

BAILDON RUNNERS NEWSLETTER

May 2015

FROM THE EDITOR

by Lizzie Smith

Welcome to the May edition of your Newsletter.

Unfortunately, this will be my last Newsletter as Editor. I have enjoyed bringing you the Club's news over the last year but leave you in the capable hands of Jackie Walters. Of course, you also have the glorious new Magazine to look forward to which will be published shortly!

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, Sue and Phil Brown, Ian Ferris, Dave Lonsdale, John Rolfe-Dickinson 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 **no later than Friday 26 June 2015.**

Thanks

Lizzie

NEW MEMBERS

We have an incredible 10 new members to report since the last Newsletter: Craig Blackwell, Niamh Bryson, Stephen Brown, Jane Clough, Helen Compton, Jacqueline Cooper, Mick Cooper, Matthew Dudley, Michael Malyon and Mercedes Watson. Welcome to you all.

RUNNER OF THE MONTH

Runner of the Month for March was Emma Stoney for 1st lady at the Baildon hosted WYWL event. Emma'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. 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.

Membership *by Dave Lonsdale*

We have identified some isolated incidents recently where people not associated with our Club appear to have used "Baildon Runners" either accidentally or deliberately as a means to fraudulently gain discounted entry to races (including very prominent races) which in some cases denies charities much needed funds, as well as having an indirect impact on the reputation of the Club itself.

Where we have been able to trace the individual in question we have endeavoured to contact them to clarify why they used "Baildon Runners" on their entry. We appreciate our members continued support so if you notice someone you know using our Club's name inappropriately, please discourage them from doing so. Thanks for your help in maintaining the great reputation and integrity of our Club.

2015 COMMITTEE UPDATE

by Ian Ferris

For the many newer members of the Club, this is a brief overview of who's who on the 2015 Baildon Runners Committee.

- Want to join or renew? You'll need **Dave Lonsdale** our Membership Secretary;
- Want to pay(!) or know how much money we have? That'll be **Paul Baildon** our Treasurer;
- Want to run for a team? That's **Gareth Holme** and **Emma Stoney** for men's and ladies respectively and a mix for the mixed;
- Want to run for yourself. Check out the Summer Championship managed by **Jeremy Smith**;
- Need help running faster/longer/easier? **Ian Ferris** is our Coach;
- Need something nice to wear for your run? **Sue Coates** can sort you out;
- Want a good read on the latest news and results? **Lizzie Smith** (until May) then **Jackie Walters** (from June) have a newsletter for you. Want something a little longer? **Kevin Brain** (and team) look after our quarterly e-magazine;
- Fancy something other than running? **Geraldine Ray** (from June) is our new Social Secretary supported by Sue Coates;
- Want to know what is going on today and tomorrow? **Geoff Perigo** looks after the web site and **Dan Cobb** looks after our social media;
- Want to know about our relationship with Airedale Athletics and the composite teams? **Matthew Gurney** is your man;
- Want to know about our relationship with the Bradford Athletics Network or England Athletics? **That's Ian Ferris**;
- Not happy? As Club Secretary this year let me know and I'll see what we can do.

As you will know from the emails and social media all of the above also take on a significant number of other roles and tasks too!

The Committee are supported by numerous helpers including Sarah Terry and Karen Butler (social & events), Denise Johnson (vets), Phil Bland (photos & results), our Run Leader team and many others.

For a fuller account please see the "Committee" page on the web site

On behalf of the Committee a big thanks to everyone who helps us out and volunteers to take on specific tasks. It's a great team effort.

2015 Relays

by Ian Ferris

For those new to the Club, this is a brief overview of the relay races the Club will enter this year and the selection policy.

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We will enter teams in the four main relays: Calderdale Way (May), Bradford Millennium Way (June), Leeds Country Way (September) and Gathering Winter Fools (December). All are off road relays, run in pairs and a chance to experience the local scenery (and hills).

The Calderdale Way Relay has now been and gone and I'd like to credit Gareth for his excellent organisation. This was the smoothest team relay event I can recall with clear instructions, no on-the-day panics, no missing runners, no one disqualified and no one needing to run more than one leg. A big thanks also to everyone who ran and the reserves on standby.

