

BAILDON RUNNERS NEWSLETTER

July 2016

FROM THE EDITOR

Jackie Walters

This newsletter has been brought to you by Linda Carey, Paul Baildon, Phil Brown, John Cawley, Sue Coates, Denise Johnson, Dave Lonsdale, Geraldine Ray and Paul Thomas. Please send contributions for the next newsletter to baildonrunners@yahoo.co.uk by **28 August**. New contributors especially welcome!

FROM THE NEW CLUB SECRETARY

Linda Carey

I always said that when I retired from my job as a languages teacher at a local comprehensive I would "do my bit" for Baildon Runners and that moment has arrived. I am very proud to be the new club secretary particularly at a time when the club is going from strength to strength with increased membership and constant success in races, with Baildon Runners carrying off top prizes on a regular basis. However the main strength of the club is its skill in making all runners, be they the ones bringing up the rear, (like me!) or the speed merchants at the front, feel included and valued. I have the support of a committed and experienced committee and look forward to contributing to the continued success of the club.

RUNNER OF THE MONTH

Runner of the month for June was Emma Stoney for: 1st Yorkshire Vets Kirkstall; 3rd female in age category Otley 10; 3rd female Allerthorpe Sprint Triathlon; 2nd female overall at Solstice Saunter; and 3rd overall and 2nd female at A Day in the Lakes Triathlon. A splendid list of achievements, well done Emma!

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

We have two new first claim members this month, Duncan Ashton and Nathan Henry. A warm welcome to you both.

THE BAILDON CANTER SATURDAY 9 JULY

Sue Coates

After a wet start and a bit of a panic on my part, I think we had the most successful Canter yet. 9.30am and thanks to Paul and Mal the gazebo went up. Carolyn, Anna and Agnes went off equipped with masses of tape, posts and secateurs, followed by Paul and Mal with even more posts and tape, they looked as if they were on an expedition, Paul calling over his shoulder, "we'll be back in a couple of hours". I was on my own in the pouring rain thinking how am I going to set up the funnel when as if by magic Sally appeared. Still a big task for two petite ladies so I rang Jackie and Denise to see if either could put out an email asking for help. Jackie was taking the Saturday Beginners group and Denise was at work but they both managed to send out an SOS out and in no time at all Baildon Runners appeared from all over, including Lee who came straight from the park run and was put to work with Andy setting up the tombola stall amongst other things, but eventually just had to be sent home for a shower.

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Everything went well after that, oh apart from an argument with a man who was trying to put his rather large tent across our funnel space but after the morning I'd had he wasn't going to win. Then it was time for a really nice sandwich and cuppa in the clubhouse that Carolyn had organised. When we came out to meet the marshals the rain had stopped. Hurray!

Hannah had set up the course up for the under 6s and the little ones were raring to go. I was just about to start the fun run when Geoff came running across shouting, "can you hold it, there are some late comers signing in". Oh my goodness, 30 kids chomping at the bit. I decided to take them through the warm up drill we do at Tuesday training, that was a sight for sore eyes. At last they were off. I was a little nervous watching them disappear out of the field but I needn't have been, Carolyn had done a great job organising the marshals and getting the children back safely, the only person missing was Malcolm the sweeper but he was found safe and sound collecting in the tape.

The children and the two ladies on the fun run had a great time with every one getting a prize and a medal. I would like to thank Nigel Shaw for his company's generous sponsorship of £100.00 for the children's prizes, and to Hannah for supplying the lovely certificates, organizing the U6 races, and shopping for prizes. Another big thank you to Karen Butler and her family for the tombola which raised over £100. Karen works quietly in the background and her fund-raising pays for the senior race prizes.

And now to the senior race, we had a fantastic 62 entries and I really believe we will build on that. Numbers have increased since last year when we set up our Facebook page (again thanks to Hannah). I am sure runners come for the friendly family atmosphere and a cracking little race. Our own Michael Malyon came storming in setting a new course record at 19.20 followed by last year's winner, our own Quentin Lewis taking first vet. First lady home was Holly Page at 21.36. After that a steady stream of runners and bringing up the rear to hearty cheers was Anastasia, thanks to Dave for seeing her round.

