

BAILDON RUNNERS NEWSLETTER

October 2016

FROM THE EDITOR

Jackie Walters

This newsletter has been brought to you by Kevin Brain, Linda Carey, John Cawley, Gareth Holme, Denise Johnson, Dave Lonsdale and Geraldine Ray. Please send contributions for the next newsletter to baildonrunners@yahoo.co.uk by 28 November. New contributors especially welcome!

RUNNER OF THE MONTH

Gareth Holme

Runner of the month for August was Sue Coates for single-handedly taking over and running the key Tuesday night sessions. Much appreciated by all Sue. September's Runner of the month will be announced at a Thursday run.

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 running. It could be doing something for your club or volunteering at events for instance.



NEW MEMBERS

Dave Lonsdale

We have 5 new first claim member this month, Rachel Smith, Daniel Waddington, Martin Riley, John McNiffe and Jeff Singleton and one second claim member, Nicola Empson. A warm welcome to you all. With another re-joining this brings the total membership to 205!

CHRISTMAS PARTY AND AWARDS NIGHT

Geraldine Ray

If you haven't booked already and would like a place for the Christmas Party and Awards Night please let me know by emailing baildonrunners@yahoo.co.uk as soon as possible as places are limited and going fast!

The place: Baildon Golf Club

The date: Friday 2nd December, 7pm to midnight

The evening starts with a 2 course buffet meal, followed by our annual awards ceremony. As well as awards for the Summer Championship, performance of the year and the Turpin trophy for an outstanding contribution to the club, we also have awards for the most improved runner and best newcomer, so everyone really has a chance of being a winner. If you don't win an award you have a very good chance of going home with a raffle prize!

The club also has places available for the 2017 London Marathon so If you have been unsuccessful with your application for a place in 2017 you can put your name into the draw, (see below)

After that the disco takes over and you can dance the night away. All this for the bargain price of only £15! Hope to see you there.

LONDON MARATHON DRAW

Geraldine Ray

As many of you will be aware, Baildon Runners has been given 2 guaranteed places in next year's London Marathon. These will be allocated in the normal manner, as follows:

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If you applied and were rejected for a place in next year's race, and still wish to do it, you can be entered into the draw for one of the club places. If successful in our draw you will still need to register and pay the normal entry fee but your place will be guaranteed.

The draw for places will take place at the Christmas Party, but you don't need to be at the party to qualify. The draw is available to all current members of Baildon Runners, regardless of length of membership, provided you meet the criteria of having been rejected and still wish to run.

The draw for the first place will only involve those members who have never previously participated in the London Marathon. The draw for the 2nd place will involve everyone who qualifies, including those first-timers unlucky in the first draw.

If you were rejected for the 2017 race and wish to be considered for one of these places, please let me know by email to baildonrunners@yahoo.co.uk, by Friday 26th November, stating whether or not you have previously participated in the London Marathon.

SPORTSHOES DISCOUNT CODE

The code for November which gives you 10% discount and free standard delivery is valid until 1 December.

OFF ROAD CHALLENGE RACES

Linda Carey

Many of you are aware of and take part in the *Off-Road Challenge races*. This league is part of Airedale Athletics and is separate to the West Yorkshire Winter League which began on Sunday.

We compete against local clubs in the network and this year's Summer Challenge was won by our very own Jim Wheldon. The requirements are similar to the Summer Championship in terms of races to be completed and age grading. The list of races for the 2016/17 season has just been published and can be seen below. The list appeared after the first race had taken place and there are still some details to be finalised but the information below will give runners a chance to plan their season and enter races.

The Challenge has, for the last few years, been ably administered by club member Anna Smith but from this season, results will be organised by Airedale Athletics who are working on a new website. The races are as follows. Please note that some dates are awaiting confirmation in the 2017 FRA Race Calendar.

1. Oct 9 - Withins Skyline
2. Oct 22 - Great Whernside - JOKER -

WYWL1 on the Oct 23, Dewsbury

3. Oct 29 - Pain Barrier @ Parkwood
4. Nov 6 - Cop Hill (details on Facebook site)
5. Nov 12 - Harriers vs Cyclists
6. Nov 13 - Wadsworth Half Trog - JOKER

- ***WYWL2 on Nov 27, Pudsey / Peco 1, Temple Newsam***
- ***WYWL3 on Dec 18, Skipton/ Peco 2, North Leeds***

7. Dec 26 - Chevin Chase - full

- **WYWL4 on Jan 8, Huddersfield**

8. Jan 15 - Stanbury Splash - (TBC)

- **WYWL5 on Jan 22, Queensbury/ Peco 3, West Park**

9. Feb 4 - Wadsworth Trog - JOKER

10. Feb 12- Barbondale @ Kirkby Lonsdale- date TBC

WYWL5 on Feb 19, Stainland / Peco 4, Pendas Fields

11. Feb 25 - Midgley Moor - date TBC

Peco 5 Mar 5, Roundhay

12. Mar 19 - Heptonstall - date TBC

13. the thirteenth score (to replace Ian Robert Memorial) may be a value rewarding participation in the WYWL and Peco Leagues - e.g., 200 pts for each race (up to a maximum of 1000pts).

