## FROM THE EDITOR



**by Lizzie Smith**

Welcome to the November edition of your Newsletter.

I hope that you enjoy the articles. If you have any feedback, please let me know by emailing [news@baildonrunners.co.uk](mailto:news@baildonrunners.co.uk) and I will do my best to incorporate into a future Newsletter.

If you have any group photos you would like to be included at the top of the Newsletter, please also forward to the above email address.

## CONTRIBUTIONS TO THE NEWSLETTER

**by Lizzie Smith**

This newsletter has been brought to you by Phil Bland, Alan Clements, Sue Coates, Geoff Perigo, Lizzie Smith and Paul Thomas. Thank you for your contributions.

The December Newsletter will consist of a roundup of 2014. If you have a contribution to make to this, please send to [news@baildonrunners.co.uk](mailto:news@baildonrunners.co.uk) **no later than Monday 1 December 2014**.

Thanks

## NEW MEMBERS

We have five new members to report this month: Steve Chinrey, Michelle Gill, Lee Kaznowski, Jo Miller and Rob Myers. Welcome to you all.

## SPORTSSHOES.COM CONCESSION

Sportsshoes.com are keen to continue their relationship with the Club following the closure of their Bradford superstore. They are offering a concession to members purchasing online or by phone by way of a promotional code that you will need to key in at the checkout stage or quote over the phone. The code to use throughout November is (members only) and entitles you to 10% off and free standard P&P. A new code will be supplied for December. This will ensure it stays exclusive to our Club members.



Please note that the reduction does not show on the pricing screen nor the order confirmation and that sportsshoes.com request credit card authorisation for the full amount. What happens is that the reduction is applied manually after they take the order and hence you should be getting the reduced price.

**PROFILES OF COMMITTEE MEMBERS**

Over the next few months the Newsletter will feature profiles of your Committee Members so you know who to turn to should you have a query.



**Name:** Geoff Perigo

**Role on the Committee:** Webmaster, Club Calendar, Routes.

**Job:** Self-employed industrial control systems engineer (industrial automation).

**When did you start running?** 2004

**Length of time at the Club:** 8 years. I joined in March 2006

**Why do you run?** To keep fitter than I would otherwise be.

**Least favourite aspect of running?**  Leaving a warm house on a cold wet dark evening.

**First Race:** Great North Run. I entered this because a good friend who encouraged me to start running in the first place said there was no chance I could come last.

**Favourite race(s):** Guy Fawkes 10 from Ripley just above Harrogate. A hilly 10 mile scenic run through villages and the best goody bag ever! Value of the goody bag possibly greater than the entry fee.

**Greatest Running Feat:** Being awarded the Turpin trophy for services to Baildon Runners in 2012 must surely be my pinnacle of success with the Club but hasten to add not for my running ability. Running wise I still live in hope.

**Other Sports / hobbies:** Most aspects of home DIY. Walking the dog. Spending time with family and socialising with friends.

**Super power you would most like to have?** No idea

**Tell us something interesting about yourself:** Married to Deborah for 32 years, 3 Children, 3 Grandchildren. Have worked in engineering for nearly 40 years as an electrical and control systems engineer in the machine tool industry serving aerospace, automotive, heavy and general engineering companies both in the UK, USA, Canada, France, Spain, Germany and Ireland.

**RUNNER OF THE MONTH**



Runner of the Month for September was Jackie Walters. Jackie’s prize was a bottle of wine. WELL DONE!!

Runner of the Month nominations are welcomed from all members of the Club. If you know of anyone who has made an achievement (or indeed yourselves!!), then please feel free to nominate them by emailing [baildonrunners@yahoo.co.uk](mailto:baildonrunners@yahoo.co.uk). It is not all about breaking records, either. It could be someone who has completed their first race at a particular distance or in a particular time. Neither, does it necessarily need to be running related. We have had winners in the past who have been awarded the accolade for volunteering at events as well as other non-running related activities.

