## FROM THE EDITOR

**Jackie Walters**

Welcome to the June edition of your Newsletter. 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, John Cawley, Ian Ferris, Dave Lonsdale and Nigel Shaw. Thank you for your contributions If you have a contribution to make to the next Newsletter, please send to [news@baildonrunners.co.uk](mailto:news@baildonrunners.co.uk) **no later than Friday 24 July 2015**.

Thanks

Jackie

**RUNNER OF THE MONTH**

Runner of the Month for May was Shelagh Hopkinson for completing the Red Rose 100 miles event, the first female club member to have completed this distance. As is always the case with winners, Shelagh was not at the Thursday club run for the announcement but her prize of a bottle of wine presented by Gareth at the Dales trip was a pleasant surprise for her. Well done Shelagh!



All members can nominate Runner of the Month. If you know anyone (including yourself!) who has achieved something special please email your nomination to [baildonrunners@yahoo.co.uk](mailto:baildonrunners@yahoo.co.uk). It is not just about breaking records. It could be someone who has completed a first race at a particular distance or time. Neither, does it need to be running related; past winners include volunteers at events and other such non-running related activities.

**Membership**

***by Dave Lonsdale***

We have one new member to report since the last Newsletter, Jack Hands, a big welcome to Jack.

Current Baildon Runners Membership Numbers (as at 24th June 2015):

|  |  |
| --- | --- |
| **Baildon Runners Membership Type:** | **\*Number of Baildon Runners Members:** |
| 1st Claim | 153 |
| 2nd Claim | 7 |
| Social | 6 |
| Life / Honorary | 8 |

This is figure is fluid as some transfers to/from Baildon Runners are still being processed by England Athletics.

**A VERY SPECIAL MEMBER**

We are very sad to report that Anne Turpin (also known as Anne Towriss her maiden name) has died aged 56. She is the widow of Dave Turpin in whose memory a trophy is awarded annually for outstanding service to the club. Anne was an honorary life member of the club and often attended the club Christmas party to make the Dave Turpin award.



**INJURY PSYCHOLOGY**

***by Ian Ferris***

 If you’re injured and unable to run you’re probably as fed up as I am so let me share the 4 stage response to injury based on that of Dr Tim Noakes, one of the leading experts on running which in my experience holds true for all the runners I’ve worked with.

Stage1: Denial: refusal to accept there is an injury and continue to train regardless

Stage2: Anger: when the injury can no longer be denied, blame the doctor, spouse or anyone else for the injury

Stage3: Depression: When denial and anger no longer work depression sets in

Stage4: Acceptance: Finally the athlete accepts they are injured and must modify plans accordingly.

If this strikes a chord I wish you a speedy recovery and for those injury free: good running!

**UP AND RUNNING DISCOUNT FOR CLUB MEMBERS**

***Editor***

Up and Running Leeds store is offering 10% discount to running club members and asked me to spread the word. Members are reminded to take their Baildon Runners/ UK Athletics card when shopping.

**MY YORKSHIRE WEEKEND**

***BY Nigel Shaw***

I always try to leave the office at a reasonable time on a Friday – hopefully before 6pm.Usually we’ll stay in and have a “family night” which can mean watching some dreadful “reality tv” show which I loathe but with one exception – despite my sniping at this type of entertainment I’ve become addicted to “Google Box” – it’s probably the only tv programme I’ll consciously remember to watch. I just like watching the array of interesting people and how they react to certain programmes, especially the “posh couple” from Kent who are hilarious!

Saturday morning is usually my main training time – I’ve recently got back into running after a 15 year absence and rejoined my local running club Baildon Runners. If I’m training for a marathon I’ll run to the train station and catch a train to Ilkley,Leeds or Skipton and run back home, usually anything between 10 – 20 miles. Alternatively, I try to get to the local parkrun at least once a month (mine is in the delightful Lister Park in Bradford). Parkrun is a great and simple concept – at 9am each Saturday morning 60,000 runners across the UK run a timed 5k run in the parks and green spaces across the country. What I like about it, is the cross section of runners (and walkers) many serious, some just returning to exercise and pushing themselves every Saturday morning. It’s a great way to start the weekend.

Afterwards often my wife, Judith and I walk the family dog, Harvey, a Yorkshire Terrier with attitude ,often on Baildon Moor. He loves open spaces and we love the views from the trig point. We sometimes bump into the horses trained by the famous Harvey Smith who lives nearby – I think the jockeys are amused when they hear us call his name!

We’ll often eat out with family or friends on a Saturday evening and are really spoilt for choice – my favourite place at the moment is a local pub called The Busfield Arms in nearby East Morton. We celebrated my mother-in-laws 80th there recently. Nothing is too much trouble and the food is first class.

Sunday will often see me attempting to draw back the years by attempting one of the local races in the area – 10k, 10 miles or a marathon. I like the variety but at my age my main asset is stamina, so I tend to leave the shorter distances for the youngsters. I’m in the middle of the cross country season which is the hardest type of running I’ve done. It gets very competitive and us veterans often get barged out of the way if we go too slow.

By Sunday evening I’m ready to relax and start preparing for the week ahead. Often I’ll retreat to what my kids call my “man cave”,a log cabin I built at the bottom of the garden which houses my book and music collection. I’m an avid reader and love to collect books especially biographies. I usually end up listening to classical music, especially something stirring by Edward Elgar or the more reflective Samuel Barber, two of my favourite composers.

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SECOND PARK RUN LAUNCHED IN BRADFORD

Horton Park parkrun, [Horton Park 5K parkrun](http://www.parkrun.org.uk/bradford/home) was launched on 30 May. 118 runners took part including 6 Baildon Runners who reported a lovely route albeit a hill slightly more testing than the infamous Bradford teeny tiny hill! Sue Gregson the organiser was delighted with the response

“*Horton parkrun is new and we'd love to see you enjoy our lovely park and see what you think of it. It was lovely to see runners from lots of local clubs. Such a great way for new runners to find a club that may suit them if and when they are ready to take that step. Everyone is welcome, whether your 5k time is 16 minutes or 60 minute. Parkrun is a volunteer run organisation and so we also welcome non-runners to help make our fantastic events happen. A parkrun starts the weekend like nothing else can, come and join us!”*

For newer club members, parkruns are free, timed and marshalled 5k runs for all abilities every Saturday at 9.00am in parks around the country (and abroad). You pre- register by 6.00pm Friday at [www.**parkrun**.org.uk](http://www.parkrun.org.uk) ,to print your bar code which you take to each parkrun to get your time. The [Lister Park 5K parkrun](http://www.parkrun.org.uk/bradford/home) in Manningham Bradford was set up in April 2010.

Other local parkruns are: [Hyde Park 5K parkrun](http://www.parkrun.org.uk/leeds/home) (Leeds), [Roundhay Park 5K parkrun](http://www.parkrun.org.uk/roundhay/home) (Leeds), [Temple Newsam 5K parkrun](http://www.parkrun.org.uk/templenewsam/) (Leeds), [Cross Flatts Park 5K parkrun](http://www.parkrun.org.uk/crossflatts) (Beeston, Leeds).