Our policy for each of these relays is to enter as many competitive teams as we can whilst ensuring we have sufficient reserves in place. We also aim to enter a minimum of one other team giving everyone the chance to run irrespective of how fast they want to run. The more runners we have the more teams we will enter. For the latter teams we will try to give priority to those who were reserves for previous relays in order that everyone gets a turn.

An unwritten rule is that you must have reced your leg and I'd like everyone to abide by this if you want to run. The recce is often an enjoyable experience and a chance to express disbelief at the poor quality of the leg instructions as you try to find landmarks which disappeared long ago or try to interpret "turn right at the big tree" when you are in a wood.

In addition to these main relays we will also enter a competitive team(s) in a handful of specialist relays including those at Washburn, Danefield and Golden Acre. These will be primarily targeted at what I will now call our "Performance Squad" with Gareth and Emma as respective men's and ladies captains tasked with forming the most competitive teams.

Finally, Baildon will be hosting the YVAA (vets) relays and we hope to enter many teams in this with Denise Johnson, our Vets Captain, as team selector.

In all relays you need to wear Club colours and the longer off-road relays typically require additional clothes (hat, gloves, fall waterproof cover) and kit (compass, whistle, map) to be carried too.

The Club will pay the entry fees for all the above relays.

SURPRISE MEETING

By John Rolfe-Dickinson

I was over for a short visit from Toronto in April and was walking on the canal from Riddlesden to Saltaire with my sister - it was a beautiful day. On the spur of the moment we decided to divert onto the river path by 7 arches and walked into a group of runners. I remembered that BR did Saturday morning sessions and so I just took a chance and asked if they were from Baildon - they were. It was great to meet up with the group and I had a bit of a chat and then we all moved on. Later, in Robert's Park, there were others from Baildon doing drills and I was very impressed that everyone seemed to be enjoying it and, as importantly, there were others who were organising it all. It all took my mind back to the mid/late 90s when I was a member and Secretary there and the struggles that we had to retain membership which drifted down to about 60 at its low point. We really tried to attract more members but we obviously were not using the right tactics. I have, of course, read the newsletter which I still receive and knew that the fortunes of the Club had changed dramatically over the last 10-15 years or so and now I was seeing it with my own eyes. It might seem perverse to say this but the fact that I did not recognise any of the enthusiasts out on that Saturday morning simply demonstrated the growth that has taken place. Nothing could please me more as BR was, and I'm sure still is, a great Club to belong to. I have very fond memories of my time there between 1989 and 2002. My very best wishes to you all.

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FIREWOOD FOR SALE *by Sue and Phil Brown*

Phil and I are sadly moving away from Baildon after five very happy years, several of them with Baildon Runners in one way or another. We'll miss the moors and the local races but will no doubt be back to relive fond memories.

In the meantime, we have a LOT of mixed chopped firewood which is bagged, dry and of no use to us at our new home. The wood is available for free (collection only) to good homes, and we can't think of better homes than those of Baildon Runners with chilly hands and feet after a windy slog up Hope Hill!

If anyone is interested in this kind offer, the Club would be happy to put you in touch with Sue Brown. Please email baildonrunners@yahoo.co.uk.

CONGRATULATIONS

A belated congratulations to Richard Sykes who got married to Sarah on 4 April. We wish you well for a happy future together.

RESULTS ROUNDUP: APRIL 2015 *by Phil Bland*

Our April running month has been dominated by the word "Endurance" with three spring marathons, the Three Peaks Fell Race, the 50 mile Woldsman and top of the shop the Marathon de Sables. We have also seen a rash of races with spectacular names like "Dash of the Titans, Yorkshire Warrior and Tough Guy Spring Offensive" – plenty of true Baildon Runners grit on display this month!

First race of the month was a more traditional fell race at **Pendle** – 7.3k / 457 metre of climb around Pendle Hill near Clitheroe. **Neil Fairburn** was our sole Baildon runner completing it in **49:57**. On the same day **Rob Myers** (who has made a bit of a specialism of these sort of Tough Mudders!) ran the **Dash of the Titans** at Thoresby Park – in his words ending up as 113th out of 304 "survivors" in **1:27:49** and 5th in his age group. In these races its how much mud you can eat that really counts!