There are so many people to thank for making the day a big success from Linda and Geoff doing results, Col for the photography, Allan for cutting back all the nettles, and all the marshals. A big thank you to everyone without your help it wouldn't happen.

CHRISTMAS PARTY SAVE THE DATE

Geraldine Ray

The date is Friday 2 December, the venue Baildon Golf Club. Further details of how to get hold of one of the coveted places will follow, so put the date in your diaries and watch this space.

BAILDON SUMMER HANDICAP

Denise Johnson and participants

A warm dry evening welcomed us at Roberts Park for the first summer 5-mile handicap. The final count of runners was 47, a brilliant turn out. I arrived for 6.15pm shortly followed by Suzanne Haigh and then Dave Lonsdale. The early arrivals enjoyed the disco on the bandstand and spirits were high. For a while it looked like Col Morley was going to be running on his own then runners in club vests were spotted arriving in all directions.

For some runners this was their first race and I could spot some nervous people waiting to set off. As a surprise I invited two guests, Hannah Oldroyd and Steve Darby. I thought it would be great to see these two in action right on our doorstep.

Spot on 7.00pm Malcolm Sharp set off down the canal to lots of cheers. Ian Hartman did a fantastic job with the time keeping and one by one people left the park. After what seemed like forever the last Baildon runner Lee Kaznowski left at 7.27pm. The helpers sprang into action - marshals in position, water set up, prizes on the table and chocolate ready and waiting. Don Johnson was at the halfway point with a cheerleader - I hope you enjoyed the entertainment! After 57 minutes Paul Thomas came over the bridge shortly followed by Helen Christie and Rebecca Langdon.

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The idea of a handicap is everyone should finish together. That never happens and from the way the runners were sprinting down the park I could see tough battles had been fought. Within 12 minutes everyone had crossed the line. It was never about fast times or age group wins but giving everyone a chance. Thank you to the club for funding the prizes which were awarded to the first 10 runners, those who had battled injury, club newcomers and for many other achievements. It was great fun and next time will be even better as I now have times for everyone who ran. I had messages from people saying they felt very emotional and proud to be a Baildon Runner.

Next reports from some of the runners:

Last year's winner Linda Carey - "Thanks for an excellent event which I hope becomes an annual fixture. I love the format which really works for me, chasing the people ahead and trying to hold off faster runners behind. I never, ever look back! I passed Malcolm just after the tunnel and then had my sights on Eli Newhouse as she approached Three Rise Locks. She was determined to be first to high-five Don but after that I was the first heading home. I knew I was not far enough ahead to win when I saw the competition coming towards me, especially Sue Coates who I knew had the speed and determination to catch me, which she did on the last bit of canal. I held off to beyond the Fisherman's before being overtaken. A particular thrill was seeing Steve Darby and Hannah Oldroyd, going twice as fast. I did hold Hannah off but I did have a 28-minute advantage. What an athlete she is! The camaraderie is amazing with faster runners encouraging "steadier" ones. Can't wait for next year when I may regain my crown".

Paul Baildon – "a massive thanks to Denise for organising another great Baildon Runners event. It must have been quite a task to sort all the handicap times out. It seemed to work like clockwork though with Denise's timings spot on and most runners finishing within a short time span which nearly caused chaos in the funnel ! There were plenty of willing volunteers - to keep time, marshal, runners' children who enjoyed helping with the prizes and not forgetting Don at the turnaround.

At first I wasn't particularly looking forward to out and back along the canal but soon realised it was the best option as you got to see everyone at some stage. This made it a great club night as runners of all groups got to run with each other. For me this is what Baildon Runners as a club is all about and the cheer Malcolm received when he crossed the line at the end was fantastic. Most people received a small prize and some famous Denise chocolate. Congratulations to Paul Thomas with a top run in winning. I still need to check if he told Denise his 5-mile time was his 5K time!!