**RESULTS ROUNDUP May 2015 Phil Bland**

*Editor’s Note: Phil’s results reports should have been included in the May newsletter but did not make the deadline, no fault attached to either Phil or previous editor Lizzie, they simply “went astray “in the email system. They are therefore included here for completeness. John Cawley took responsibility for results from mid May onwards and John’s summary for May /June is listed after. As the formats are different we have not merged the two versions so there is some overlap of dates but thanks to John no duplication*.

A major switch in emphasis in May from the long hard gritty stuff to eyeballs out fast and furious 5Ks – the John Carr series has arrived!

However, **Alison Boyle** wasn’t quite finished with the endurance game and ran a quick **3:27:49** at the **Milton Keynes Marathon** on the **3rd**

On the same day the **Bluebell Trail Race** lived up to its reputation for making grown men (and women!) cry. Heavy overnight rain had swollen the river crossing to such an extent that the race had to be extended by approx. a mile to accommodate a safe diversion, prolonging the muddy agony ! **Rebecca Langdon** was first Baildoneer home in **1:48:16** with **Mel West** just behind in **1:50:27**. **Rob Myers (1:54:03)** and **Ian Hartman (2:01:45)** carried the flag for the chaps.

The following day saw a new race in the calendar, the **East Leeds 10k.** This flattish 10k with a hill finish is around the site of the old open cast coal mine at Swillington. On a warm day **Debbie Bland ran 48:11 (1st FV55)** with **Jo Miller** running in on **53:29.**

Meanwhile, on the rough stuff, three Baildoneers ran the **Coiners Fell Race,** 7.5 miles and 1330ft of climb out of Mytholmroyd. Divided into a short and long route, **Rob Martin** ran the shorter race in **1:02:05** whilst **Neil Fairburn (1:12:47)** and **Steve Tindall (1:29:09)** ran the longer route. The short race was won by Ben Coop (Bury) in 51:00, 1st Lady, was Rachel Pilling of Pudsey & Bramley in 1:00:14. The long course was won by Keith Holmes in 1:05:47 with Jordan Mulinger of Holmfirth first lady in 1:06:03

On the **6th** we had the first of the **John Carr 5k’s at Esholt** – the three race series is in our summer championship, ensuring a good Baildon turnout of 41 runners. Almost everyone ran a PB and that raised the suspicions of the organisers, Saltaire Striders, who found the course had been measured 30yds short ! So sadly the race had to count just for placings and **Gareth Holme** was our first man home in **17:56, followed by Rob Martin in 18:40 and Dan Cobb (19:13)** with **Kirsty Allen** running a blistering **19:27** to take first lady for Baildon. A full listing of the results can be found on our results button on the club website. The race also awards YVAA prizes at the distance and **Sue Coates** won **1st FV65 trophy in 26:38.**

On the **9th Phil Jones** tackled the tough 40 mile **Ridgeway 40** in Buckinghamshire. This time the problem was a race slightly longer than planned ending up nearer 41 miles! Phil ran it in **9hrs 47m**, a great achievement.

The following day the very popular **Plusnet Leeds Half marathon** took place, another race in our summer champs and attracting 17 Baildon Runners on a warm day. The heat plus the long drag up Stonegate Road took its toll but there were some fine Baildon performances – **Ian Ferris** leading us home in **1:39:14** followed by a storming run from **Jim Welbourne (1:39:54),** breaking the club MV60 Half Marathon record. **Lee Kaznowski** wasn’t too far behind in **1:41:25** chased in by **Ben Watson (1:42:33). John Cawley (1:43:56} & Mel West (1:46:49)** were next to arrive followed by **Debbie Bland in 1:48:40 & 1st FV60. Rebecca Langdon (1:49:33), Denise Johnson 1:53:50 & Richard Kerwin (1:54:03) had fine runs with Jo Miller (1:57:09), and Claire Greenwood (1:54:32)** all dipping under the two hour mark**. Jackie Walters (2.13.32) Lucy Crowther (2:14:55), Jonathan Hornby (2:26:55), Katherine Hornby (2:26:56).** Plus **Dave Lonsdale ( 2.29:34)** all had good races. & arrived safely home.

Over on the dark side **Geraldine Ray** did battle in the **Manchester 10k** to run home in **58:49**

Last but not least on the 10th **Chris Longstaffe** ran the **Malhamdale Trail race (22 miles / 3011ft of climbing) in 4:17.**

The **13th** saw the **John Carr 2 race –** with all to play for ! **Rob Martin** continued his fine form of late with a speedy **18:05** just edging **Gareth Holme (18:17) & Dan Cobb (19:14). Catherine Milner (21:28)** just edged out **Natalie Bottomley 21:50)** with **Rebecca Langdon** in hot pursuit in **22;12.** Again, full results on our website results button..

The following day **Neil Fairburn and Jim Goddard** contested the 8.4k **Jack Bloor Ilkley Moor Fell race** hosted by Ilkley Harriers. **Neil** posted **56:12** with **Jim** arriving home in **1:05:20.** Jack Wood (Ilkley) won the race in 40:10 with Claire Green ( Pudsey & Bramley) taking the spoils for the ladies in 48:25.

**16th May** was **Over the Odda** day – a lovely 10k MT race to raise funds for Hawksworth School. With our own **Emma Stoney** as race director this race has become very popular and well supported by 20 Baildoneers. First home for Baildon was **Gareth Holme in 45:35** with **Chris Longstaffe (1st MV40**) running him close in **46:43**. Our first lady home was **Rebecca Langdon in 55:31** with **Liz Caven** just under a minute behind in **56:21**

On the same day an intrepid group of nine Baildoneers made the trip North to the lakes for the **Keswick Mountain festival.** Hosting a 5k, 10k & 25k race plus a Triathalon, Baildon had interest in all the races – **Jo Bloor** running the **5k** in **34:03,** **Don Johnson (59:36), Dave Lonsdale (1:23:56), Richard Depledge ( 1:25:54) & Rach Anmer (1:45:32)** tackling the 10k whilst **Denise Johnson (3:21:05 chased Rebecca Langdon (3:04:34)** for the 25k honours. Meanwhile **Karen Butler & Sarah Terry** donned wetsuits and tackled the **Triathalon (800m swim, 22 mile bike and 6 mile run)** – Karen finishing in **3:48:26** nicking it from **Sarah Terry ( 3:57:08)**

The following day **(17th) Chris Longstaffe** took his recent good form to the **Chester half marathon** and emerged with a **PB in 1:33:25**

Meanwhile the first big relay of the year was taking off from Halifax – **the Calderdale Way Relay** – a 60 mile circuit of Calderdale in six stages by **89 teams** of two. Baildon had two teams entered with **Team 1 finishing in 46th place in 8hrs:01:09 whilst Team 2 battled hard to finish in 84th place in 11hrs 01:01.** Again, full stage results can be found on our results spreadsheet on the club website but special mention to **Paul Baildon & Paul Dennison on Leg 2** who ran a near record time of **1:15:16, Karen Baildon & Ian Ferris running Leg 3 in 53:32 for the 2nd team** to nick it over Anna Smith & Debbie Bland whilst **Natalie Bottomley** running with a badly sprained ankle on Leg 5 ran a terrific **1:11:35** with Dave Long. Finally a truly supersonic run on the glory leg 6 by **Gareth Holme and Jenny Guard in 1:21:32.**