On the 5th sanity prevailed and the very popular **Guiseley Gallop** 10K MT ran on Easter Sunday. Part of the Airedale Tri series along with BBW and Meanwood Valley Trail race, this attracts a large field and 16 of our runners gave it their best shot on this challenging course with a tough finish. There were some great tussles in both the men's and ladies race with **Jim Barnett (44:44)** just shading it from **Ben Watson (44:51)** with **Rob Martin** in hot pursuit (**45:13**). Fine runs too from **Lorne McNeill (46:51)**, **Andy Price (48:26)**, **Nigel Shaw (51:23)**, **Ian Hartman (52:56)**, **Neil Fairburn (55:08)** and **Jim Goddard (58:30)**.

In the ladies race **Kirsty Allen** continued her great form with a fighting **50:58 (5th FV40)**. Just behind her a tight battle between new member **Ali Boyle (52:20)** and **Catherine Milner (52:22)** with another close finish between **Rebecca Langdon (53:21)** and **Mel West (53:39)** just behind them. **Linda Carey (1:12:36)** just managed to hold off **Ellie Newhouse (1:12:59)**. Overall race winners were in form Frank Beresford (Otley) 36:08 and Claire Cooper (KCAC) 42:56.

Whilst all this was going on, a few thousand miles away in the Sahara **Michelle Morris** was about to embark on one of the world's toughest physical challenges – the **Marathon des Sables**. This 5 stage 238K epic requires contestants to run a marathon a day in the toughest desert terrain and on one day complete a 91K leg (in effect a double marathon!). Throw in a few sandstorms, extreme heat and having to carry all your own gear and it is clear why so many fail in the attempt. Not Michelle! Finishing 5 days later **700th out of 1300 starters and 60th out of 250 ladies in**

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49hrs:24m:15s is a huge achievement and, together with **Rach Anmer's** Channel Swim earlier in the year demonstrates that Baildon Runners are made of tough stuff. Many congratulations Michelle!

The second **Bunny Run** on the **7th** (running out of Haworth) was run in much better conditions than the first wintery affair in March. Nine Baildoneers took up the challenge with **Jim Bryson** leading them home in **18:53**, **Ben Watson** close on his heels in **20:31** and a close battle between **Neil Fairburn (22:23)** edging out **Catherine Milner (22:30)**. **Rob Myers (23:50)**, **Ian Hartman (25:37)**, **Carolyn Hargreaves (28:06)**, **Nicola Steffen (29:20)** and **Linda Carey (31:21)** all had good runs on the night. Race winner was Tom Adams (Ilkley) in 14:59 with Erica Byram (Holmfirth) 1st lady in 18:44

The following weekend saw the **Wensleydale Wander** run at Leyburn on the **11th** – a race with 23 or 12 mile options. **Steve Tindall** took on the longer route, completing it in **4hrs 21m** whilst **Paul Dennison** ran the 12 miler in **1:34:52**, running in third overall.

Also on the 11th **John Buddle** tackled the 50 miler **Woldsman** – a classic LDWA ultra endurance race out of Driffild. In John's own words "this was the first race he had entered where he was unsure whether he could finish" – but finish he did in **11hrs 30mins** to be placed 30th and taking out Phil Jones's old MV50 record at this distance in the process.

The 12th was the second in the Airedale Tri race series, our own **Baildon Boundary Way Half Marathon MT**. This is a race that our runners are only allowed to enter if they have been very, very good (and bought the race director a drink!) Everyone else is involved volunteering. With a horrid weather forecast the race actually ran in predominantly dry conditions with only the later finishers getting damp.

Only six Baildoneers had been very, very good and the fastest of these was **Gareth Holme in 1:36:15** followed by **Jim Barnett in 1:38:20**. **Danny Miles (1:43:37)** and **Nigel Shaw (1:50:57)** were next to finish with **Rick Nottidge (1:53:40)** and our lone very, very good lady, **Liz Caven in 1:55:43**. 320 ran the race and Frank Beresford (1:17:23) and Claire Cooper (1:34:07) repeated their 1st podium places from the Guiseley Gallop.

Meanwhile, at the **Ackworth Half Marathon**, new member **Ali Boyle** ran a cracking **1:39:26** – **9th lady** and 53rd out of the 291 who ran.