A few of us then went for the usual after-run re-hydration, but Don't Tell Titus! "

Jackie Walters, the only runner not to finish - "I was nearly at the half way point when my back became painful and I had to slow down. I thought it would settle but I was suddenly brought up sharply as it seized up. As Susanna passed on her return I told her I would head back to the Fisherman's but I could barely walk. I checked out passing cyclists hoping to see one of my cycling buddies so I could hitch a "backie" but no such luck. I had hobbled as far as the gate at the Bingley bypass slip road when Richard Barnes came steaming past and shouted 'wait there and I'll come back for you' which he did some 30 minutes later. I was so grateful to Richard. I've never had to pull out of a race before, there has to be a first time! The consolation was that I enjoyed being a spectator watching all the runners pass on the canal and Richard shared his chocolate with me".

Finally the winner, Paul Thomas's road to the 5 mile Handicap win – "for those who don't know me, I am usually injured but after a few clear months, I decided to enter everything I could, so 5 races in 6 days. The race I was most looking forward to was the 5-mile handicap race, a form of racing I have never done before. Not knowing what to expect I turned up quite nervous. The sea of Baildon runners looked brilliant in their club vests, great to see and be part of.

My time to start was up and off I went. Running up to Bingley I could see the other Baildon athletes running back towards the Fisherman's and at this point I had no idea I had a chance to win. As I neared the halfway point I could see Don and was sure he was moving backwards as I ran up the never-ending locks. The return trip was on and heading down past the Fisherman's I felt surprisingly good, had overtaken a few Baildon vests on the way and most importantly not injured myself. Growing in confidence I kept my head down and kept on running. Running down the last lock I overtook two more Baildon vests. I believed there were still plenty of runners ahead of me - little old me does not win anything, especially a race. On the last straight I overtook another runner, and I did not believe that was

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the last. I got to the bridge still expecting plenty of runners and by this point my legs were a tad heavy to say the least but seeing the finish line in sight I gave one last push across the line. Amazed and in a lot of shock I just managed to eat the chocolate bar, wow, I had won, I never ever expected when I took up running to win a race!

A fantastic, well- organized pleasure to be a part of race. Hats off to Denise and Don and everyone else who helped organise a brilliant night. It makes you proud to be a Baildon runner when you take part in something like that. I will never forget it, my first and last race win!"

SPORTSHOES DISCOUNT CODE

The code for August has been sent to members.

YORKSHIRE WINEATHLON

Dave Lonsdale

The Yorkshire Wineathlon takes place on Saturday 19th September at Thurstonland (near Huddersfield). To quote the organisers, it is "a 9 mile easy trail run/walk with feed stations every 2 miles stocked with optional wine samples". A number of club members enjoyed the challenge last year and are keen to return. Fancy dress is positively encouraged! More details and how to enter are available via the link, <http://www.wineathlon.co.uk/yorkshire.html> (NB It sells out fast!)

Last year we arranged a return coach from Baildon and we have a number of names for this already. Get in touch if you would like to join us so we can price up the cost.

Reply to Baildonrunners@yahoo.co.uk , (Wineathlon on subject line).

LITTONDALE FETE 4 MILEROAD RACE

Phil Brown II

Alan Buckley has once again taken it upon himself to re-create the magic of the Littondale 4 mile Road Race. He re-started the race in 2015 after it had ceased for want of someone to organise it. The race is on: Saturday 13th August at 1.00 pm, Arncliffe, near Grassington, N. Yorks. BD23 5QE

Kirsty Allen and I ran it last year and it's a fun, scenic, friendly race along rolling country lanes, starting and finishing at the village fete (and pub)! All it really lacks is more runners, so anything we can do to support it would be greatly appreciated. All finishers receive a bottle of Wharfedale beer. Entry fee is £5 pre- registered, (closing date 10 August), £7 on the day. For an entry form follow the link:

<http://www.runbritain.com/race/littondale-4-mile-road-race-littondale-fete-4-mile-road-race>

CLUB SUNDAY RUNS

Jackie Walters

Turnout has dwindled in recent months, twice the allocated run leader has been the only one there! We have therefore taken these off the club calendar for the time being.