**EVEN AULDER JOGGER’S BLOG**

***by Phil Bland***

Keen readers of this month’s diatribe will notice that I have actually lent my name to it for once – this was at the instigation of John Cawley who wanted to know which of us to sue in case of defamation!

So the excitement is over – the London Marathon gate has clanged shut for 2015 and we are nursing our “blown out” magazines and running tops wondering whether Santa (in the shape of Baildon Runners) will give us a Club place.

I actually applied this year – usual story, too much red wine the evening before the ballot, became tired and emotional and missed the ballot opening at midnight

However, fate dealt a wicked blow. Roused by the dog at 3 am and after a quick circuit of the estate, I thought I would give it a go (obviously not quite sober enough yet) and at 3.30 am I sailed through the application process, parted with the hard earned cash and went back to bed. Woke the following morning & regaled the Boss with what I thought was my nightmare “You’ll never guess what – I dreamt that I applied for the marathon “. Boss rolls about the floor in fits, I open my email and – calamity! An acknowledgment thanking me for my application – we’ll let you know in October. The Boss says cheerily – we can train together! For heaven’s sake……..

Relief came in October – blown out! Thank heavens for that – but the fickle finger of fate wasn’t done yet, oh no. Some of you may know that I lead a double life as Treasurer of Fewston Parish Church and some years ago I opened a Virgin Money Giving site to raise funds for a Church project. Out of the blue arrived an email from Virgin to say “Congratulations – your charity has been successful in this year’s charity ballot for the London Marathon and you have been allocated one place to use as you wish”.

Now, with the best will in the world, with an average age of well over 70 I was not going to find another runner and my fate was sealed. It was meant to be. Somehow I have a feeling that my personal trainer will not be merciful so here we go – a few cold months of purgatory followed by 26.2 miles chasing the Rhinos and Giraffes (I won’t be troubling the Kenyans!) but then there is John Cawley’s shiny new MV60 record to chase down………..!

However, recent days have reassured me that I am not the only crackpot in the Club – Andy Price, Dave Lonsdale, Rebecca Langdon, Jules Potter, Natalie Bottomley and Rachel Anmer all elected to career round the Chevin on Halloween evening in total darkness battling for the prize of top spook. Baildon Runners is now officially the third most scary team out there!

To top that Dan Cobb, Rachel Anmer (again!) and Rob Myers ran the Pain Barrier 10K – complete with the Swamp of Suffering, Marsh of Misery, Pool of Punishment and the Dips of Despair - I think I have plenty of competition for “Crackpot of the Month” don’t you! Happy running folks………

**THE KIELDER MARATHON**

***by Paul Thomas***

Hi, for those of you who don't know me, here is a little background on me and my little life:

I am 28 and took up running a year ago on no watch night. Before I started running I was 13.5 stones and smoked 20+ cigarettes a day, so a change was in order. I began to run loving the Thursday night runs with the Club and listening to everyone’s amazing stories of what they had achieved and are achieving. Which made me decide I needed a goal.

So my friend, who does a lot of walking and off-road running, suggested running Kielder Marathon. At the time I knew little about Kielder or running a Marathon for that matter, but had a few shandies too many in the pub, so accepted the challenge. May 1st came round and running was going better than ever – then injury struck! I had pulled my groin and was out for what seemed a lifetime. Left with only 8 weeks to go before the Marathon and no miles ran at all. Paul Baildon saw a financial opportunity and a bet was made. I believed I could run the Marathon which, at this point I thought it was flat, in 4 hours and Paul Baildon thought with only 8 weeks left to go and no long runs behind me I had little chance. So, it was every minute over 4 hours I pay Paul £1 and every minute under he would pay me £1.



So, I started to run, run, run.