OGOBS CHRISTMAS HANDICAP

Denise Johnson

The OGOBS would like to invite Baildon Runners to the 2nd Christmas handicap. It is the same course as last year, 5 miles on the canal which most of you ran in the summer handicap.

The date: 14 December, starting at 9.30am. Meet at the bandstand Roberts Park.

Everyone is welcome to run but the trophy can only go to an OGOB. To be classed as an OGOB you have to have run with us a few times leading up to the race.

Our group on a Wednesday morning has grown and grown with at least 12 people turning up each week to run over the moors. Age does not matter, everyone is welcome to run with us and nobody gets left behind. Don and I always run at the back supporting the steadier or newer runners. We are a great bunch of people that just love a social run. At the moment we are still running over the moors as the weather has been kind to us this year. But soon we will be moving to our winter location on the canal.

The OGOBS are not just for Baildon Runners anyone can run with us, just send them along we will make them welcome. We have a Facebook page so just send a friend request.

STRENGTH AND CONDITIONING SESSIONS

Kevin Brain

I am these sessions on some Saturday mornings. Sessions and times will be notified by email.

Because this session involves plyometric exercises it is deceptively demanding. Unless you have a good fitness base already, it is difficult to do without risk of injury. Also, if you want to just run, this is the wrong session for you. The essence of plyometric is short, explosive exercises with plenty of rest in between. For many runners this may be boring. Especially if you have to spend your morning with me!

Why do it? Well there are a range of benefits but essentially it is about developing core strength and power which, so the theory goes, develops running efficiency, economy and prevents injury. There is a lot of emphasis on this kind of training now in coaching courses and perhaps it should at least be an option available to club runners, as part of a balanced coaching programme.

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At the moment I am viewing this as a pilot training programme. I will review it in a few weeks, so any comments from those who have been and those who haven't would greatly help.

YORKSHIRE VETS

Denise Johnson

The 16th of October saw the best turnout for a Yorkshire Vets Grand Pri race held on a very muddy, hilly course at Pudsey. A quick email a few days before this race did the trick and lots of Baildon Runners turned up.

These races only cost £5 and they lay on food and lots of prizes.

In the Ladies race Denise Johnson took a heavy fall after only a mile and did the most spectacular faceplant you have ever seen putting the one done by Bridget Jones to shame. At that point when you are laying on the ground sucking up mud you think, do I just drop out and call it a day or pick myself up and try carry on. Baildon Runners are made of tough stuff so I carried on to finish in 30th place. Next home was new member Rachel Smith who ran a brilliant race to finish strongly in 41st place followed by Sue Coates in 42nd place winning the over 65 prize. Susanna Walters trying these races for the first time never gave up to the horrible conditions and came in looking strong in 64th place.

First home for the men was Craig Blackwell in 31st place with Rob Martin hot on his heels in 34th place. Mark Delaney still recovering from his marathon ran a great race in 48th place and Neil Fairburn in 63rd. Ian Hartman ran strongly all the way round and managed to finish in 90th.

It was great to see so many of my club members giving these races a try. There is just one more race now before the season finishes and that is at Spenborough on the 13th November, another 5 mile trail race. We already have the date for the Yorkshire Vets Cross Country next year which is the 4th March to be held at Doncaster. Please put this date in your diary and let's give it lots of support.



VETERAN WOMEN RUNNERS SHARE THEIR SECRETS

Jackie Walters

I thought I was pushing it doing my first marathon at 67 until I read about these inspiring veteran women runners! A friend sent me the article below which is reproduced with permission from the Guardian newspaper:

Three athletes, ranging in age from 52 to 70, on how they stay hungry for success

Among the unfunny clichés aimed at the middle-aged on reaching milestone birthdays – references to old wine, elasticated waistbands, 60-is-the-new-40 etc. – lies the happy fact that, for the midlife runner, age and wisdom bring rewards. As a V50 parkrunner, for example, you can be well placed in your age group despite finishing near the back of the pack. For some veteran runners, every milestone birthday earns them more bling at the finish line, as these three women champs in the V50, V60 and V70 categories have proved with some panache.

Clare Elms, 52

Clare holds the world age group record for running a mile very quickly indeed (5:07.32). Officialdom (or lack of it) stands in the way of her claiming a sub-five: “I did actually run much faster outdoors, breaking five minutes and the world W50 outdoor record, but it wasn’t validated because of lack of officials present.”

Elms was also first woman in her age group in the London Marathon last year (2:53.52). She is proud of being the first finisher in all 116 of her parkruns to date and of scooping her first W50 in the World Sprint Triathlon in 2013.