In the third **Bunny Run** on the 14th we had eight runners in the mix, **Jim Bryson** taking the honours again in **18:45**, **Rob Martin in 20:18**, **Catherine Milner 22:14**, **Neil Fairburn 22:42**, **Rob Myers 23:49**, **Ian Hartman 25:35**, new member **Niamh Bryson (26:18)** and mum **Carolyn Hargreaves (27:42)**

Saturday 18th April – it just had to be the **Yorkshire Warrior 10 mile Off Roader!** Four of the 1st Baildon Fusiliers stormed over the top a through various Harrogate battlefield obstructions. **Jeanette Thornes (20th lady/730)** proved to be the most unstoppable force in **2:04:56** with Aide de Camp **Rob Myers** following at a discrete distance in **2:06:59 (165th)**. Mopping up the enemy on the flanks came fearsome warriors **Sarah Terry** and **Karen Butler** in a co-ordinated action to nick **670th place in 2:42**. 1,995 mad people took part and had a ball!

On the same day in sunny Germany **Nicola Steffen** ran the **Sparkasson 6K in 35.28** and claimed 4th Lady / 18.

Rounding off a super Saturday was the **Meanwood Valley Trail Race** – the third of the Airedale Tri Race series – 7.5 miles. Five Baildoneers made the trip with **Gareth Holme** romping home in **50:40**, **Jim Barnett** next in **51:06**, **Nigel Shaw in 58.40** and **Ian Hartman in 1:06:07**. **Ellie Newhouse**, running the furthest distance she has ever raced clocked a very creditable **1hr 18:34**. Jonathan Wills (Leeds City) 41:36 won the race and Kim Spence (Valley Striders) 49:38 denied Claire Cooper a clean sweep of tri race podiums.

19th April and it was destination Manchester for the first of the trio of Spring marathons. **Lorne McNeill** and **Rebecca Langdon** flew the flag for Baildon and both had terrific runs on this reasonably fast course. **Lorne** clocked **3:12:43** whilst **Rebecca** stormed round in **3:45:31** – a whisker away from her target good for age time of 3:45.

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Our third Summer Championship race, the **Huddersfield Half Marathon**, also ran on the 19th. This tough hilly half is a real challenge and **Jim Wheldon** had the points all to himself as our sole runner in the race! Jim finished in **1:52:30 (38th)**.

The final weekend of April had three major endurance events running, **The Three Peaks Fell Race**, **Blackpool Marathon** and the **London Marathon**.

Four intrepid Baidoneers tackled the **Three Peaks** race – 23 miles and 5279 ft of climb - probably one of the toughest challenges in the calendar and as ever, dependent on the weather. We had four Baidoneers on duty (plus **Paul Dennison** with the unenviable job of Race Director!). Sadly the weather did not co-operate and three of our runners, **Jim Goddard** and **Anna Smith**, fell victim to the strict cut off at the Hill Inn between Whernside and Ingleborough after poor weather on the tops. However, **Stevie Pickard** made it through and clocked **5:35:09** – congratulations to all four.

The **Blackpool Marathon** – a sea front course also open to weather issues, in this case a howling gale, had **Dan Cobb**, **Clive Turner**, **Danny Miles** and **Edward East** hoisting the spinnaker. **Dan** had a stunning run in the conditions (**3:22:29 PB**) to run in 40th with **Clive Turner** and **Danny Miles** both clocking **3:35:38 (81st & 82nd)** and **Edward**, making a welcome return to racing, **4:07:40**

Our runners in **London** had just a light drizzle to contend with and ideal running conditions for the Marathon. With 37,500 for company, **Phil** and **Debbie Bland**, **Emma Stoney**, **John Cawley**, **Hester Stefanuti**, **Jane Chapman** and **Lee Kaznowski** set out for the Mall. By the end of the race three Club age group records had fallen (**Emma FV35 3:19:45**, **Debbie FV60 3:53:31** and **John MV60 3:57:07** – all improving their own records whilst **Lee (4:15:31)** **Jane and Hester (4:23:27) PB'd** as did **Phil**, struggling with a knee injury in the last six miles (5:20:57).