For a small group of regulars Sunday is their preferred time so they might continue as a self-organised group. An alternative is to experiment with a change of time, 9.00am has been suggested. We will keep you updated.

SUMMER CHAMPIONSHIP

A new race, Escrick 10k, 21 August, has been added to replace Wakefield 10k which clashed with the Baildon Boundary Way.

The Horton Park parkrun has been moved to avoid a clash with a Yorkshire vets race and is now on 24 September.

SUMMER AWAY NIGHTS

Paul Baildon

To update ...We have a few more events for Thursdays nights to look forward to over the summer:

This Thursday 4 August, meet at the **Old Glen House pub**, Prod Lane by Shipley Glen, returning to the same after the run for a few well-earned drinks.

25 August, the **Otley Chevin** run, meeting at the car park on Yorkgate near the Royalty pub. There will be various routes through the Chevin estate, before meeting for more well earned refreshments at the Royalty.

Summer culminates with our hosting of a "No Watch" Night, on 16 September which is often amusing as runners guess what time they will complete a specific run that is only revealed on the night!!

All these are in addition to various team relays. We will post further updates on all these nearer the time.

We hope you will join us on these popular events that are arranged to make Baildon Runners the sociable and friendly club that it is. All we need now is some nice summer weather!

BAILDON RUNNERS OLYMPIC RELAYS 2016

Denise Johnson

Those of you who were members in 2012 will remember Liz Caven's wonderful Olympic relay event.

To celebrate the 2016 Olympics an exciting Baildon Runners event is planned for Tuesday 16 August, starting at 6.45pm. We will select mixed ability teams of three, and are planning legs of roughly 1.5 miles off-road with each person running twice.

In true Olympic style gold, silver and bronze medals will be awarded but just to spice it up this is a relay with a twist and first team across the line may not take gold. DO NOT think about cheating, we will be drug testing on the night.

If you have any Olympic themed things that we can use on the night please get in touch or if anyone is good at woodwork it would be great to have a rostrum for the presentations.

More information to follow like which country you will be running for once we get names together. If you would like to run please email Baildonrunners@yahoo.co.uk

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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.

Wednesday eve
3 August Flat Cap 5m (Dewsbury)

7 August Prudent Riverside 10 miles (Lancaster)

14 August Askern 10 miles

14 August West Yorkshire 5

20 August Burnsall 10m

21 August Riverside Half Marathon (Lancaster)

21 August Escrick 10K (nr. York)

21 August Fleetwood Half

27 August Honley 10k (nr. Holmfirth)

28 August Arundel (formerly Lancaster Castle) 10K

4 September Leeds Country Way Relay

4 September Wetherby 10K

4 September Garstang Half Marathon(Preston)

11 September https://bookitzone.com/chris_drake/z12FFX
Spennings Greenway

11 September Great North Run

17 September Yorkshire Vets Cross Country Championships (Nunroyd Park, Guiseley)

18 September English Half Marathon (Lancaster)

18 September Hull Marathon

Great Yorkshire 10K (Sheffield)

2 October Burnley Fire 10K

2 October Cusworth 10K

9 October Plusnet Yorkshire Marathon (York)

Within's Skyline 12K, 300m ascent (Penistone Hill Country Park, nr Haworth)

23 October Lancaster Castle Half Marathon

29 October Pain Barrier 10K (Tong)

30 October Bradford Half Marathon

6 November Guy Fawkes 10m Ripley

6 November Abbey Dash (enter early for discount)

13 November Half Trog



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AGE CATEGORY & RELAY RECORDS

No new age category records to report in this newsletter but full details of all the age category records can be found on the club website; however the following is a list of the new club records set in the recent Danefield, Golden Acre Park and Washburn Valley Relays, congratulations to all:

Danefield

Leg 2	Emma Stoney
Leg 3	Quentin Lewis

Golden Acre Park

Leg 2	Quentin Lewis
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Washburn Valley

Leg 1	Chris Burke
Leg 2	Kirsty Allen
Leg 2	Michael Malyon
Leg 3	Jennie Guard

RESULTS

Please continue to email your race results to the new address, 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.