The day before the Marathon we arrived in Scotland, just 30 minutes drive from Kielder and wow the most beautiful place I have ever seen. We took a trip to Kielder to have a little look at the route and it was like looking at a roller coaster up, down, up , down, up, up, down but wow the view. The morning of the Marathon and I was a little nervous to say the least. We drove back to Kielder were we got free parking at Kielder Castle and full instructions on what was going to happen. Then a bus came and picked us up and took us to the start line down by the reservoir, with the morning mist rising off the water. To look at it was beautiful. The crowds of runners were forming fast and the air was electric. We were taken into a tent, given a place to put our belongings and given energy gels and water. This alone I was amazed at just how well run this race was. There were Police, Ambulance, First Aiders and Volunteers – any problems you just spoke to one of these people and it was sorted for you.

At the start everyone stands in their allotted time slots: 3.30 to 4 hrs, I was stood looking round thinking oh my god everyone here looks a lot fitter than me. Bang, the gun went off by Steve Cram, the Olympian and the race designer. My feet were like ice for the first mile and a half and then they warmed up and were tingling for another 1.5 mile but after 5 miles in I was well into my stride, running to my game plan and felt fantastic. Every 3 miles there were water stops and food stations well manned and well supplied. I had my very own gang of followers, my Mum, Dad and their mates came up to support us. They were amazed at just how well it was organised and how easy it was to get from one place to view the runners to another. They parked at the castle car park and were picked up and paid only £3 for a ticket which covered the parking and the coach ride all day. They got to mile 2 to see us go past, then were driven round to several other mile markers to give their support, which helped me amazingly to just keep moving.

At the half way point I was feeling amazing and had managed to give myself an 8 minute cushion on my 4 hour goal. And the beautiful surroundings had a lot to help for that. I got to the dam wall 18 miles in and started running over the wall. It was so picturesque and that's when it hit me just what I was achieving and felt that the 4 hour goal was going to happen. After drying my tears, I reached the end of the dam where the supporters were waiting, so I put a little sprint on to show off in front of my Dad. 20 miles in and the run had changed – my body was definitely tiring and the miles seemed to be getting longer. 23 miles in and you are met with the Saltaire tram way, just steeper and longer – that was a very slow and long jog to the top. 24 miles and I could hear the finish line and started to dream of what I was going to spend my winnings on that Paul Baildon was going to give me. Every joint at this point was burning hot; I thought I was just going to burst into flames at one point. I was using my bottled water to pour on my joints that were burning. Then disaster struck! My right leg going in to the worst cramp I have ever felt or had in my life. It was in my whole leg, as soon as I put it back on the floor it went into cramp again. At this point a lot of people are running past and I am thinking it’s over I can't even walk on it. At this point I met with a runner, who slowed down and told me to go down a path, there are first aiders down there who will help and you can pull out of the race that way. Then seconds later a runner stopped by the side of me and he had a Skipton vest on. He had other advice, better advice. He said to me run walk crawl, you have only 2 miles left to go. So taking the advice of the second man from Skipton I started to hobble and slowly what felt like an age the cramp started to ease. 25 and a bit miles the cramps had gone and I looked at my watch and I had one shot left at getting 4 hours but I would have to run my fastest mile. So head down I put the sprint / hobble on running past my mate who said to pull out. And my lucky Skipton man, who said you can do it. The final straight you are met with amazing applause and talked in on a radio that's sounding around the finish line. What I heard him say was now we have Paul Thomas from Baildon Runners. That made me very proud indeed. I crossed the line in a daze, looked to my left to see my Dad. He just said you left that close, you have done it. I looked at the clock and to my amazement the clock read 3 hours 59..... Then I was hit by an emotional wave that was not cool – crying my eyes out all the way into the tent, where you get given your medal. The woman asked are you ok, I tearfully replied yes it's my first. Thinking back I hope she understood what I meant :-) After the medal handing out and the T-shirt, goody bag and free bananas, you are taken into the recovery tent where the 15 minutes sports massage that awaits is heaven on earth. And the greatest day of my life came to an end. I would recommend this Marathon to anyone, it's an outstanding 10/10. On the route home I started to wonder if Paul Baildon had not put a challenge on the marathon, would I have made the last mile in 8 minutes. So for that I thank him as he kept me going all the way from Baildon. And the winnings of 90 p handed to me in an award like ceremony in the Club house topped off the occasion. I am proud to be a member of what I class the best running club in the world .

