:21
582 nd	Donna Kaznowski	1:41:11

7,143 finishers.

Druridge Bay 10K (Northumberland) - 29 May

174 th	Sue Coates	53:55
244 th	Helen Foster	57:07

456 finishers.

Austwick Amble 8 miles, 1,200ft climb – 30 May

18 th	Jim Barnett	58:07
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117 finishers.

COMMITTEE MEMBERS

Vacant	Club Secretary
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 and AA Link
Gareth Holme	Men's Relay Team Captain
Ben Watson	Webmaster, Club Diary and Routes
Vacant	Minutes
Geraldine Ray	Social Secretary
Emma Stoney	Ladies' Relay Team Captain
Jackie Walters	Newsletter Editor, Leaders for D, E and Sunday runs

BAILDON RUNNERS NEWSLETTER

April 2016

OTHER CONTACTS

Catherine Milner	Club Auditor
Richard Barnes	Garmin Routes
John Cawley	Club Records and Results
Alan Clements	Joint Club Liaison
Denise Johnson	Veterans
Anna Smith	Off-Road Leagues
Emma Stoney	Baildon Boundary Way Director
Jim Wheldon	Summer Championships
Ian Ferris	Club Coach

WEBSITE AND EMAIL ADDRESSES

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