Lancaster 5K parkrun - 2 July

2nd Gareth Holme 19:59 1st M35
173 finishers.

Trawden 7 miles - 3 July

118th Neil Fairburn 57:52
258 finishers.

Stoodley Pike 5K, 699ft climb - 5 July

9th Michael Malyon 21:16
188 finishers.

Danefield Relay 3x3 miles - 5 July

Baildon Mixed

Leg 1 Paul Dennison 22:57
Leg 2 Emma Stoney 23:38
Leg 3 Quentin Lewis 20:11
29th out of 113 teams.

Baildon Bees

Leg 1 Gareth Holme 22:02
Leg 2 Paul Baildon 24:06
Leg 3 Ben Watson 22:54
33rd out of 113 teams.

Baildon Cruisers

Leg 1 Paul Thomas 24:09
Leg 2 Danny Miles 25:23
Leg 3 John Buddle 27:24
65th out of 113 teams.

Baildon Deers

Leg 1 Ged Futter 24:35
Leg 2 Rob Myers 28:06
Leg 3 Piero Tozzi 26:41
71st out of 113 teams.

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Stirton 5.6 miles, 1,181ft climb - 6 July

31st Neil Fairburn 50:39
76 finishers.

Yorkshire Vets 5K Champs (Todmorden) - 7 July

41st Jim Wheldon 21:15
65th Denise Johnson 24:14 1st F55
97th Linda Carey 28:49 2nd F55
117 finishers (3 DNF).

Ripon Triathlon – 9 July

211th Emma Stoney
1,500 metres swim 29:43
Transition 2:04
40K bike 1:17:51
Transition 1:14
10K run 44:57
Total 2:35:48

619 finishers (13 DNF).

Grand Trail Courmayeur 30K (Alps) - 9 July

79th Debbie Watson 5:34:00
152 finishers (7 DNF).

X-Runner 10K (Nottingham) - 9 July

Sarah Terry 2:15:00
Self-timed, no official results.

Baldon Carnival Canter 3.4 miles - 9 July

1st Michael Malyon 19:20
2nd Quentin Lewis 20:00 1st M40
6th Lee Kaznowski 21:44
9th Andy Robinson 22:02
22nd Kevin Brain 24:02
26th Ged Futter 24:27
27th Phil E Brown 24:34
33rd Jim Wheldon 25:58 1st M60
42nd Rob Myers 28:17 2nd M60
49th Ian Hartman 29:51
60 finishers.

Lister Park 5K parkrun - 9 July

4th Lee Kaznowski 19:05 1st M35
19th Ben Watson 21:05 3rd M40
57th Steve Pickard 23:18 3rd M55
61st John Buddle 23:28
113th Geoff Perigo 26:09
175th Dave Shaw 28:35 2nd M70
198th Denise Bailey 29:34
251st Claire Bruno 32:48
252nd Leanne West 32:51
261st Sue Gallagher 33:26
266th Shelagh Hopkinson 33:41 2nd F60
356 finishers.

Northallerton 5K parkrun - 9 July

15th Paul Dennison 20:16 2nd M55
99 finishers.

Wolverhampton 5K parkrun - 9 July

125th Geraldine Ray 29:48
178 finishers.

Jane Tomlinson's Leeds 10K - 10 July

96th Lee Kaznowski 38:53
379th Paul Thomas 43:32
500th Donna Kaznowski 44:30
602nd Nigel Shaw 45:39
3,101st Karen Baildon 57:47
4,770th Natalie Briggs 1:05:27
6,744 finishers.

We love Manchester 10K - 10 July

1,315th Linda Carey 1:01:03
2,020 finishers (11 DNF).