Hope you have enjoyed reading my insight into my Kielder Marathon experience.

**SUMMER CHAMPIONSHIP**

***by Alan Clements***

October provided a busy and exciting finale to the Summer Championship. Four events took place, although two of these were on the final day, and several impressive Age Graded PBs saw the podium places in all three divisions change throughout the month.

The Second Division title (and also the overall Club Championship) had already been secured by Sally Gavaghan, but PBs at both the Horsforth 10K and the Bradford parkrun, saw Elinor Newhouse move into second place. Good runs at the parkrun, followed by a first time 10K at Wistow, were enough for Geraldine Ray to secure third spot. Sarah Terry and Jenny Stephenson earned themselves trophies for completing at least six Summer Championship events.

In the First Division, Age Graded PBs were recorded at the Bradford parkrun by Rebecca Langdon and at Wistow 10K by Nigel Shaw. Rebecca’s was not enough to move her into the top three, but Nigel's secured first place, ahead of Liz Caven and Neil Fairburn. Trophies for completing at least six events go to Jackie Walters, Carolyn Hargreaves, Rebecca Langdon, Phil Bland and Dave Lonsdale.

In the Premier Division, superb runs by Ben Watson, in getting an Age Graded PB at the Horsforth 10K, running under 20 minutes for the first time at the Bradford parkrun and recording a first half marathon time at the Bradford Half, were not quite enough to move him into the medal positions. However, an Age Graded PB at the Bradford Half saw Paul Baildon move to the top of the table, ahead of Debbie Bland and Barbara Lee. This was the day when we had two races and the Wistow 10K was still to come. Debbie was competing in this and nothing less than a PB would see her regain the lead and take the title in the league that she had led for much of the year. Debbie achieved this in great style, smashing her Age Graded PB by 1 minute 10 seconds and, at the same time, setting a new Club F60 record. This saw her take the title, ahead of Paul and Barbara. If it had not been for Quentin finishing ahead of her at two of the John Carr 5Ks, Debbie would have achieved a perfect 216 score and tied with Sally for the overall Club Championship. Ben Watson, Gareth Holme, Don Johnson, John Cawley, Philip Jones, Geoff Perigo and John Crabtree will all receive trophies for completing at least six events.

The full (hopefully final) tables can be found on the website and have also been posted in the Rugby Clubhouse and changing rooms. If you think there are any errors in these, please let me know and I will investigate. Well done to everyone who took part in this year’s Championship.

**RESULTS ROUNDUP: OCTOBER 2014**

***by Phil Bland***

With the onset of Autumn, several of the races during October were at the business end of the Club Summer Championships which have been closely contested all through the summer season. An exciting finish beckoned with several Club Age records falling during the month as Baildoneers fought for advantage.

First race on the run in was the **Horsforth 10K** on **5th October** – moved from its traditional time to an afternoon slot, the race was well supported with 335 runners turning up for this mixed terrain race with a tough uphill start out of Apperley Bridge. Eleven Baildoneers took up the challenge and **Gareth Holme** was first back for us in a quick **40:36**, closely followed by **Ben Watson** in **42:28 (PB)** and **Andy Price** in **43:05**. Good running from **Debbie Bland** **(48:06)**, **Neil Fairburn (48:24)**, **Barbara Lee (49:06)**, **John Crabtree (54:23)**, **Sally Gavaghan (58:06)**, **Jackie Walters (58:30)** and **yours truly (59:23)**, all dipping under the hour mark. **Jenny Stephenson (1:02:43)** and **Ellie Newhouse** running her first ever 10K race in **1:04:50** also had good runs and completed a great turnout from Baildon Runners. **Debbie** picked up **1st FV60** prize and, along with **Ben’s** PB, kept up the pressure at the top of the **Premier Division** whilst **Ellie** scored a fine **35 points** to keep her in the hunt for runner up spot in the **Second Division**.