When you talk to her, though, it’s clear that her family is her biggest source of pride. She is the mother of 16-year-old triplets, and lives with them, her husband, and her parents in a busy south London household. Her 84-year-old father

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is her biggest fan. He used to mind the babies so she could run, and is still cheering her on at every parkrun, "when my triplets were babies, running became an important part of my life, my father and good friend, Clare, would look after them so that I could run around the block to clear my head; it became part of my daily routine.

It was off the back of this unstructured, head-clearing training that she ran a 10k race, to raise money for Rett UK (her niece had been born with Rett syndrome, a serious neurological disorder) and finished in 42 minutes. That's when she was advised to train seriously with a club.

When her children were seven, she won each of them a gold medal (for the 1,500m, 5,000m and the 800m) at the British Masters championships, but her proudest running moment came with a milestone birthday attached, "I won my age group at the Masters international in Nottingham 2014 [for 6km] after many attempts. My mum and dad had surprised me and arrived in Nottingham just before the race started, and I won it in the last 100m. the fact that I didn't give up, I was so proud and delighted."

It's still a struggle to fit in structured training with a household like hers, but she runs most days – having a dog that needs a run helps, as does cycling everywhere and scheduling Wattbike sessions as cross training. She advises setting in stone three essential runs a week: "I have never run a lot of miles, especially during the track season. I have now done three marathons where I have increased my miles, but the crucial sessions remain Tuesday track, Thursday hard tempo and the long runs with marathon pace included in them. I have always raced a lot but many of the races, including for example the parkruns are more tempo runs than flat-out efforts."

Without being too precious about it, Elms's lifestyle and diet is typical of your average athlete: nothing faddy, but fruit and veg loom large, including "... an avocado with every meal ... I am addicted to them. I eat piles of fruit every day. Mango, grapes, raspberries, blueberries, strawberries, figs and also dried fruit like apricots. I love honey and my treat is manuka honey, I have a big spoon in my porridge every morning. I also have malt loaf for energy most days, also with honey!"

Combine this with eight hours sleep a night, a dark-chocolate habit, a general avoidance of alcohol apart from the odd glass of prosecco, iron and glucosamine supplements and brief flirtations with nitrate-rich beetroot, and Clare ticks most of the healthy-lifestyle boxes that those NHS post-50 checks would have us live by. The fact that she leaves all other women runners, whatever their age, trailing in her wake can only be that she was born to run, and, as she approached her 53rd birthday, is still looking for personal bests. "Deep down I feel if I am consistent and wise with my training I can definitely PB at certain distances. I am keen to try new sessions maybe changing the recovery and to introduce more miles, I think I can still improve!"

Angela Copson

If Elms was a late arrival to the running party, Angela Copson's debut jog at 59 was positively maverick. When I contacted her she was excited about her selection for the W65 team in the British and Irish Cross Country championships in Glasgow, next month, but was happy to elaborate on what drove her to run her first marathon, back in 2007, following her husband Harry's life-saving heart surgery: "I was so impressed with John Radcliffe hospital, I wanted to give something back. Harry left hospital with [instructions to] get plenty of exercise; he took up cycling, so I jogged with him to make sure he was OK."

The jogging led to a charity place in the London Marathon, throwing herself into raising money for Heart Research UK rather than running the miles in training. So she was as surprised as anyone else when she completed her debut marathon, aged 60, in 3 hours and 57 minutes, with "lots of chatting on the way."

It was suggested that proper training might be a good idea, so Copson joined Rugby and Northampton athletic club and went on to smash practically every distance in her age category, going on to run a marathon PB of 3:14.51. This put her in the elite/championship start of the race, although the word elite does not sit comfortably with her. "I am not elite, I don't get paid for racing, so I don't have to be strict with myself, or deny myself anything I like, such as cakes, or a glass of wine. My family come first; I have three grandchildren and when I spend time with them it's not a problem if I don't run.

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"I do love healthy food: fish, chicken green veg, salads, pasta, brown rice and all fruits. I don't take supplements and I am lucky not to be on any medication as this has to be declared at World and European Masters races. I have tried different gels for marathons, but I find a bowl of porridge with honey is more beneficial. I am 5ft 1in and weight seven-and-a-half stone. My ideal running weight could be a few pounds lighter but then I start to look gaunt. I try to get eight hours in bed, I don't always sleep but it makes me rest and it's good for reading."

Kate Williamson

Next year's Virgin Money London Marathon will be Angela's first in the W70 category, a fact which I was very excited to discuss with 70-year-old Kate Williamson, who currently holds the British record for that race, having run London last April in 3:42.42... so can we look forward to the Kate and Angela W70 smackdown? Sadly, Williamson can't be doing with all that training this season: "Not a hope. I'm not intending to go for another marathon ... I'm getting slower, my marathon PB was 3:33 in 2008."