The next to last word must go to **Rob Myers** who found the ultimate in races – **The Tough Guy Spring Offensive** in Wolverhampton (where else!) splashing his way round 10.5K (ish) in **1hr 57m** for **32nd / 211 survivors!**

Finally! Congratulations to **Emma Stoney**, winner of the **Airedale Winter Fell League Race series** by 16 points from **Ian Hartman** – Baidon Runners filled 7 of the top 9 league spots (**Emma**, **Ian**, **Rob Myers**, **Kate Walter**, **Jim Goddard**, **Linda Carey** and **Neil Fairburn** – a superb effort !

APRIL PARKRUNS

Not quite so much of a geographic spread this month with our runners concentrating on the local courses – but Keswick was in the mix again as was Oxford.

On the men's side, the usual nip and tuck between **Ben Watson** and **Rob Martin** continued with both lads knocking on the door of 20 minutes and only one second separating them on an exciting finish at Bradford on the 4th – Rob just shading it in 20:18. Another feature of the month has been the continued improvement by **Ian Ferris** who has been edging towards breaking 21 minutes at Bradford, starting with 21:11 on the 4th down to a whisker over 21 minutes on the 18th (21:04). However, as in March, a blind side run by **Paul Dennison** at Keswick on the 4th in **20:04** took the spoils in April – congratulations Paul.

The Ladies parkrunners have had a quieter month in April but two of our runners have led the pack – **Rebecca Langdon** posted an excellent **23:17** at Huddersfield (not an easy course) on the 4th but **Mel West** has been making the new Halifax parkrun her own by posting two first lady results since it opened. She began with a **23:46** on the 4th but improved this on the 18th with a **23:11** – only 8 seconds off her all time parkrun PB of 23:03 at Bradford. So Mel runs off with our Golden Ladies Trainer award for April – in fact she won the Halifax parkrun Sweatshop runner of the month prize so she did indeed win a pair of trainers !

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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	October 2015
Race 20	Wistow (Selby)	10K	11.00 am	Sunday	25 October 2015

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)
There is also a new Bradford Horton Park parkrun, however, this is not listed on the website as yet. All are free events, but you must pre-register online by 6:00 pm Friday, and take the barcode emailed to you.

14 June [Jane Tomlinson's Hull 10K](#)
10 June [Otley 10 miles](#)
28 June [Jane Tomlinson's Pennine Lancashire 10K](#)
28 June [Humber Bridge Half Marathon](#)
12 July [Jane Tomlinson's Leeds 10K](#)
26 July [James Herriot Country Trail 14K](#)
(Wensleydale)

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RACE RESULTS: APRIL 2015

by Phil Bland

DATE	NAME	TIME	DATE	NAME	TIME
4th	Pendle Fell Race		12th	Ackworth Half M	
	Neil Fairburn	49:57		Alison Boyle	1:39:26
	Dash of the Titans			B.B.W.	
	Rob Myers	1:27:49		Gareth Holme	1:36:15
				Jim Barnett	1:38:20
5th	Guiseley Gallop			Danny Miles	1:43:37
	Ben Watson	44:41		Nigel Shaw	1:50:57
	Jim Barnett	44:44		Rick Nottidge	1:53:40
	Rob Martin	45:13		Liz Caven	1:55:43
	Lorne McNeill	46:51	Walker	Dave Lonsdale	
	Andy Price	48:26			
	Kirsty Allen	50:38	14th	Bunny Runs 3	
	Nigel Shaw	51:23		Jim Bryson	18:45
	Ali Boyle	52:20		Rob Martin	20:18
	Catherine Milner	52:22		Catherine Milner	22:14
	Rebecca Langdon	53:21		Neil Fairburn	22:42
	Mel West	53:39		Rob Myers	23:49
	Neil Fairburn	55:08		Ian Hartman	25:35
	Ian Hartman	57:56		Carolyn Hargreaves	27:42
	Jim Goddard	58:30			
	Linda Carey	1:12:36	18th	Yorkshire Warrior	
	Elinor Newhouse	1:12:59		Jeanette Thornes	2:04:56
				Rob Myers	2:06:59
5-10th	Marathon deSables			Sarah Terry	2:42:00
PB !	Michelle Morris	49h:24		Karen Butler	2:42:00
7th	Bunny Runs 2		18th	Sparkasson 6k	
	Jim Bryson	18:53		Nicola Steffen	35:28
	Ben Watson	20:31			
	Neil Fairburn	22:23		Meanwood Valley	
	Catherine Milner	22:30		Gareth Holme	50:40
	Rob Myers	23:50		Jim Barnett	51:06
	Ian Hartman	25:37		Nigel Shaw	58:40
	Carolyn Hargreaves	28:06		Ian Hartman	1:06:07
	Nicola Steffen	29:20	PB	Ellie Newhouse	1:18:34
	Linda Carey	31:21			
			19th	Manchester M'thon	
11th	Wensleydale W'der			Lorne McNeill	3:12:43
(23m)	Steve Tindall	4:21:00	PB	Rebecca Langdon	3:34:31
(12m)	Paul Dennison	1:34:52			
				Hudd's Half M	
	Woldsman 50			Jim Wheldon	1:52:30
	John Buddle	11: 39			
DATE	NAME	TIME			
26th	Tough Guy 10.5k				
	Rob Myers	1:57			