Away from the heat of the Summer Championship competition **Don Johnson** broke the **MV60** record running **44:10** at **Cusworth** encouraged by **Denise** in **50:11**. Meanwhile **Ian Hartman** took to the Fells in the **8.1 mile / 1148ft** **Saddleworth Edges (Greenfield)** finishing in a very respectable **1:36:42**.

Further North **Paul Thomas** ran his first Marathon at **Kielder**, egged on by a large cash incentive from **Paul Baildon** to break 4 hours he stormed home in **3:59:10**. He is now figuring out how to spend his 50 p winnings!

The following week **(12th Oct)** was “Marathon Weekend” when six of our gallant crew embarked on 26.2 miles in the **Plusnet Yorkshire Marathon** based in York. Some magnificent running saw no less than three Club Age Group records fall – **Ian Ferris** was first home in **3:18:51** (Age group 39th), lowering his own Manchester MV45 record by **5 minutes**, followed in by **Lorne Mc Neill** (3:43:10 – 178th), Denise Johnson ran **3:52:24** (6th) to take out the FV55 Club Age Group record and was followed in by Nigel Shaw **(3:54:29)** and **John Cawley** who took a huge 46 minutes off the old MV60 record to post **4:04:31**. Completing an excellent Baildon Runners team performance was **Richard Sykes** in **4:30:17**.

Elsewhere, nine of our “off road” types took on the **Withins Skyline Fell Race** – 7 miles of slippery trails with 1000ft of ascent thrown in – on the moors above Oxenhope. First home for Baildon was **Emma Stoney (58:28)** with **Andy Price** hot on her heels in **59:35**. **Neil Fairburn (61:12**), **Ian Hartman (65:08)** and Jim Goddard **(68:09)** all demonstrated their off road pedigree whilst **Kate Walter (80:49)**, **Linda Carey (89:11)**, **Rachel Anmer (107:51)** and **Liz Boothman (107:53)** all ran terrific races on difficult terrain. Race winner was Simon Bailey (41:05) whilst first lady home was Lindsey Brindle (48:53).

The weekend of the 19th October saw a virtual blizzard of racing with Baildoneers running about all over the place!

**Don** and **Denise Johnson** took on the elite of Spain in the **Palma 10K** on the island of Majorca. On a very hot day (30oc) they were thankful that they had attended Phil and Debbie Bland’s Ruby wedding hydration clinic for a few days earlier (San Miguel, the perfect race fuel) and they recorded good times on this scenic city route – **Don 47:57** and **Denise**, easing back into racing after the previous weeks marathon heroics, **55:10**.

Meanwhile, back in Blighty our flying sisters **Mel West** and **Amanda Darbyshire** ran the **Harewood Trail Race** (reduced this year from ten to eight miles due to a partial route closure at Eccup but still featuring one of the toughest hill finishes). **Mel** ran **1:10:27** and **Amanda 1:17:12**.

The Off Road theme continued at the **Woodland Challenge 10K** (Stainland) – first home and continuing her fine form was **Emma Stoney (46:40)** with Rebecca Langdon **(50:12)** and **Alice Buttle (50:33)** chasing her down. **Ian Hartman** **(53:41)** and **Linda Carey (1:07:59)** completed a fine performance in the Baildon vest.

**Debbie Bland** took her trail shoes up the A1 to Boroughbridge for the **Shaun Lee Johnstone Memorial 10 Mile MTR** – a race run to raise funds for research and treatment of brain tumours. Run by Shaun’s father Ray of Ripon Runners, this tough figure of eight course contains muddy ditches and other assorted horrors. **Debbie** ran in **1st FV60** in **1:23:38** – her fastest time in three attempts!

**Chris Longstaffe** and **John Buddle** tried something altogether different at the **Helwith Bridge Duathalon** – a 4 mile run followed by 23 on the bike and finishing with a second 4 mile run! – **Chris (2:16:23)** just pipped **John** **(2:19:50)**.