Williamson loves to run, it lifts her mood, so she goes out to train four or five times a week, but now she's running for sheer enjoyment. She went for her first run at 35: "I was challenged by my son, who was fed up with doing the Jane Fonda exercise tapes in the garden. A few years later I joined Eynsham Road Runners, there is no way I would have achieved any records without their endless support and encouragement.

"I only trained very hard for the London marathon this time (even bought a runner's watch!) as I had been second in my age group three times previously and I really wanted to be first this time. I enlisted the help of coach Tony Lock, who wrote me a schedule."

And what would Williamson advise for the midlife newbie building a long training programme for a first marathon? "Obviously for longer races the long runs are important but I think speed work, including hills, is essential. I also think stretching is important. I also love to cycle, walk and work in the garden."

As far as nutrition goes, Williamson isn't in the market for self-denial. She doesn't take supplements, drinks moderately and "loves food, especially bread, hot cross and chelsea buns, and fruit". Which will no doubt fuel her onward and upward to the next age category milestone, V75 and counting.



Kate Williamson

POP UP VEGAN CAFE

Jackie Walters

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On 22 October after the Saturday session, 16 Baidon Runners and friends visited Dandelion, the pop-up Vegan café at Merchant Quays. I had seen Dan preparing food the evening before when I attended Yoga for Runners, (held in the same building) and told him to expect 7 or 8 of us. I should have known how good Shelagh Hopkinson is at mobilising folk on Facebook!

The staff coped admirably with such a big crowd, all with different orders and lots of questions and everyone enjoyed the ambience and a chance to socialise. The café is open Saturdays throughout November and we are planning a return visit, let Shelagh or I know if you'd like to join us



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MEMBERS' AGE PROFILE

John Cawley

It's been a few years since we last published a breakdown of our membership so thought it was time we dusted the figures off once again to demonstrate how much the club has grown in recent years. As we go to press, we have 191 running members with an average age of 44 years 7 months and 3 days. At this same point three years ago we had 136 running members with an average age of 48 years 11 months and 21 days.

This is tremendous news; firstly that we have seen such a large increase in membership but also that the average age has come down so significantly. This is quite an achievement because of course the bulk of the membership is now three years older, so it just shows how much younger blood we have recruited.

The following shows the present breakdown with a comparison to the 2013 data:

Age group	Male		Female	
	2016	2013	2016	2013
15 - 19	0	1	0	0
20 - 24	3	0	2	0
25 - 29	2	1	3	2
30 - 34	3	2	7	8
35 - 39	9	7	20	13
40 - 44	18	8	18	8
45 - 49	16	11	16	9
50 - 54	18	12	8	8
55 - 59	6	9	6	9
60 - 64	9	11	9	5
65 - 69	8	5	4	3
70 - 74	3	3	1	0
75 - 79	2	1	0	0
Total	97	71	94	65

JIM PARRISH

John Cawley

Such has been the influx of new members over the past few years that many readers will not know Jim, but a quick look at our age category records shows that Jim holds the M75 club records at 5K, 5M, 10K, 10M, half marathon and full marathon distances; he also still holds the M70 records for 5M and the half marathon.

In 2014 Jim felt a sharp pain in his leg whilst reaching up to bring a box down from his loft. He went to hospital and initial thoughts were that the pain was due to wear and tear in his knee caused by many years of running. However, subsequently they ruled this out and to this day the medics do not know the actual cause. This meant the end of Jim's running career but Jim remains a member of the club having been awarded Honorary Life Membership as announced at the 2014 Christmas Party.

Jim turned 80 at the beginning of August. Linda Carey sent a card on behalf of the club. I went round to see him taking a birthday card and small gift. I found Jim and his wife, Liz, in good spirits though Jim does have restricted mobility. Jim was interested to know how the club was doing; particularly as neither he nor Liz uses the internet anymore so does not get the club newsletter. He was pleased to know the club is flourishing and sends everyone his best wishes.

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SUMMER CHAMPIONSHIP

At last it's all over for another year and we can announce the trophy winners.

In the Premier Division Lee Kaznowski finished top, overtaking Jim Wheldon who slips to the runners up spot, thanks to a big points score at the Wistow 10K race courtesy of a PB. Sally Gavaghan finished a very creditable third. The First Division title goes to Mark Delaney, who had things sewn up months ago, with Alison Boyle and Donna Kaznowski taking second and third places respectively. The main battle though was in the Second Division where top prize goes to Denise Bailey, again thanks to a big points score at Wistow due to setting a PB. Susanna Walters finished up in the runners up spot despite also setting a PB at Wistow with Piero Tozzi close behind in third place.

This season 91 members took part in at least one Summer Championship event with 25 members taking part in at least six races. Susanna Walters and Mark Delaney were the most competitive with both taking part in 12 races.