Bingley Biathlon – 10 July

Men

34th Phil Brown
200 metres swim 3:58
1,600 metres run 6:34
Total 10:32
79 finishers.

Ladies

52nd Jenny Stephenson
200 metres swim 3:52
1,600 metres run 8:33
Total 12:25
72 finishers.

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Team relays Esholt (1.5 miles per leg) - 12 July

Lee Kaznowski Fan Club

Leg 1	Lee Kaznowski	9:03
Leg 2	Gareth Holme	9:09
Leg 3	Andy Robinson	8:55
Leg 4	Ben Watson	9:24

2nd out of 14 teams

Baildon Bees

Leg 1	Ged Futter	10:09
Leg 2	Donna Kaznowski	11:06
Leg 3	Paul Thomas	10:06
Leg 4	Paul Baildon	9:50

3rd out of 14 teams.

Tiger Col

Leg 1	Col Morley	11:34
Leg 2	John Crabtree	12:31
Leg 3	Rob Myers	11:55
Leg 4	Lee Kaznowski	9:15

6th out of 14 teams.

Blue Army

Leg 1	John Cawley	13:37
Leg 2	Neil Fairburn	10:34
Leg 3	Richard Barnes	12:22
Leg 4	Tony Deacon	11:27

9th out of 14 teams.

Piero Tozzi Fan Club

Leg 1	Piero Tozzi	10:56
Leg 2	Linda Carey	14:25
Leg 3	Elinor Newhouse	14:41
Leg 4	Geoff Perigo	12:54

11th out of 14 teams.

Golden Acre Park Relay 3 x 2.75 miles - 13 July

Ale Done Runners

Leg 1	Michael Malyon	14:52
Leg 2	Quentin Lewis	15:20
Leg 3	Chris Burke	16:34

5th out of 129 teams (2 teams DNF).

Fair Burn Up

Leg 1	Neil Fairburn	19:54
Leg 2	Michael Malyon	16:32
Leg 3	Quentin Lewis	17:19

29th out of 129 teams (2 teams DNF).

Club Handicap 5 miles - 14 July

		Run time	H'cap	Total time
1 st	Paul Thomas	37:05	20:00	57:05
2 nd	Helen Christie	47:16	12:00	57:16
3 rd	Rebecca Langdon	41:24	16:00	57:24
4 th	Col Morley	41:30	16:00	57:30
5 th	Piero Tozzi	40:13	18:00	58:13
6 th	John Crabtree	43:18	15:00	58:18
7 th =	Sue Coates	45:22	13:00	58:22
7 th =	Linda Carey	49:22	9:00	58:22
9 th	Steve Darby (G)	31:23	27:00	58:23
10 th	Dan Schofield (G)	36:28	22:00	58:28
11 th	Mark Delaney	36:31	22:00	58:31
12 th	Hannah Oldroyd (G)	31:02	27:30	58:32
13 th	Jim Wheldon	36:34	22:00	58:34
14 th	Gareth Holme	32:49	26:00	58:49
15 th	Lee Kaznowski	31:52	27:00	58:52
16 th	Richard Lund	39:57	19:00	58:57
17 th	Bob Shimmin	37:59	21:00	58:59
18 th	Natalie Bottomley	40:00	19:00	59:00
19 th	Paul Baildon	35:06	24:00	59:06
20 th	Ben Watson	34:16	25:00	59:16
21 st	Denise Bailey	50:25	9:00	59:25
22 nd	Matthew Dudley	39:29	20:00	59:29
23 rd	Elinor Newhouse	52:36	7:00	59:36
24 th	Danny Miles	35:39	24:00	59:39
25 th	James Wright	35:40	24:00	59:40
26 th	Donna Kaznowski	37:46	22:00	59:46
27 th	Richard Barnes	44:51	15:00	59:51
28 th	Dave Bruno	49:27	11:00	1:00:27
29 th	Andy Robinson	34:33	26:00	1:00:33
30 th	Tara Phillips	45:34	15:00	1:00:34
31 st	Philippa Jones	53:38	7:00	1:00:38
32 nd	Jim Goddard	42:43	18:00	1:00:43
33 rd	Leanne Bower	45:47	15:00	1:00:47
34 th	Joanne Bloor	53:01	8:00	1:01:01
35 th	Sarah Willis	53:10	8:00	1:01:10
36 th	Geraldine Ray	53:26	8:00	1:01:26
37 th	Jane Sturgess	54:31	7:00	1:01:31
38 th	Claire Bruno	54:41	7:00	1:01:41
39 th	Richard Sykes	51:51	10:00	1:01:51
40 th	Susanna Walters	54:59	7:00	1:01:59
41 st	John Cawley	46:06	16:00	1:02:06
42 nd	Richard Depledge	58:01	5:00	1:03:01
43 rd	Jo Milsom	56:25	7:00	1:03:25
44 th	Shelagh Hopkinson	59:07	8:00	1:07:07
45 th =	Michelle Woodrow	47:16	22:00	1:09:16
45 th =	Malcolm Sharp	69:16	0:00	1:09:16