Meanwhile a lot further South in Birmingham **Andy Price** ran the **Birmingham Half Marathon** and despite a heavy cold recorded a splendid PB of **1:40:42** shaving 8 minutes off his previous best.

**The final weekend in October** saw the climax of the Summer Championships with two important races running on the same Sunday, both with the potential to decide the destination of the **Premier** and **First Division** titles. First off at 9.30 am was the **Bradford City Race Series** – **5K, 10K and Half Marathon** – a multi lap circuit of Bradford City Centre. With bookies doing brisk business and helicopters on standby it all boiled down to this: could **Paul Baildon** (who had craftily kept his final 6th race up his sleeve until the last day) record a PB and earn the 36 points he needed to pip **Debbie Bland** to the title. However, if **Paul** failed to PB and **Ben Watson** picked up 36 points then it all changed again until – 11.00 am when **Debbie** was due to blast off at the **Wistow 10K**.

The nation held its breath for 90 minutes as **Paul** set off on his quest! In exactly **1:33:36** he had finished – a PB! **Ben** came in just behind in **1:33:58**. So, at 11.00 am **Paul** was **Premier Division Champion** elect. However…………

**Wistow 10K** is a flat fast course but can be windy, as it was this time. **Debbie** had been up all night with slide rules and calculators working out the options & knew she had to PB to be sure of retaining her title. Running along with her was **Nigel Shaw** who had the potential to spoil the party in the First Division by nicking the title on the last day if he too could PB!

By 11.47 am it was all over – both **Debbie** **(46:05)** and **Nigel (45:36)** ran terrific PB races to claim the **Premier** and **First** **Division** titles. **Don Johnson** was first home for Baildon in **44:35** with **Rebecca Langdon (45:32)** running to keep yours truly **(55:56)** firmly in 7th spot in the **First Division**. **Geoff Perigo (51:45)**, who was plotting to nick a place off **Don** **Johnson** managed to get his pacing calculations all wrong and just missed out on the PB he needed and the lovely **Geraldine Ray** ran a valiant **58:40** in her first ever 10K race.

**Debbie’s 46:05** was good enough to take the 1st FV50 behind Lesley Leggett who ran in 2nd lady and she also lowered her own FV60 Club record by 40 seconds in the process. As she said afterwards – a pretty good day at the office!

Meanwhile, back at Bradford…….Four of our Baildoneers had run the 10K race – **John Buddle** in **43:00**, **Rob Graham** in **46:58**, **Jo Bloor** just missing out on the sub hour but recording a good PB in **1:00:58** and **Sarah Cheshire (1:01:39)**.

Away from all this excitement **Michelle Morris** was tackling the tough **Rivington 26** – an off road marathon taking in Rivington Pike and Darwen Tower over in darkest Lancashire. Another terrific performance in **5:07:12** to come in 12th lady and 6th in her age group. In the same genre **Rob Martin** completed the equally tough Gt Whernside Fell Race – shorter at 4 miles but equally brutal in climbing 1558ft – finishing in **44:32**.

To round off October **Bob Shimmin** and **John Tatham** took their good ladies on a scenic tour of Sussex by completing the Beachy Head Marathon together. Their time of **8 hours 20 minutes** shows how much they savoured every moment!

Another successful month of parkrunning saw the Baildon vest appear at **Bradford, Skipton, Wolverhampton, Huddersfield, Leeds and Newby Bridge**. The big event of course was **Bradford parkrun on the 11th** – a Summer Championship race – with 26 Baildoneers chasing points. **Gareth Holme** was our fastest on the day in **19:46** with **Rebecca Langdon** scoring a fine **22:14** as our fastest lady. Special mention goes to **Ben Watson** who ended his long wait for a sub 20 minute with a terrific **19:58** PB. **Gareth** narrowly missed out on fastest of the month to **Steve Watkins** who posted **19:18** at **Skipton** on the 18th whilst fastest lady **Rebecca** shaved 2 seconds off her Bradford time with a quick **22:12** at **Leeds** on the 25th.