AGE CATEGORY 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, congratulations to all:

Name	Cat	Distance	Date
Emma Wilkins	F23	Marathon	9 October
Kirsty Allen	F40	Marathon	9 October
Phil E Brown	M50	Marathon	9 October
Ged Futter	M40	50K	15 October
Emma Wilkins	F23	15 miles	30 October

As an added bonus, Emma, Kirsty and Phil have achieved the required standard for a guaranteed 'good for age' place in the 2018 London Marathon, provided the organisers don't change the criteria of course! Many commiserations to Pete Gallagher who did a magnificent time in the same race but missed out on the qualifying time by two seconds!

Ged also set an overall club record for the 50K distance, improving on the previous record by over an hour, respect!

RESULTS

Please continue to email your race results to resultsbaildon@gmail.com, but 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.

**Trail des Fleurs de Lys 18K mountain race,
1,300 metres climb (Prades, France) - 18 September**
20th Pete Gallagher 2:37:30
67 finishers (3 DNF).

Coniston Trail 15K Challenge - 1 October
340th Linda Carey 2:00:55
428 finishers.

Irongirl 5K (Barcelona) - 1 October
2nd Emma Stoney 23:54
49 finishers.

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Horton Park 5K parkrun - 1 October

45th Susanna Walters 31:57 2nd F35
79 finishers.

Keswick 5K parkrun - 1 October

12th John Buddle 20:32 2nd M50
131 finishers.

Lister Park 5K parkrun - 1 October

4th Lee Kaznowski 18:51 1st M35
19th Ben Watson 20:30
75th Col Morley 23:57
92nd Philip Jones 24:33
127th Hannah Jones 25:58 3rd F40
148th David Bruno 26:34
157th Ian Dawson 26:49
187th Dave Shaw 27:33 1st M70
241st Sarah Willis 29:24
258th Tara Phillips 30:18
274th Denise Bailey 30:47
278th Claire Bruno 30:55
280th Elinor Newhouse 31:08 2nd F65
291st Jo Milsom 31:34
292nd Richard Lund 31:34
329th Shelagh Hopkinson 33:32 2nd F60
351st Jenny Stephenson 34:53
400 finishers.

Chester Marathon - 2 October

649th Michelle Morris 3:43:45
2,897 finishers.

Mablethorpe Half Marathon - 2 October

62nd Paul Thomas 1:40:06
329 finishers.

Rombalds Romp 6.5 miles - 2 October

29th Andrew Price 1:03:32
33rd Neil Fairburn 1:04:13
63rd Rob Myers 1:13:47 2nd M60
93 finishers.

Cusworth 10K - 2 October

166th Denise Johnson 49:40 2nd F55
417 finishers.

Lakes in a Day 50 miles, 14,000ft climb - 8 October

146th Jacqueline Cooper 16:18:21
272 finishers (44 DNF).

Brighouse 5K parkrun - 8 October

89th Denise Johnson 24:21 1st F55
318 finishers.

Horton Park 5K parkrun - 8 October

15th Philip Jones 24:13 3rd M55
18th Rob Myers 24:50 1st M60
82 finishers.

Keswick 5K parkrun - 8 October

36th Mick Cooper 23:37
136 finishers.

Lister Park 5K parkrun - 8 October

11th Robert Martin 20:33 1st M55
24th Joe Percival 21:43
70th Charlotte Gibson 24:10
137th Tara Phillips 27:16
237th Denise Bailey 30:56
277th Geraldine Ray 33:08
317th Jenny Stephenson 35:36
377 finishers.

Wakefield Thornes 5K parkrun - 8 October

47th Col Morley 24:08
221 finishers.

Woodhouse Moor 5K parkrun - 8 October

17th John Buddle 20:02 2nd M50
240th Jill Buddle 27:29
440 finishers.

Yorkshire Marathon - 9 October

197th Kirsty Allen 3:12:14
235th Pete Gallagher 3:15:01
254th Phil E Brown 3:16:12
397th Emma Wilkins 3:25:44
712th Nigel Shaw 3:38:59
1,313th Mark Delaney 3:57:56
3,826 finishers.

Yorkshire 10 miles - 9 October

351st Richard Lund 1:17:36
608th Tony Deacon 1:23:47
610th Karen Baildon 1:23:49
701st Helen Christie 1:25:31
1,612th Dave Lonsdale 1:40:47
1,676th Sarah Willis 1:42:08
1,708th Philippa Jones 1:43:01
1,797th Elinor Newhouse 1:45:04
1,923rd Jo Milsom 1:48:57
1,986th Sue Gallagher 1:50:50
2,245 finishers.

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Within Skyline 7.5 miles, 984ft climb - 9 October

116 th	Andrew Price	57:31
151 st	Matthew Dudley	1:00:17
170 th	Neil Fairburn	1:02:31
218 th	Rob Myers	1:06:54
239 th	Ian Hartman	1:10:53
260 th	Niamh Bryson	1:15:10

290 finishers.

Brighthouse 5K parkrun - 8 October

40 th	Joe Percival	22:14
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258 finishers.