(G) signifies guest

46 finishers.

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Washburn Valley Relay - 15 July

Baildon Whiz

Leg 1	Chris Burke	18:37
Leg 2	Michael Malyon	22:11
Leg 3	Quentin Lewis	19:44

3rd out of 73 teams.

Baildon Bang

Leg 1	Michelle Woodrow	22:51
Leg 2	Gareth Holme	25:41
Leg 3	Andy Robinson	20:46

20th out of 73 teams.

Baildon Pop

Leg 1	Emma Stoney	20:58
Leg 2	Kirsty Allen	26:40
Leg 3	Jennie Guard	22:24

23rd out of 73 teams.

Baildon Frobottle

Leg 1	Anna Smith	23:07
Leg 2	James Dickinson	29:10
Leg 3	Ben Watson	21:19

31st out of 73 teams.

Baildon Hopscotch

Leg 1	Rob Myers	24:45
Leg 2	Piero Tozzi	29:52
Leg 3	Paul Thomas	22:58

44th out of 73 teams.

Ingleborough 6.8 miles, 1,968ft climb - 16 July

80th Andrew Price 1:09:19

128 finishers.

Bingley Show 10K - 23 July

4 th	Michael Malyon	43:34
36 th	Andrew Price	55:29
41 st	Jim Wheldon	57:01 1 st M60
63 rd	Neil Fairburn	1:00:32
80 th	Rob Myers	1:04:52
92 nd	Ian Hartman	1:08:57

145 finishers.

Forest of Dean 5K parkrun - 23 July

80th Denise Johnson 29:20 3rd F55

133 finishers.

Horton Park 5K parkrun - 23 July

4th John Buddle 21:25 1st M50
13th Philip Jones 25:08 2nd M55

46 finishers.

Horton Park 5K parkrun - 16 July

26th Philip Jones 25:18 3rd M55

73 finishers.

Lister Park 5K parkrun - 16 July

6 th	Lee Kaznowski	19:09 1 st M35
20 th	Ben Watson	20:58 3 rd M40
73 rd	Richard Lund	23:38
97 th	Gordon Slater	24:54
121 st	Melanie West	25:26
273 rd	Dave Shaw	29:27 2 nd M70
300 th	Philippa Jones	30:41
302 nd	Elinor Newhouse	30:44
332 nd	Claire Bruno	32:14
369 th	Shelagh Hopkinson	34:24 1 st F65

455 finishers.

Burton Leonard 10K - 17 July

200th Kate Walter 1:02:39

221st Linda Carey 1:05:43

246 finishers.

Hull Race of Life 5K - 17 July

7th Denise Johnson 24:03

Self-timed, approx. 3,000 finishers.

Yorkshire Vets Crossgates - 19 July

Men

60th Jim Wheldon 42:04

68th Neil Fairburn 43:27

112 finishers.