**THURSDAY NIGHT RUNNING GROUPS**

**by Sue Coates**

Below is a list of the volunteers to lead the Thursday night groups D and E:

**Date Group D Group E**

13/11/14  Geoff Perigo                            Jackie Walters              
20/11/14  John Crabtree                         Sally Gavaghan  
27/11/14  Phil Worsley                           Carolyn Hargreaves

If any of the above dates are not convenient to you and you can’t get in touch with someone to swap with, just let me know and I will sort it out, it won’t be a problem.

## 

**SUNDAY SESSIONS**

**by Lizzie Smith**

The Sunday Run Leaders will be announced by email in due course.

## AGE CATEGORY RECORDS

This information will now be accessed through the website at [www.baildonrunners.co.uk](http://www.baildonrunners.co.uk)

## 

## QUOTE OF THE MONTH

“Some seek the comfort of their therapist's office, other head to the corner pub and dive into a pint, but I chose running as my therapy.”   
[*Dean Karnazes*](http://www.goodreads.com/author/show/50342.Dean_Karnazes)*,*[Ultramarathon Man: Confessions of an All-Night Runner](http://www.goodreads.com/work/quotes/402984)

**FORTHCOMING RACES**

Every Saturday [Lister Park 5K parkrun](http://www.parkrun.org.uk/bradford/home) (Bradford), [Hyde Park 5K parkrun](http://www.parkrun.org.uk/leeds/home) (Leeds), [Roundhay Park 5K parkrun](http://www.parkrun.org.uk/roundhay/home)

9.00 am (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)  
 All are free events, but you must pre‑register online by 6:00pm Friday, and take the barcode emailed to you.

16 November [Leeds Abbey Dash 10K](http://www.ageuk.org.uk/get-involved/events-and-challenges/leeds-abbey-dash/)

7 December [Guy’s 10 miles](http://www.ukresults.net/forms/141207guys.pdf) (Garstang)

21 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)

## COMMITTEE MEMBERS

|  |  |
| --- | --- |
| Alan Clements | Secretary, Joint Club Liaison and BBWay Race Director |
| Dave Lonsdale | Treasurer, Membership Secretary & Curry Nights |
| Kevin Brain | To be announced |
| Sue Coates | Social Secretary, Carnival Canter & Kit |
| Dan Cobb | Announcements & WYWL rep |
| Ian Ferris | Club Coach, Beginners, Run England & BAN Rep |
| Matthew Gurney | Development Group Link, AA Link and BBWay Entries Secretary |
| Gareth Holme | Men’s Relay Team Captain |
| Geoff Perigo | Webmaster, Club diary & routes |
| Lizzie Smith | Minutes and Newsletter |
| Tracy Robinson | Assistant Social Secretary |
| Emma Stoney | Ladies’ Relay Team Captain |

## OTHER CONTACTS

|  |  |
| --- | --- |
| Paul Baildon | Club Auditor |
| Richard Barnes | Garmin routes |
| Liz Boothman  Phil Bland | Schools Liaison  Club Records |
| Chris Burke | BBWay Course Marshall |
| Colin Davidson | T & A reports |
| Hamid Houman | BBWay Course Director |
| Denise Johnson | Veterans |
| Michelle Morris | BBWay Chief Marshal |
| Anna Smith | Off‑Road Leagues |

## WEBSITE AND EMAIL ADDRESSES

|  |  |
| --- | --- |
| Website: | [baildonrunners.co.uk](http://baildonrunners.co.uk/) |
| General email: | [baildonrunners@yahoo.co.uk](mailto:baildonrunners@yahoo.co.uk) |
| Newsletter email: | [news@baildonrunners.co.uk](mailto:news@baildonrunners.co.uk) |
| Results email: | [results@baildonrunners.co.uk](mailto:results@baildonrunners.co.uk) |