Ennerdale Ultra 50K - 15 October

33 rd	Ged Futter	5:45:24
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79 finishers (6 DNF).

Horton Park 5K parkrun - 15 October

19 th	Ian Hartman	26:24	1 st M65
20 th	Philip Jones	27:03	

75 finishers.

Lister Park 5K parkrun - 15 October

1 st	Michael Malyon	17:52	1 st M35
4 th	Lee Kaznowski	18:39	3 rd M35
14 th	John Buddle	20:27	2 nd M50
28 th	Jeff Singleton	21:15	
29 th	Robert Martin	21:23	1 st M55
39 th	Neil Fairburn	22:16	
43 rd	Michelle Woodrow	22:24	2 nd F35
140 th	Melanie West	26:29	2 nd F40
160 th	Tara Phillips	27:22	
163 rd	Dave Shaw	27:30	1 st M70
220 th	Philippa Jones	29:37	
236 th	Denise Bailey	29:58	
249 th	Karen Butler	30:17	
259 th	Claire Bruno	30:44	
281 st	Jenny Stephenson	31:43	
284 th	Jo Milsom	31:50	
315 th	Liz Redmond	32:55	3 rd F60
327 th	Leanne West	33:18	
350 th	Shelagh Hopkinson	34:45	

414 finishers.

Woodhouse Moor 5K parkrun - 15 October

52 nd	Emma Stoney	21:25	1 st F35*
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* also second female overall
445 finishers.

Bridlington Half Marathon - 16 October

74 th	James Wright	1:34:47
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529 finishers.

Manchester Half Marathon - 16 October

7,341 st	Dave Lonsdale	2:25:14
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8,506 finishers.

Bramham Park Major Series 10K (mud and more!) 16 October

67 th	Rob Myers	1:21:58	1 st M60
678 th	Sarah Terry	2:14:38	
714 th	Karen Butler	2:15:55	

1,187 finishers.

Shaun Lee Johnstone Memorial 10 miles (Boroughbridge) - 16 October

159 th	Kate Walter	1:43:53
165 th	Linda Carey	1:46:05

183 finishers.

Yorkshire Vets Pudsey - 16 October

Ladies

30 th	Denise Johnson	53:35
41 st	Rachel Smith	56:35
42 nd	Sue Coates	57:04
64 th	Susanna Walters	1:07:00

68 finishers.

Men

31 st	Craig Blackwell	42:50
34 th	Robert Martin	43:49
48 th	Mark Delaney	45:23
63 rd	Neil Fairburn	48:27
90 th	Ian Hartman	55:51

106 finishers.

Great Whernside 4 mile, 1,558ft climb - 22 October

65 th	Craig Blackwell	43:48
80 th	Robert Martin	45:16
83 rd	Kevin Brain	45:53
129 th	Rob Myers	51:47

164 finishers (1 DNF).

Fell Foot (Newby Bridge) 5K parkrun - 22 October

16 th	Paul Dennison	20:32	1 st M55
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227 finishers.

Horton Park 5K parkrun - 22 October

4 th	Jim Barnett	21:28	2 nd MU35
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85 finishers.

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Lister Park 5K parkrun - 22 October

6 th	Lee Kaznowski	18:38	1 st M35
11 th	Andy Robinson	19:37	
17 th	Philip Davis	19:59	3 rd M45
23 rd	Jeff Singleton	20:32	
27 th	Ben Watson	20:48	
29 th	Joe Percival	21:02	
47 th	Donna Kaznowski	21:59	2 nd FU35
136 th	David Bruno	25:57	
156 th	Tara Phillips	26:41	
15 th	Pete Gallagher		2 nd M40
	4 miles run	28:03	
	Transition	0:43	
	23 miles bike	1:06:16	
	Transition	1:15	
	4 miles run	30:24	
	Total	2:06:43	
77 th	Steve Tindall		
	4 miles run	37:34	
	Transition	2:11	
	23 miles bike	1:45:49	
	Transition	1:00	
	4 miles run	40:29	
	Total	3:07:04	

77 finishers.

Bramley 10K - 23 October

59 th	Denise Johnson	50:51	
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146 finishers.

Flintshire 10K - 23 October

28 th	Phil E Brown	41:24	2 nd M50
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566 finishers.

182 nd	Dave Shaw	27:37	1 st M70
231 st	Jules Potter	29:02	
350 th	Shelagh Hopkinson	35:16	

421 finishers.

Wolverhampton 5K parkrun - 22 October

164 th	Geraldine Ray	29:00	
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267 finishers.