On the **20th** the last of the three **John Carr 5k’s** ran with another fine club turnout of 39 runners. **Rob Martin** made it two out of three wins in **18:52** with **Paul Baildon close behind (19:03)** whilst **Dan Cobb** showed a spooky consistency by clocking **19:14** – exactly the same as his second race time and just one second faster than race 1! **Natalie Bottomley** took the honours as our first lady home in **22:01 with Liz Caven** only five seconds adrift in **22:06.**

Across the three race series **Dan Cobb was 11th mv35, Lorne Mc Neill 5th MV40, Rob Martin 4th MV50, Phil Jones 4th MV55 & Don Johnson 3rd MV60 with Dave Shaw 2nd MV70 & Malcolm Sharp 3rd MV70. For the ladies Niamh Bryson was 4th FO with Rebecca Langdon 6th fv35, Natalie Bottomley 2nd FV40, Carolyn Hargreaves 2nd FV55, and Sue Coates 1st FV65.**

**May Parkruns**

With several of our runners nudging the 20 minute mark through the month it took a special performance by **Rob Martin** running **19:47** at Bradford on the 2nd to take out the May prize.

On the ladies side a great run by **Natalie Bottomley** on the same day at Bradford (**22:56)** looked to have taken the prize but **Debbie Bland** produced a terrific **22:53** at Woodhouse Moor on the 16th to nick it by three seconds!

**This is my last Results Roundup before I hand over the reins of Results reporting to John Cawley. I hope you have enjoyed them as much as I have enjoyed producing them for you – Good luck and happy racing!**