Humber Bridge 5K parkrun - 23 July

19th Chris Longstaff 22:21 3rd M45

116 finishers.

Lister Park 5K parkrun - 23 July

10 th	Pete Gallagher	20:43 2 nd M40
32 nd	Neil Fairburn	22:21 1 st M50
38 th	Nigel Shaw	22:50
94 th	Melanie West	25:31 1 st F40
150 th	Dave Shaw	27:42 2 nd M70
231 st	Philippa Jones	30:00
235 th	Steve Tindall	30:03
285 th	Leanne West	33:20

412 finishers.

Sheringham (Norfolk) 5K parkrun - 23 July

10th Craig Blackwell 20:56 1st M45

163 finishers.

BAILDON RUNNERS NEWSLETTER

June 2016

Arthur James Shaker 13K (Saltaire) - 24 July

9 th	Andy Robinson	53:14	2 nd MU35
13 th	Kirsty Allen	54:27	1 st F
21 st	Pete Gallagher	56:42	
44 th	Mark Delaney	1:02:11	3 rd M50
63 rd	Neil Fairburn	1:06:27	
115 th	John Colwell	1:15:40	
133 rd	Tara Philips	1:19:16	
171 st	Jenny Colwell	1:26:18	
179 th	Linda Carey	1:28:28	

207 finishers.

Great Yorkshire Run 10K (Harrogate) - 24 July

27 th	Lee Kaznowski	38:16	
145 th	Paul Baildon	44:17	
229 th	Donna Kaznowski	46:20	
275 th	Natalie Bottomley	47:25	
286 th	Piero Tozzi	47:36	
761 st	Rebecca Langdon	54:55	
800 th	Karen Baildon	55:24	
801 st	Tony Deacon	55:24	
855 th	Geoff Perigo	56:15	
1,157 th	Dave Lonsdale	1:00:03	
1,476 th	Karen Butler	1:04:18	
1,497 th	Elinor Newhouse	1:04:50	1 st F65
1,533 rd	Joanne Bloor	1:05:33	
1,596 th	Susanna Walters	1:06:52	
1,795 th	Sue Gallagher	1:12:03	

1,998 finishers.

Horton Park 5K parkrun - 30 July

11 th	Jim Barnett	21:34	
46 th	Elinor Newhouse	30:09	2 nd F65

74 finishers.

Kesgrave (Suffolk) 5K parkrun - 30 July

94 th	Philip Jones	24:22	
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316 finishers.

Lister Park 5K parkrun - 30 July

5 th	Lee Kaznowski	18:46	2 nd M35
17 th	Ben Watson	20:22	
37 th	Donna Kaznowski	21:34	1 st FU35
58 th	Nigel Shaw	22:44	
121 st	Melanie West	25:16	3 rd F40
194 th	Dave Shaw	27:31	1 st M70
197 th	Tara Philips	27:43	
235 th	Philippa Jones	29:37	
291 st	Sarah Willis	32:37	

393 finishers.

Sheringham (Norfolk) 5K parkrun - 30 July

12 th	Craig Blackwell	21:55	1 st M45
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196 finishers.

James Herriot Country 14K - 31 July

50 th	Paul Dennison	1:09:28	
228 th	Linda Carey	1:40:44	
250 th	Dave Lonsdale	1:55:41	
257 th	Rachel Amner	2:30:00	

257 finishers.

Great Grimsby 10K - 31 July

430 th	Denise Johnson	49:39	
926 th	Neil Russell	1:01:19	

1,266 finishers (8 DNF).

COMMITTEE MEMBERS

Linda Carey	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
Geraldine Ray	Minutes

BAILDON RUNNERS NEWSLETTER

April 2016

Geraldine Ray	Social Secretary
Emma Stoney	Ladies' Relay Team Captain
Jackie Walters	Newsletter Editor, Leaders for D, E and Sunday runs

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
John Cawley	Summer Championships
Ian Ferris	Club Coach

WEBSITE AND EMAIL ADDRESSES

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