Helwith Bridge Duathlon - 23 October

Winter League - Dewsbury - 23 October

Men

3 rd	Michael Malyon	298 pts	2 nd M35
5 th	Quentin Lewis	296 pts	1 st M40
21 st	Lee Kaznowski	280 pts	
23 rd	Gareth Holme	278 pts	
35 th	Andy Robinson	266 pts	
64 th	Ben Watson	237 pts	
83 rd	James Dickinson	218 pts	
96 th	Danny Miles	205 pts	
105 th	Mark Delaney	196 pts	
119 th	Neil Fairburn	182 pts	
120 th	Lorne McNeill	181 pts	
154 th	Joe Percival	147 pts	
165 th	Nigel Shaw	136 pts	
174 th	Rob Myers	127 pts	
184 th	Piero Tozzi	117 pts	
200 th	Ian Hartman	101 pts	2 nd M65
201 st	Dan Waddington	100 pts	
212 th	Geoff Perigo	89 pts	
226 th	John Cawley	75 pts	

234 finishers.

Ladies

3 rd	Kirsty Allen	298 pts	1 st F40
8 th	Alice Buttle	293 pts	2 nd FU35
10 th	Emma Wilkins	291 pts	3 rd FU35
20 th	Anna Smith*	281 pts	2 nd F50
29 th	Michelle Morris	272 pts	
36 th	Barbara Lee	265 pts	1 st F60
43 rd	Rachel Smith	258 pts	
51 st	Karen Baildon	250 pts	
53 rd	Sarah Terry	248 pts	
64 th	Melanie West	237 pts	
68 th	Hannah Jones	233 pts	
80 th	Carolyn Hargreaves	221 pts	
88 th	Linda Carey	213 pts	
89 th	Susanna Walters	212 pts	
91 st	Jenny Stephenson	210 pts	
92 nd	Jackie Walters	209 pts	2 nd F65
93 rd	Liz Redmond	208 pts	

* representing Queensbury RC

104 finishers.

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Team positions (out of 13)	Day
Ladies	2 nd
Men	5 th
Veterans	1 st
Super Veterans	5 th
Overall	4 th

The Pain Barrier 10K Mudrun (Tong) - 29 October

44th Rob Myers 1:17:21 1st M60
441 finishers.

Porth Eirias 10K (Colwyn Bay) - 29 October

10th Phil E Brown 41:00 1st M50
93 finishers.

Cross Flatts 5K parkrun - 29 October

22nd John Atkinson 22:52 3rd M50
135 finishers.

Druridge Bay 5K parkrun (Northumberland)

29 October

148th Jackie Walters 31:16 1st F65
205 finishers.

Horton Park 5K parkrun - 29 October

8th Neil Fairburn 23:32 1st M50
59 finishers.

Brontë Way 7.5 miles, 1,152ft climb - 30 October

5th Michael Malyon 54:59 1st M35
94th James Wright 1:17:15
113th Neil Fairburn 1:20:24
173rd Kate Walter 1:40:52
182nd Linda Carey 1:45:19
187th Shelagh Hopkinson 2:01:40 1st F60
192 finishers.

Lister Park 5K parkrun - 29 October

15th Jeff Singleton 20:50
29th Joe Percival 21:56
118th Hannah Jones 26:25 3rd F40
119th Richard Lund 26:26
131st John Colwell 27:06
137th Helen Christie 27:19
150th Tara Phillips 27:55 3rd F45
152nd Dave Shaw 28:01 1st M70
251st Jo Milsom 32:46
265th Leanne West 34:00

327 finishers.

Wepre (Deeside) 5K parkrun - 29 October

12th Phil E Brown 23:33 3rd M50
93 finishers.

Woodhouse Moor 5K parkrun - 29 October

21st Philip Davis 19:23 2nd M45
434 finishers.

Holmfirth 15 miles - 30 October

31st Emma Wilkins 1:50:27 2nd FU35
77 finishers.

Bradford City Half Marathon - 30 October

7th Andy Robinson 1:25:49
55th Natalie Bottomley 1:44:21 3rd F40
60th Piero Tozzi 1:45:30
61st Stephen Brown 1:45:39
198 finishers.

Bradford City 10K - 30 October

16th Jim Barnett 42:40
24th Michelle Woodrow 43:47 3rd F35
28th Joe Percival 43:59
42nd Matthew Dudley 45:51
57th Charlotte Gibson 47:13
186th Dave Lonsdale 57:20
191st Niamh Bryson 57:48
207th Sarah Willis 59:21
209th Philippa Jones 59:28
224th Natalie Briggs 1:00:51
231st Stacey Rushworth 1:01:04
338 finishers.

Holmfirth 10K - 30 October

29th Anna Smith 48:04 1st F50*

* also third female overall
117 finishers.

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Bradford City 5K - 30 October

9th Danny Miles 20:47 2nd M40
224 finishers.

Sheffield 10K - 30 October

198th Paul Thomas 43:25
3,285 finishers.