**Race Results: May 2015**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE** | **NAME** | **TIME** | | **DATE** | | **NAME** | **TIME** |
| **3rd** | **Milton Keynes Marathon** |  | | **6th** | | **John Carr 1 (cont)** |  |
|  | Alison Boyle | 3:27:49 | |  | | Geoff Perigo | 24:31 |
|  |  |  | |  | | Niamh Bryson | 24:45 |
|  | **Bluebell Trail Race** |  | |  | | Matt Dudley | 25:30 |
|  | Rebecca Langdon | 1:48:16 | |  | | Sue Coates | 26:38 |
|  | Mel West | 1:50:27 | |  | | Carolyn Hargreaves | 26:42 |
|  | Rob Myers | 1:54:03 | |  | | Dave Shaw | 27:22 |
|  | Ian Hartman | 2:01:45 | |  | | Jackie Walters | 27:36 |
|  |  |  | |  | | Geraldine Ray | 27:36 |
| **4th** | **East Leeds 10k** |  | |  | | Karen Butler | 28:01 |
|  | Debbie Bland | 0:48:11 | |  | | Dave Lonsdale | 28:08 |
|  | Jo Miller | 0:53:29 | |  | | Jo Bloor | 28:15 |
|  |  |  | |  | | Sarah Terry | 28:47 |
|  | **Coiners Fell Race** |  | |  | | Richard Depledge | 32:23 |
| (Short) | Rob Martin | 1:02:05 | |  | | Malcolm Sharp | 33:22 |
| (Long) | Neil Fairburn | 1:12:47 | |  | | Susanna Walters | 33:24 |
|  | Steve Tindall | 1:29:09 | |  | | Jaqueline Sharp | 37:36 |
|  |  |  | |  | |  |  |
| **6th** | **John Carr 1 -5k** | (short) | | **9th** | | **Ridgeway 40** |  |
|  | Gareth Holme | 17:56 | |  | | Phil Jones | 9:47:00 |
|  | Rob Martin | 18:40 | |  | |  |  |
|  | Dan Cobb | 19:13 | | **10th** | | **Leeds Half M’thon** |  |
|  | Kirsty Allen | 19:27 | |  | | Ian Ferris | 1:39:14 |
|  | Lorne Mc Neill | 19:29 | |  | | Jim Welbourne | 1:39:54 |
|  | Ian Ferris | 19:51 | |  | | Lee Kaznowski | 1:41:25 |
|  | Dave Long | 20:08 | |  | | Ben Watson | 1:42:33 |
|  | John Buddle | 20:45 | |  | | John Cawley | 1:43:56 |
|  | Nigel Shaw | 20:50 | |  | | Mel West | 1:46:49 |
|  | Catherine Milner | 20:56 | |  | | Debbie Bland | 1:48:40 |
|  | Jim Wheldon | 20:57 | |  | | Rebecca Langdon | 1:49:33 |
|  | Don Johnson | 21:21 | |  | | Denise Johnson | 1:53:50 |
|  | Natalie Bottomley | 21:40 | |  | | Richard Kerwin | 1:54:03 |
|  | Neil Fairburn | 21:40 | |  | | Claire Greenwood | 1:54:32 |
|  | Rob Graham | 22:01 | |  | | Jo Miller | 1:57:09 |
|  | Rebecca Langdon | 22:16 | |  | | Jackie Walters | 2:13:32 |
|  | Jeremy Smith | 22:28 | |  | | Lucy Crowther | 2:14:55 |
|  | Jim Goddard | 22:38 | |  | | Jonathan Hornby | 2:26:55 |
|  | Ben Watson | 22:40 | |  | | Katherine Hornby | 2:26:56 |
|  | John Cawley | 22:50 | |  | | Dave Lonsdale | 2:29:34 |
|  | Phil Jones | 22:51 | |  | |  |  |
|  | Mel West | 22:53 | |  | | **Manchester 10k** |  |
|  | Dan Baildon | 23:53 | |  | | Geraldine Ray | 58:49 |
|  | Karen Baildon | 24:02 | |  | |  |  |
|  | John Crabtree | 24:18 | |  | |  |  |
| **DATE** | **NAME** | **TIME** | | **DATE** | | **NAME** | **TIME** |
| **10th** | **Malhamdale Trail** |  | | **16th** | | **Over the Odda 10k** |  |
|  | Chris Longstaffe | 4:17:57 | |  | | Gareth Holme | 45:35 |
|  |  |  | |  | | Chris Longstaffe | 46:43 |
| **13th** | **John Carr 2 – 5k** |  | |  | | Jim Barnett | 46:57 |
|  | Rob Martin | 18:05 | |  | | Paul Dennison | 47:36 |
|  | Gareth Holme | 18:17 | |  | | Rob Martin | 48:16 |
|  | Dan Cobb | 19:14 | |  | | Ben Watson | 48:52 |
|  | Lorne Mc Neill | 19:38 | |  | | Clive Turner | 49:37 |
|  | Ben Watson | 20:04 | |  | | Craig Blackwell | 50:04 |
|  | Dave Long | 20:13 | |  | | Andy Price | 51:28 |
|  | Lee Kaznowski | 20:16 | |  | | Rick Nottage | 54:39 |
|  | Ian Ferris | 20:24 | |  | | Rob Graham | 55:12 |
|  | John Buddle | 20:55 | |  | | Rebecca Langdon | 55:31 |
|  | Catherine Milner | 21:28 | |  | | Liz Caven | 56:21 |
|  | Don Johnson | 21:45 | |  | | Alison Boyle | 57:18 |
|  | Natalie Bottomley | 21:50 | |  | | Mel West | 58:02 |
|  | Rebecca Langdon | 22:12 | |  | | Ian Hartman | 1:00:51 |
|  | Liz Caven | 22:15 | |  | | Phil Jones | 1:02:38 |
|  | Neil Fairburn | 22:19 | |  | | Carolyn Hargreaves | 1:05:57 |
|  | Jeremy Smith | 22:41 | |  | | Steve Tindall | 1:17:29 |
|  | Rob Graham | 22:42 | |  | | Rach Anmer | 1:28:29 |
|  | John Cawley | 22:53 | |  | |  |  |
|  | Phil Jones | 23:04 | |  | | **Keswick Festival** | (Trail) |
|  | Dan Baildon | 24:19 | | **5k** | | Jo Bloor | 34:03 |
|  | John Crabtree | 24:25 | |  | |  |  |
|  | Jim Goddard | 24:30 | | **10k** | | Don Johnson | 59:36 |
|  | Matt Dudley | 24:31 | |  | | Dave Lonsdale | 1:23:56 |
|  | Karen Baildon | 24:32 | |  | | Richard Depledge | 1:25:54 |
|  | Leanne Bower | 24:40 | |  | | Rach Anmer | 1:45:32 |
|  | Niamh Bryson | 24:53 | |  | |  |  |
|  | Geoff Perigo | 25:07 | | **25k** | | Rebecca Langdon | 3:04:34 |
|  | Emma Long | 26:37 | |  | | Denise Johnson | 3:21:05 |
|  | Carolyn Hargreaves | 26:41 | |  | |  |  |
|  | Sue Coates | 26:44 | | **Tri** | | Karen Butler | 3:48:26 |
|  | Jackie Walters | 27:15 | |  | | Sarah Terry | 3:57:08 |
|  | Dave Shaw | 27:20 | |  | |  |  |
|  | Jo Bloor | 27:42 | | **17th** | | **Chester Half M** |  |
|  | Geraldine Ray | 27:49 | |  | | Chris Longstaffe | 1:33:25 |
|  | Dave Lonsdale | 28:14 | |  | |  |  |
|  | Karen Butler | 28:25 | | **Leg** | | **Calderdale Way** | **Relay** |
|  | Sarah Terry | 29:26 | | **1** | | Emma Stoney | **59th** |
|  | Susanna Walters | 32:48 | |  | | Ben Watson | 1:42:59 |
|  | Jaqueline Sharp | 34:00 | |  | | Linda Carey | **88th** |
|  | Malcolm Sharp | 38:03 | |  | | Kate Walter | 2:35:39 |
| **14th** | **Jack Bloor Fell Rce** |  | | **2** | | Paul Baildon | **44th** |
|  | Neil Fairburn | 56:12 | |  | | Paul Dennison | 1:15:16 |
|  | Jim Goddard | 1:05:20 | |  | |  |  |
| **DATE** | **NAME** | **TIME** | | **DATE** | | **NAME** | **TIME** |
| **Leg** | **Calderdale Way** | **cont** | | **20th** | | John Carr 3- 5k | (Cont) |
| **2** | J Dickinson | **51st** | |  | | Sue Coates | 26:52 |
|  | Darren Jukes | 1:24:10 | |  | | Dave Shaw | 26:54 |
| **3** | Anna Smith | **74th** | |  | | Jackie Walters | 27:15 |
|  | Debbie Bland | 56:33 | |  | | Dave Lonsdale | 27:26 |
|  | Karen Baildon | **63rd** | |  | | Karen Butler | 28:13 |
|  | Ian Ferris | 53:32 | |  | | Geraldine Ray | 28:22 |
| **4** | Dan Cobb | **54th** | |  | | Jo Bloor | 28:24 |
|  | Catherine Milner | 1:32:58 | |  | | Elinor Newhouse | 29:02 |
|  | Geoff Perigo | **82nd** | |  | | Sarah Terry | 29:48 |
|  | Nicola Steffen | 2:15:04 | |  | | Richard Depledge | 32:27 |
| **5** | Natalie Bottomley | **43rd** | |  | | Susanna Walters | 32:34 |
|  | Dave Long | 1:11:35 | |  | | Jaqueline Sharp | 33:46 |
|  | Tracey Robinson | **86th** | |  | | Malcolm Sharp | 37:15 |
|  | Shelagh Hopkinson | 2:03:56 | |  | |  |  |
| **6** | Jennie Guard | **22nd** | |  | |  |  |
|  | Gareth Holme | 1:21:32 | |  | |  |  |
|  | Kevin Brain | **74th** | |  | |  |  |
|  | Tony Deacon | 1:48:40 | |  | |  |  |
|  |  |  | |  | |  |  |
| **20th** | **John Carr 3- 5k** |  | |  | |  |  |
|  | Rob Martin | 18:52 | |  | |  |  |
|  | Paul Baildon | 19:03 | |  | |  |  |
|  | Dan Cobb | 19:14 | |  | |  |  |
|  | Lee Kaznowski | 19:29 | |  | |  |  |
|  | Ben Watson | 19:40 | |  | |  |  |
|  | Lorne Mc Neill | 19:45 | |  | |  |  |
|  | Jim Wheldon | 21;13 | |  | |  |  |
|  | Nigel Shaw | 21:24 | |  | |  |  |
|  | Don Johnson | 21:29 | |  | |  |  |
|  | Natalie Bottomley | 22:01 | |  | |  |  |
|  | Neil Fairburn | 22:05 | |  | |  |  |
|  | Liz Caven | 22:06 | |  | |  |  |
|  | Rob Graham | 22:14 | |  | |  |  |
|  | Rebecca Langdon | 22:22 | |  | |  |  |
|  | Phil Jones | 22:44 | |  | |  |  |
|  | Jeremy Smith | 23:05 | |  | |  |  |
|  | John Cawley | 23:09 | |  | |  |  |
|  | Niamh Bryson | 23:55 | |  | |  |  |
|  | Dan Baildon | 24:15 | |  | |  |  |
|  | Karen Baildon | 24:33 | |  | |  |  |
|  | Leanne Bower | 24:43 | |  | |  |  |
|  | Geoff Perigo | 24:52 | |  | |  |  |
|  | John Crabtree | 24:58 | |  | |  |  |
|  | Matt Dudley | 25:31 | |  | |  |  |
|  | Carolyn Hargreaves | 26:35 | |  | |  |  |
|  | Nicola Steffen | 26:49 | |  | |  |  |
| **DATE** | **NAME** | **TIME** | | **DATE** | | **NAME** | **TIME** |
|  | **PARKRUNS** |  | |  | | **PARKRUNS** |  |
| **2nd** | **Bradford** |  | | **9th** | | **Bradford** |  |
|  | Rob Martin | 19:47 | |  | | John Buddle | 21:49 |
|  | Jim Barnett | 20:11 | |  | | Marc Forrest | 22:08 |
|  | Ben Watson | 20:17 | |  | | Rebecca Langdon | 23;33 |
|  | John Buddle | 22:02 | |  | | John Crabtree | 26:16 |
|  | Neil Fairburn | 22:27 | |  | | Geoff Perigo | 26:17 |
|  | Natalie Bottomley | 22:56 | |  | | Dave Shaw | 28:34 |
|  | Phil Jones | 24:32 | |  | | Nicola Steffen | 28:35 |
|  | Steve Tindall | 25:34 | |  | | Shelagh Hopkinson | 30:59 |
|  | Karen Baildon | 25:51 | |  | | Linda Carey | 31:01 |
|  | John Crabtree | 26:43 | |  | | Jonathan Hornby | 34:00 |
|  | Nicola Steffen | 27:59 | |  | | Jennifer Stephenson | 34:23 |
|  | Mercedes Watson | 28:08 | |  | | Malcolm Sharp | 40:31 |
|  | Geraldine Ray | 29:20 | |  | |  |  |
|  | Elinor Newhouse | 29:56 | | **16th** | | **Woodhouse Moor** |  |
|  | Katherine Hornby | 29:59 | |  | | Debbie Bland | 22:53 |
| (Pacer) | Debbie Bland | 30:31 | |  | |  |  |
|  | Shelagh Hopkinson | 30:33 | |  | | **Fountains Abbey** |  |
|  | Leanne West | 32:00 | |  | | Jennifer Stephenson | 33:23 |
|  | Jonathan Hornby | 33:42 | |  | |  |  |
| (Walk) | Phil Bland | 49:00 | |  | | **Keswick** |  |
|  |  |  | |  | | John Buddle | 21:33 |
|  | **Hackney Marshes** |  | |  | |  |  |
|  | Nigel Shaw | 21:15 | |  | | **Penrith** |  |
|  |  |  | |  | | Don Johnson | 23:02 |
|  | **Halifax** |  | |  | | Denise Johnson | 27:04 |
| (Tail) | Melanie West | 53:23 | |  | |  |  |
|  |  |  | |  | | **Bradford** |  |
|  | **Roundhay** |  | |  | | Ian Ferris | 21:16 |
|  | Gabriella Boiangui | 31:29 | |  | | Dave Shaw | 28:24 |
|  |  |  | |  | | Elinor Newhouse | 30:03 |
|  | **Humber Bridge** |  | |  | | Geraldine Ray | 30:15 |
|  | Don Johnson | 22:52 | |  | | Nicola Steffen | 31:21 |
|  | Denise Johnson | 25:23 | |  | | Ken Woods | 38:22 |
|  |  |  | |  | | Agnes Illingworth | 39:30 |
|  | **Fell Foot ( Lakes)** |  | |  | | Shelagh Hopkinson | 39:31 |
|  | Liz Boothman | 33:49 | |  | |  |  |
|  |  |  | | **23rd** | | **Bradford** |  |
| **9th** | **Woodhouse Moor** |  | |  | | Steve Pickard | 20:24 |
| 100th | Phil Bland | 45:10 | |  | | John Buddle | 21:40 |
| (walk) | Debbie Bland | 45:27 | |  | | Debbie Bland | 23:33 |
|  |  |  | |  | | Phil Jones | 23:59 |
|  | **Dewsbury** |  | |  | | Michelle Morris | 25:43 |
|  | Don Johnson | 26:57 | |  | | Dave Shaw | 28:21 |
|  | Denise Johnson | 26:56 | |  | | Nicola Steffen | 28:34 |
|  |  |  | |  | | Elinor Newhouse | 29:41 |
| **DATE** | **NAME** | **TIME** | **DATE** | | **NAME** | | **TIME** |
|  | **PARKRUNS** |  |  | | **PARKRUNS** | |  |
| **23rd** | **Bradford** | **(cont)** |  | |  | |  |
|  | Leanne West | 33:05 |  | |  | |  |
|  | Danny Miles | 34:48 |  | |  | |  |
|  | Katherine Hornby | 35:11 |  | |  | |  |
|  | JenniferStephenson | 35:40 |  | |  | |  |
|  | Agnes Illingworth | 39:55 |  | |  | |  |
|  |  |  |  | |  | |  |
|  | **Skipton** |  |  | |  | |  |
|  | Karen Butler | 28:48 |  | |  | |  |
|  | Sarah Terry | 30:14 |  | |  | |  |