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	Blackpool M'thon		DATE	NAME	TIME
PB	Dan Cobb	3:22:29		PARKRUNS	
	Clive Turner	3:35:38	4th	Bradford	
	Danny Miles	3:35:38		Rob Martin	20:18
	Edward East	4:07:40		Ben Watson	20:19
				Ian Ferris	21:11
	London M'thon			Neil Fairburn	22:24
PB	Emma Stoney	3:19:45		John Buddle	23:28
	Debbie Bland	3:53:51		Nicola Steffen	27:51
	John Cawley	3:57:07		Dave Shaw	28:19
	Lee Kaznowski	4:15:31		Linda Carey	30:35
PB	Jane Chapman	4:23:27		Rachel Crabtree	32:38
PB	Hester Stefanuti	4:23:27		John Crabtree	32:33
PB	Phil Bland	5:20:57			
				Halifax	
	Three Peaks			Mel West	23:46
	Steve Pickard	5:35:09			
	Jim Goddard	DNF		Huddersfield	
	Anna Smith	DNF		Alice Buttle	30:05
	<i>(Cut Off applied)</i>				
				Leeds Crossflats	
				Don Johnson	22:50
				Denise Johnson	33:15
DATE	NAME	TIME			
	PARKRUNS		DATE	NAME	TIME
				PARKRUNS	
4th	Keswick				
	Paul Dennison	20:40	18th	Halifax	
	Steve Tindall	25:56		Mel West	23:11
				Amanda Darbyshire (Sweeper)	48:49
	Oxford				
	Katherine Hornby	30:58		Huddersfield	
	Jonathan Hornby	31:03		Rebecca Langdon	23:17
11th	Bradford			Temple Newsam	
	Ben Watson	20:27		Don Johnson	23;20
	Rob Martin	20:42		Denise Johnson	26:27
	Jackie Walters	28:59			
	Dave Shaw	29:19	25th	Bradford	
	Elinor Newhouse	29:52		Ben Watson	20:26
	Linda Carey	30:05		Ian Ferris	21:09
	Rachel Crabtree	30:26		John Buddle	22:12
	Phil Bland	32:30		Marc Forrest	22:14
	Leanne West	32:35		Neil Fairburn	22:28
	Jennifer Stephenson	34:48		Phil Jones	25:05
	Geraldine Ray	35:07		Dave Shaw	28:00
	Judith Wilson	37:08		Kath Hornby	30:22
				Linda Carey	30:24
				Ellie Newhouse	30:37
				Shelagh Hopkinson	33:30

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	Roundhay		Huddersfield	
	Don Johnson	24:05	Alice Buttle	24:03
	Denise Johnson	29:20		
			Skipton	
18th	Bradford		Don Johnson	23:50
	Rob Martin	20:16	Denise Johnson	25:17
	Ben Watson	20:24		
	Ian Ferris	21:04		
	John Buddle	23:15		
	Phil Jones	25:14		
	Steve Tindall	25:31		
	John Crabtree	26:18		
	Geraldine Ray	29:45		
	Phil Bland	30:33		
	Debbie Bland	30:33		
	Jenny Stephenson	32:41		
	Shelagh Hopkinson	32:56		
	Judith Wilson	36:10		

AGE CATEGORY RECORDS

This information will now be accessed through the website at www.baildonrunners.co.uk

BAILDON RUNNERS NEWSLETTER

May 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 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

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