Wistow 10K - 30 October

16 th	Lee Kaznowski	37:16
50 th	Mark Delaney	42:49
90 th	Donna Kaznowski	47:13
125 th	Karen Baildon	50:52
126 th	Tony Deacon	50:52
139 th	Sue Coates	51:27
149 th	Tara Phillips	53:17
156 th	Geoff Perigo	53:50
194 th	Denise Bailey	59.11
205 th	Geraldine Ray	1:01:27
213 th	Neil Russell	1:02:21
218 th	Susanna Walters	1:03:01
227 th	Jo Milsom	1:05:34
228 th	Sue Gallagher	1:06:17
238 th	Sarah-Jane Templeman	1:09:28

250 finishers.

Dates of Forthcoming Races

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

6 November	Lancaster Half Marathon
6 November	Age UK Leeds Abbey Dash
6 November	Guy Fawkes 10, Ripley
13 November	Wadsworth Half Trog 9.3m (Hebden Bridge)
20 November	Preston 10 mile
23 November	Whixley 5k at York
27 November	Winter League - Pudsey 10am
27 November	Manchester Christmas Pudding 5 mile dash
27 November	Barnsley 10k

4 December	Epilepsy Action Reindeer Stampede Lister Park
11 December	Leeds Christmas 10k
14 December	Yorkshire Vets xc League race Spensbrough 5 mile
18 December	Winter League - Skipton 10:30am
18 December	Denby Dale 6 mile road
24 December	Rudolfs Red Nose 5 mile road , Blackpool
26 December	Chevin Chase (full)
26 December	Guy Fawkes 10m Road Race (Preston) Ward Green 6 Barnsley
26 December	Chevin Chase
27 December	Coley Canter 5 mile trail , nr Halifax (OGOBS away day)
27 December	Jolly Holly Jog , Ripon
18 December	Stoop 8k 250m ascent Penistone Hill Country Park (nr Haworth)
31 December	Auld Lang Syne 9.6k 300m ascent Penistone Hill Country Park (nr Haworth)
1 Jan 2017	Giants Tooth

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1 January	Cleethorpes 10k	22 January	Winter League Queensbury 10am
8 January	Winter League –Stadium Runners 10.00am	22 January	Inskip Half Marathon (nr Preston)
8 January	Central Lancs Half Marathon (Catford nr Preston)	29 January	Meltham 10k
8 January	Garstang 10k	4 February	Wadsworth Trog Full 19 mile
8 January	Temple Newsam 10 off road	12 February	Muddy Boots 10K (Ripon)
13 January	Brass Monkey Half Marathon York (full)	19 February	Winter League - Stainland 10am
		2 April	Fountains 10k (Grantley nr Ripon)
		2 April	Manchester Marathon
February	Wombwell 5 miles	8 April	Wensleydale Wander 12 miles or 22 miles_(Leyburn, N. Yorks)
19 February	Great North West Half Marathon (Blackpool)	9 April	Plusnet Yorkshire Half Marathon Sheffield
26 February	Huddersfield 10K	2 April	Baildon Boundary Way KEEP THIS DATE FREE!
March	Keighley Big K 10K	23 April	Blackpool Marathon
March	Guiseley Gallop	23 April	Blackpool Half Marathon
12 March	Spennithorne 20 miles (Cleckheaton)	23 April	Virgin London Marathon
12 March	South Yorkshire Half Marathon (Goldthorpe, nr. Rotherham)	May	Bluebell Trail 10.3 miles (West Vale, Stainland)
12 March	Sweatshop 10 miles (St. Annes)	14 May	Leeds Half Marathon
19 March	East Hull 20 miles	10 September	Great North Run
19 March	Trimpell 20 miles	8 October	Plusnet Yorkshire Marathon (York)
19 March	Bradford Epilepsy Action 10K		
19 March	Thirsk 10 miles		
25 March	Coniston 14 miles		
29 March to 16 April	3 x Bunny Runs Bunny Run Relays 1.5 m 200 ft ascent teams of 3 , enter on night only		
2 April	Garstang Gallop 10K		

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COMMITTEE MEMBERS

Linda Carey	Club Secretary
Paul Baildon	Treasurer
Dave Lonsdale	Membership Secretary and Curry Nights
Kevin Brain	Club Magazine
Sue Coates	Carnival Canter and Kit
Dan Cobb	Announcements and WYWL Rep
Gareth Holme	Men's Relay Team Captain and Coordinator for Runner of Month
Ben Watson	Webmaster, Club Diary and Routes
Geraldine Ray	Minutes and Social Secretary
Emma Stoney	Ladies' Relay Team Captain
Jackie Walters	Newsletter Editor, Leaders for D and E runs

OTHER CONTACTS

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

Kevin Brain, Sue Coates, Dan Cobb, Sally Gavaghan, Dave Lonsdale, Elinor Newhouse, Emma Stoney, Jackie Walters, Susanna Walters – Leaders in Running Fitness, Saturday and Tuesday sessions

WEBSITE AND EMAIL ADDRESSES

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Boundary Way email: baildonboundaryway@gmail.com