**RESULTS ROUNDUP May – June 2015 John Cawley**

Taking over results from Phil Bland, Ian Ferris asked me to revert to the past practice of reporting results with positional places, number of finishers etc. This results report is transitional as it contains the results Phil put together and those I have collated. There is a difference in style and an overlap in terms of dates of races, but hopefully no duplication.

Please continue to email your race results to [results@baildonrunners.co.uk](mailto:results@baildonrunners.co.uk) but please note there is no need to do so for parkrun events or summer championship races **unless** you are not shown in those results as a Baildon Runner. This is usually the situation if you entered the race before joining the club. However can I particularly ask our second claim members to email **all** their results because it is difficult enough trying to spot all Baildon Runners without looking through other club names! Many thanks.

Cape Wrath Challenge Marathon ‑ 16 May

|  |  |  |
| --- | --- | --- |
| 71st | Jim Goddard | 4:54:43 |

81 finishers.

Yorkshire Mudrun 5K ‑ 17 May

|  |  |  |
| --- | --- | --- |
| 13th | Rob Myers | 1:00:57 |

253 finishers.

Kildwick Fell Race 3.7 miles/804 ft climb ‑ 20 May

|  |  |  |
| --- | --- | --- |
| 77th | Rob Myers | 1:00:57 |

86 finishers.

Red Rose 100 miles ‑ 23/25 May

|  |  |  |
| --- | --- | --- |
| 227th | Shelagh Hopkinson | 40:37:00 |

361 finishers (142 DNF).

Hutton Roof Crags 7 miles Fell Race – 23 May

|  |  |  |
| --- | --- | --- |
| 180th | Rob Myers | 1:21:06 |

244 finishers.

Fountains Abbey 5K parkrun – 23 May

|  |  |  |  |
| --- | --- | --- | --- |
| 9th | Paul Dennison | 19:22 | 1st M55 |

280 finishers.

Halifax 5K parkrun – 23 May

|  |  |  |  |
| --- | --- | --- | --- |
| 24th | Melanie West | 23:45 | 1st F40\* |

\* also first female overall

85 finishers.

Lonehill (Johannesburg, South Africa) 5K parkrun  
23 May

|  |  |  |
| --- | --- | --- |
| 276th | Jules Potter | 40:26 |

489 finishers.

Wakefield Thornes 5K parkrun ‑ 23 May

|  |  |  |  |
| --- | --- | --- | --- |
| 40th | Don Johnson | 23:26 | 2nd M60 |
| 54th | Denise Johnson | 25:08 | 1st F55 |

136 finishers.

Melmerby 10K ‑ 24 May

|  |  |  |
| --- | --- | --- |
| 149th | Dan Cobb | 48:49 |

298 finishers.

Ilkley Trail Race 6.9 miles – 25 May

|  |  |  |
| --- | --- | --- |
| 157th | Nigel Shaw | 57:11 |
| 179th | Neil Fairburn | 58:34 |
| 219th | Jim Goddard | 1:02:52 |
| 239th | Rob Myers | 1:05:10 |
| 277th | Kate Walter | 1:09:18 |
| 315th | Linda Carey | 1:15:09 |

337 finishers.

Austwick Amble 8 miles, 1,200ft climb – 25 May

|  |  |  |
| --- | --- | --- |
| 79th | Jim Barnett | 1:07:37 |

167 finishers (2 DNF).

Yorkshire Vets (Kirkstall) – 26 May

Ladies

|  |  |  |
| --- | --- | --- |
| 23rd | Natalie Bottomley | 46:28 |
| 31st | Rebecca Langdon | 47:56 |
| 56th | Denise Johnson | 51:41 |
| 77th | Nicola Steffen | 56:59 |

105 finishers.

Men

|  |  |  |  |
| --- | --- | --- | --- |
| 21st | Robert Martin | 40:06 | 2nd M50 |
| 71st | Jim Wheldon | 45:06 |

154 finishers.

Apperley Bridge Canter 10K (approx.) – 28 May

|  |  |  |
| --- | --- | --- |
| 11th | Michael Malyon | 37:49 |
| 38th | Paul Dennison | 41:00 | 2nd M55 |
| 61st | Paul Baildon | 42:31 |
| 72nd | Emma Stoney | 43:41 | 1st F35 |
| 107th | David Long | 45:46 |
| 109th | Andrew Price | 45:52 |
| 141st | Nigel Shaw | 47:38 |
| 154th | Natalie Bottomley | 48:12 |
| 184th | Liz Caven | 49:38 | 1st F45 |
| 205th | John Cawley | 51:01 |
| 212th | Rebecca Langdon | 51:22 |
| 245th | Rob Myers | 53:53 |
| 250th | Karen Baildon | 54:10 |
| 254th | Jim Goddard | 54:19 |
| 258th | Philip Jones | 54:31 |
| 280th | Geoff Perigo | 55:32 |
| 295th | Steve Tindall | 56:09 |
| 351st | Nicola Steffen | 59:54 |
| 352nd | Emma Long | 59:56 |
| 386th | Linda Carey | 1:03:43 | 3rd F55 |
| 389th | Elinor Newhouse | 1:04:33 | 2nd F60 |
| 407th | Dave Lonsdale | 1:07:32 |

437 finishers.

Halifax 5K parkrun – 30 May

|  |  |  |  |
| --- | --- | --- | --- |
| 19th | Melanie West | 24:05 | 1st F40 |

\* also first female overall

74 finishers.

Horton Park 5K parkrun – 30 May

|  |  |  |  |
| --- | --- | --- | --- |
| 19th | Don Johnson | 22:56 | 2nd M60 |
| 36th | Philip Jones | 25:05 | 1st M55 |
| 42nd | Denise Johnson | 26:06 | 1st F55 |
| 73rd | Elinor Newhouse | 30:29 | 1st F60 |
| 74th | Linda Carey | 30:32 |
| 94th | Susanna Walters | 33:59 |

118 finishers.

Lister Park 5K parkrun – 30 May

|  |  |  |  |
| --- | --- | --- | --- |
| 6th | Robert Martin | 19:39 | 1st M50 |
| 9th | Paul Dennison | 20:03 | 1st M55 |
| 16th | John Buddle | 21:44 | 3rd M50 |
| 31st | Neil Fairburn | 22:37 |
| 170th | Steve Tindall | 28:03 | 1st M50 |
| 248th | Geraldine Ray | 31:42 |
| 252nd | Nicola Steffen | 31:57 |
| 290th | Jenny Stephenson | 34:02 |
| 310th | Judith Wilson | 35:50 | 1st F60 |

369 finishers.

Torrens (Adelaide, Australia) 5K parkrun – 30 May

|  |  |  |  |
| --- | --- | --- | --- |
| 65th | Debbie Bland | 23:54 | 1st F60 |
| 207th | Phil Bland | 31:28 |

268 finishers.

Otley Chevin 2.8 miles, 689 ft climb – 3 June

|  |  |  |
| --- | --- | --- |
| 21st | James Bryson | 20:55 |
| 93rd | Andrew Price | 25:19 |
| 113th | Rob Myers | 27:38 |
| 118th | Jim Goddard | 28:28 |
| 134th | Nicola Steffen | 32:54 |

145 finishers.

Wharfedale Half Marathon (13.2 miles) – 6 June

|  |  |  |
| --- | --- | --- |
| 40th | Gareth Holme | 1:48:01 |
| 41st | Chris Longstaff | 1:48:14 |
| 135th | Steve Pickard | 2:03:47 |
| 146th | James Dickinson | 2:05:02 |
| 237th | Rebecca Langdon | 2:18:41 |
| 252nd | Jim Goddard | 2:20:41 |
| 300th | Denise Johnson | 2:28:20 |
| 343rd | Steve Tindall | 2:39:36 |

403 finishers (4 DNF).

Horton Park 5K parkrun – 6 June

|  |  |  |  |
| --- | --- | --- | --- |
| 46th | Linda Carey | 30:53 | 2nd F55 |

82 finishers.

Lister Park 5K parkrun – 6 June

|  |  |  |  |
| --- | --- | --- | --- |
| 2nd | Michael Malyon | 17:56 | 1st MU35 |
| 7th | Robert Martin | 19:55 | 1st M50 |
| 9th | Ben Watson | 20:30 |
| 22nd | Craig Blackwell | 21:47 | 3rd M45 |
| 24th | John Buddle | 21:57 | 3rd M50 |
| 30th | Don Johnson | 22:11 | 2nd M60 |
| 119th | Philip Jones | 26:05 | 2nd M55 |
| 126th | Chris Burke | 26:20 |
| 156th | Dave Shaw | 27:28 | 3rd M70 |
| 244th | Danny Miles | 29:54 |
| 245th | Elinor Newhouse | 29:57 | 2nd F60 |
| 271st | Geraldine Ray | 31:03 |
| 293rd | Nicola Steffen | 31:53 |
| 327th | Leanne West | 33:14 |
| 376th | Judith Wilson | 35:40 |
| 381st | Jenny Stephenson | 35:56 |
| 431st | Ian Connor | 40:09 |
| 433rd | Malcolm Sharp | 40:18 |

471 finishers.

Yorkshire Vets (Lythe, nr. Whitby) – 7 June

Ladies

|  |  |  |  |
| --- | --- | --- | --- |
| 11th | Rebecca Langdon | 53:52 | 2nd F35 |
| 30th | Nicola Steffen | 1:08:09 |

37 finishers.

Men

|  |  |  |
| --- | --- | --- |
| 58th | Tony Deacon | 57:48 |

74 finishers.

Otley 10 miles – 10 June

|  |  |  |
| --- | --- | --- |
| 51st | Gareth Holme | 1:08:30 |
| 114th | Lee Kaznowski | 1:14:23 |
| 118th | Jim Wheldon | 1:14:34 | 1st M60 |
| 132nd | Lorne McNeill | 1:16:11 |
| 162nd | Alison Boyle | 1:18:21 |
| 164th | Catherine Milner | 1:18:23 |
| 196th | Robin Graham | 1:20:49 |
| 215th | Stephen Brown | 1:22:52 |
| 218th | Melanie West | 1:23:04 |
| 287th | Geoff Perigo | 1:30:47 |

372 finishers.

Full Brontë 5 miles – 11 June

|  |  |  |  |
| --- | --- | --- | --- |
| 6th | Michael Malyon | 30:16 | 3rd MU35 |
| 28th | Jennie Guard | 33:04 | 1st FU35\* |
| 29th | Paul Baildon | 33:10 |
| 31st | Robert Martin | 33:21 | 2nd M50 |
| 43rd | Lorne McNeill | 35:43 |
| 46th | Craig Blackwell | 36:04 |
| 52nd | David Long | 37:02 |
| 61st | Darren Jukes | 38:02 |
| 62nd | Catherine Milner | 38:06 |
| 64th | Nigel Shaw | 38:13 |
| 71st | Rebecca Langdon | 39:14 | 3rd F35 |
| 72nd | Liz Caven | 39:22 | 2nd F45 |
| 78th | Mark Delaney | 40:09 |
| 80th | John Cawley | 40:20 | 3rd M60 |
| 91st | Jim Wheldon | 41:56 |
| 92nd | Philip Jones | 42:12 |
| 98th | Karen Baildon | 43:14 |
| 99th | John Crabtree | 43:25 |
| 109th | Ian Hartman | 45:26 | 3rd M65 |
| 122nd | Nicola Steffen | 50:13 |
| 123rd | Linda Carey | 50:18 |
| 124th | Geraldine Ray | 50:41 |
| 126th | Elinor Newhouse | 51:22 | 3rd F60 |
| 140th | Susanna Walters | 1:04:30 |
| 141st | Rachel Amner | 1:04:36 |

\* also third female overall

142 finishers.

Huddersfield 5K parkrun – 13 June

|  |  |  |  |
| --- | --- | --- | --- |
| 60th | Rebecca Langdon | 22:11 | 1st F35\* |

\* also third female overall

432 finishers.

Lister Park 5K parkrun – 13 June

|  |  |  |  |
| --- | --- | --- | --- |
| 7th | Robert Martin | 19:38 | 1st M50 |
| 67th | Philip Jones | 24:26 | 3rd M55 |
| 107th | Steve Tindall | 26:02 |
| 170th | Dave Shaw | 28:53 | 3rd M70 |
| 217th | Shelagh Hopkinson | 30:45 | 1st F60 |
| 225th | Geraldine Ray | 31:25 |
| 232nd | Nicola Steffen | 31:55 |
| 266th | Jenny Stephenson | 33:51 |

324 finishers.

Beamsley Beacon 5.5 miles, 1,100ft climb – 18 June

|  |  |  |
| --- | --- | --- |
| 42nd | Andrew Price | 47:25 |

84 finishers.

Wicken Hill Whizz 2.8 miles, 1,050ft climb – 19 June

|  |  |  |
| --- | --- | --- |
| 64th | Philip Jones | 34:22 |

69 finishers (1 DNF).

Reservoir Bogs 7.3 miles, 1,150ft climb – 20 June

|  |  |  |
| --- | --- | --- |
| 61st | Jim Goddard | 1:29:31 |
| 63rd | Philip Jones | 1:29:37 |
| 75th | Kate Walter | 1:48:42 | 3rd F50 |
| 76th | Linda Carey | 1:49:02 | 1st F55 |

77 finishers (3 DNF).

Buckden Pike Fell Race 4 miles, 1,500ft climb  
20 June

|  |  |  |
| --- | --- | --- |
| 86th | Rob Myers | 55:07 |

123 finishers.

Bramley 5K parkrun – 20 June

|  |  |  |  |
| --- | --- | --- | --- |
| 40th | Don Johnson | 24:48 | 2nd M60 |
| 96th | Denise Johnson | 32:19 | 2nd F55 |

169 finishers.

Fountains Abbey 5K parkrun – 20 June

|  |  |  |  |
| --- | --- | --- | --- |
| 11th | Paul Dennison | 18:59 | 1st M55 |

255 finishers.

Lister Park 5K parkrun – 20 June

|  |  |  |  |
| --- | --- | --- | --- |
| 7th | Ben Watson | 20:14 | 1st M35 |
| 32nd | Rebecca Langdon | 22:54 | 3rd F35 |
| 98th | Jonathan Hornby | 25:59 |
| 168th | Dave Shaw | 28:53 | 2nd M70 |
| 173rd | Chris Burke | 29:05 |
| 190th | Shelagh Hopkinson | 29:52 | 2nd F60 |
| 193rd | Katherine Hornby | 29:55 |
| 203rd | Jenny Stephenson | 30:14 |
| 207th | Elinor Newhouse | 30:17 | 3rd F60 |
| 230th | Nicola Steffen | 31:48 |
| 232nd | Stacey Rushworth | 31:59 |
| 247th | Leanne West | 32:57 |
| 284th | Judith Wilson | 35:47 |

349 finishers.

Woodhouse Moor 5K parkrun – 20 June

|  |  |  |
| --- | --- | --- |
| 44th | John Buddle | 21:09 |

342 finishers.

Freckleton Half Marathon – 21 June

|  |  |  |  |
| --- | --- | --- | --- |
| 75th | Steve Pickard | 1:31:45 | 3rd M55 |

601 finishers.

British Masters AF 5K Road Race Championships, Horwich ‑ 21 June

|  |  |  |
| --- | --- | --- |
| 118th | Don Johnson | 22:28 |
| 130th | Denise Johnson | 24:10 |

147 finishers.

Tom Tittiman 4.4 miles, 750ft climb – 21 June

|  |  |  |  |
| --- | --- | --- | --- |
| 62nd | Ian Hartman | 44:26 | 2nd M65 |
| 67th | Philip Jones | 45:19 |

88 finishers.

Yorkshire Vets (Alwoodley) – 23 June

Ladies

|  |  |  |
| --- | --- | --- |
| 16th | Natalie Bottomley | 38:27 |
| 34th | Rebecca Langdon | 41:02 |
| 59th | Karen Baildon | 44:58 |

94 finishers.

Men

|  |  |  |
| --- | --- | --- |
| 44th | Steve Pickard | 34:23 |
| 47th | Craig Blackwell | 34:50 |
| 116th | Don Johnson | 44:05 |

137 finishers.

## AGE CATEGORY RECORDS

Full details of age category records are as usual on the club website. Below are new records set since 1 May 2015:

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Cat | Distance | Date |
| Jim Wheldon | M60 | Half Marathon | 10 May |
| Leanne Bower | F18 | 5K | 13 May |
| Sue Coates | F65 | 5K | 13 May |
| Rebecca Langdon | F35 | 25K | 17 May |
| Denise Johnson | F55 | 25K | 17 May |
| Niamh Bryson | F18 | 5K | 20 May |
| Shelagh Hopkinson | F60 | 100 miles | 23-25 May |
| Niamh Bryson | F18 | Half Marathon | 31 May |
| James Bryson | M18 | Half Marathon | 31 May |
| Jim Wheldon | M60 | 10 miles | 10 June |
| Paul Baildon | M45 | 5 miles | 11 June |
| Ian Hartman | M65 | 5 miles | 11 June |
| Paul Dennison | M55 | 5K | 20 June |

Particular congratulations to Rebecca Langdon and Shelagh Hopkinson who set all time club records for those distances.

**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 check 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 Spen Greenway 10K 11.00 am Sunday 13 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 25 October 2015

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

**ESHOLT OFF ROAD RELAY INVITATION**

A date for your diary -on Tuesday 21 July Saltaire Striders has invited members of Baildon Runners to a 4 x 1.5m off-road relay at Esholt with food and drinks in the clubhouse afterwards. (so Tuesday night training cancelled). More details later.

**FORTHCOMING RACES**

Where there isn’t a hyperlink or email address, this is usually because the entry form is not yet available.

|  |  |
| --- | --- |
| Every Saturday morning at 9:00 | [Lister Park 5K parkrun](http://www.parkrun.org.uk/bradford/home) (Bradford), [Hyde Park 5K parkrun](http://www.parkrun.org.uk/leeds/home) (Leeds),  [Horton Park 5k parkrun](http://www.parkrun.org.uk/hortonpark/) (Bradford)  [Roundhay Park 5K parkrun](http://www.parkrun.org.uk/roundhay/home) (Leeds), [Temple Newsam 5K parkrun](http://www.parkrun.org.uk/templenewsam/) (Leeds), [Cross Flatts Park 5K parkrun](http://www.parkrun.org.uk/crossflatts)  Free events, must pre‑register online by 6:00pm Friday, and take the barcode emailed to you. |
| 05 July  05 July | [Blackpool Hilton Half Marathon](http://www.fyldecoastrunning.org/index.php?route=product/product&path=59&product_id=61)  Eccup 10 miles(SC event) |  |
| 12 July | [Kilburn Feast 7 miles](http://www.ukresults.net/forms/140713kilburn.doc) (nr. Thirsk) |
| 05 July | [Harrogate 10K](http://www.ukresults.net/forms/140720harrogate.pdf) |
| 12 July | [Jane Tomlinson’s Leeds 10K](http://www.forallevents.co.uk/run-for-all/events/10k/leeds-10k/) |
| 26 July | [Saltaire Shaker 15K](http://www.saltaireshaker.com:80/enter-saltaire-shaker.php) |
| 26 July | [James Herriot Country Trail 14K](http://www.ukresults.net/forms/140727herriot.doc) (Wensleydale) |
| 02 August | [Wagon & Horses 10 miles](http://www.ukroadraces.info/entryforms/2014/lans.doc) (Lancaster) |
| 09 August | Birkenshaw 5 (SC event) |
| 09 August | Askern 10 miles (SC event) |
| 17 August | [Wagon & Horses Half Marathon](http://ukroadraces.info/entryforms/2014/lanhs.doc) tbc (Lancaster) |
| 22 August | [Burnsall 10 miles](http://burnsallsports.co.uk/) |
| 22 August | [Honley 10K](http://www.addicted2running.co.uk/Scripts/Honley%2010k.html) (nr. Holmfirth) |
| 23 August | [Fleetwood Half Marathon](http://www.fyldecoastrunning.org/index.php?route=product/product&path=59&product_id=60) |
| 16 August | [Escrick 10K](http://www.ukresults.net/forms/140824escrick.pdf) (nr. York) |
| 06 September | Leeds Country Way Relay |
| 06 September  13 September | [Wetherby 10K](http://www.ukresults.net/forms/140831wetherby.pdf)  Spen Greenway |
| 13 September | [Great North Run](https://entry.enteronline.org/login.aspx?StreamID=1175) |
| 20 September | [English Half Marathon](http://www.q-buster.co.uk/index.php?rn=667&action=show_detail) (Warrington) ( |
| 20 September | [Lancaster Castle Half Marathon](http://www.ukresults.net/forms/140921lancaster.doc) |
| 20 September | [Lancaster Castle 10K](http://www.ukresults.net/forms/140921lancaster.doc) |
| 28 September | Yorkshire Vets Cross Country Championships (Nunroyd Park, Guiseley) |
| 27 September | [Great Yorkshire 10K](http://www.greatrun.org/Events/Event.aspx?id=11) (Sheffield) |
| 4 October | [Burnley Fire 10K](http://www.fyldecoastrunning.org/index.php?route=product/product&path=59&product_id=103) |
| 4 October | [Cusworth 10K](http://www.ukresults.net/forms/141005cusworth.doc) |
| 11 October | Yorkshire Marathon (York) ENTRIES CLOSED |
| 11 October | [Withins Skyline 12K, 300m ascent](http://www.woodentops.org.uk/index.php?topic=withins&subtopic=home) (Penistone Hill Country Park, nr Haworth) |
| 20 September | [Lancaster Half Marathon](http://ukroadraces.info/entryforms/2014/lans.doc) |
| 25 October | Bradford Half Marathon (SC event) |
| 24 October | Pain Barrier 10K (Tong) |
| 8 November | [Wadsworth Half Trog 9.25 miles](http://www.cvfr.co.uk/wp-content/uploads/2011/07/HALF-TROG-ENTRY-FORM.pdf) (Hebden Bridge) |
| 15 November | [Leeds Abbey Dash 10K](http://www.ageuk.org.uk/get-involved/events-and-challenges/leeds-abbey-dash/) |
| 6 December | [Guy’s 10 miles](http://www.ukresults.net/forms/141207guys.pdf) (Garstang) |
| 20 December | [Stoop 8K, 250m ascent](http://www.woodentops.org.uk/index.php?topic=stoop&subtopic=home) (Penistone Hill Country Park, nr Haworth) |
| 31 December | [Auld Lang Syne 9.6K, 300m ascent](http://www.woodentops.org.uk/index.php?topic=als&subtopic=home) (Penistone Hill Country Park, nr Haworth) |
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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 and AA Link

Gareth Holme Men’s Relay Team Captain

Geoff Perigo Webmaster, Club Diary and Routes

Lizzie Smith Minutes

Geraldine Ray Social Secretary

Emma Stoney Ladies’ Relay Team Captain

Jeremy Smith Summer Championship

Jackie Walters Newsletter, Leaders for D,E and Sunday runs

## OTHER CONTACTS WEBSITE AND EMAIL ADDRESSES

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Alan Clements Joint Club Liaison Results email: [results@baildonrunners.co.uk](mailto:results@baildonrunners.co.uk)

Denise Johnson Veterans

Anna Smith Off‑Road Leagues

John Cawley, Club Results

Phil Bland Club Results