

# **BAILDON RUNNERS NEWSLETTER**

November 2016

## **FROM THE EDITOR**

*Jackie Walters*

This newsletter has been brought to you by Linda Carey, John Cawley, Gareth Holme, Hamid Houman, Denise Johnson, Dave Lonsdale, Richard Lund, Jeff Singleton and Geraldine Ray. Special thanks also to Ben Mounsey and Pudsey Pacers for their contributions.

The races section includes races from "Its Grim Up North", including the "Sir Titus Trot" on 28 January 2107 - a marathon, half marathon, 10k and 5k all starting from the canal in Saltaire. I see some Baildon Runners have already booked their places! For details see the website: <http://www.itsgrimupnorthrunning.co.uk/contact.html>

Please send news items and articles for the December newsletter to [baildonrunners@yahoo.co.uk](mailto:baildonrunners@yahoo.co.uk) by 29 December.

## **RUNNER OF THE MONTH**

*Gareth Holme*

Runner of the month for September was Jim Wheldon for winning overall in the BAN summer off-road challenge. For October Rob Myers took the honours for consistently placing 1st or 2nd M60 in a huge amount of races. Well done Jim and Rob for your brilliant achievements.

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](mailto:baildonrunners@yahoo.co.uk). Every nomination is listed and the committee considers them all and then votes. It is not just about running. It could be doing something for your club or volunteering at events for instance.



## **NEW MEMBERS**

*Dave Lonsdale*

One new first claim member this month, Paul Pedley, bringing total membership to 205. A warm welcome Paul.

## **PETER KASSAPIAN**

*Hamid Houman*

I am deeply saddened to report my good friend Peter Kassapian, one of our longest serving members, passed away on Tuesday 1 November at the age of 76. Peter joined the club at the same time as myself (1986) and has been a full member ever since. Peter used to run every Thursday and enjoyed a drink or two afterwards but since the mid 90s, he had to give up running due to joint pain. Those that knew and remember him will agree that Peter did not have the natural physique of a runner. Despite that, he ran the London marathon and his enthusiasm for running was infectious. He was a larger than life character who will be sorely missed. I have passed our condolences, on behalf of the club, to Jean, his wife.

## **CHRISTMAS PARTY AND AWARDS NIGHT**

A big thank you to Geraldine Ray for organising yet another highly successful event. The winners went home with trophies, lots of people won raffle prizes and there was plenty of exuberant dancing!. Two lucky runners were drawn out of the hat for the club's two London Marathon places. The first draw was for those who had not done the London marathon before and Paul Thomas was successful. All the names from the first draw were then added to the second and this time Hester Stefanuti was drawn. Good luck with the training Paul and Hester!

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The trophies were presented by our special guest Veronique Marot, a London marathon winner. Her time of 2:25:56 was the record for 13 years until Paula Radcliffe set a new record. Veronique was the best GB marathon runner of all time after Paula and Mara Yamauchi.

Jim Wheldon won the Summer Fell League trophy. In the Summer Championship Denise Bailey came top of the 2nd Division, Mark Delaney, the 1<sup>st</sup> Division and Lee Kaznowski the Premier Division with Mark winning the shield for best overall performance. Donna Kaznowski won best newcomer award, Mark Delaney most improved runner and Michael Malyon outstanding performance. The Dave Turpin award for services to the club was won by Paul Baildon.

Hamid Houman paid a moving tribute to his long-time friend and club member Peter Kassapian.

## **THURSDAY GROUP RUNS** *Linda Carey and Jackie Walters*

In order for all of us to enjoy running safely, particularly at this unpredictable time of year, we would like to remind members of a few key points.

The Group Leaders undertake to know the chosen route and ensure that no one gets left behind. It is the responsibility of runners to dress appropriately for the weather with an emphasis on visibility at this time of year and also to avoid risk when on public roads.

Please let your Group Leader know if you decide to drop out before the end of the run.

We advise that leaders carry a mobile phone, with a local taxi firm number stored in it and a small amount of cash, in case of emergency. If a runner in the group is injured or ill and not easily able to get back to base, ringing for a taxi could be the best solution. Baildon Private Hire Taxis Northgate tel: 01274 580214/580159 is probably the nearest, (the taxis often wait in Baildon Rugby Club Car Park between calls).

Thank you to all the leaders, especially the newer leaders who we know go to a lot of trouble to recce routes beforehand. If any other members are willing to lead either D or E group please let Jackie know.

Details of the routes and leaders for the next few months are on the calendar on the club website and we look forward to an enjoyable and safe winter of club running.

## **LOCAL PHYSIOTHERAPY**

*Jackie Walters*

If ever you need physio or sports massage here are some local contacts:

**Ben Pollard of Baildon Village Physiotherapy & Sports Injury Clinic**, 3 The Grove, Baildon, BD17 5NQ Tel: 01274 414403. The practice has been established for ten years and offers hands-on' treatment of musculoskeletal problems, specializing in running injuries and rehab advice. There is a discounted price of £25 for Baildon Runners.

**Jonathan Picken** recently contacted the Club. He has started a part-time practice in Baildon and is keen to work predominantly with runners. He specialises in running injuries and can offer gait analysis as part of treatment. Jonathan is offering a discount of £25 (down from £40) for the initial assessment until 1 February 2017. See on Facebook @visionphysio or contact by mobile: 07527 181369 or email: [visionphysio@gmail.com](mailto:visionphysio@gmail.com).

Another club member has used **SSMSohrab Sports massage and Personal trainer** at Body Logix Studio, 1a Oastler Road, Saltaire BD184SE. Mobile 07882 265506 email: [sohrabsport\\_gold@yahoo.co.uk](mailto:sohrabsport_gold@yahoo.co.uk)

## **STRAVA –WHAT'S IN IT FOR ME?**

*Richard Lund*

Ever craved a virtual trophy or pixelated prize? Then welcome to the world of Strava. It's a social network, a training log, a virtual locker room and an online competition. The social aspects are a real game changer and it's alive and well within Baildon Runners.

Strava can change the most mundane of runs into a spirited competition all of course at your own convenience. If there's an epic hill, (Carr Lane springs to mind) or a popular trail near you, it's likely that there's already a Strava record that you can compete against. If there isn't one, create it! You can follow your friends, enemies or local Pros, and keep track of how you stack up over the same trails or roads. You can comment on your follower's workouts, and give kudos as a virtual slap on the back.

Personally, I've never been one for paper training logs or following the well-trodden routes of others but Strava tracks everything from the beginning of time. There's a statistic or piece of data to log or share for every run you complete over the course of a week, month, year and lifetime!

Sure, it's an excellent way to track your progress and fine-tune your training and of course it's cool to see how you stack up against others on Strava's Monthly Challenges. Distance, pace, climbing all feature. At the time of writing, I'm particularly enjoying the November 10k Challenge although am I ever going to beat Mrs B!! There's dedicated stats for Baildon Runners with weekly progress against your Group A-E buddies as well as a chat forum to plan next night out on the lime and soda or reminisce about Piero's legendary dance moves!

But remember, everyone is watching and the numbers strip you down to the bare facts. If you enjoy the sanctuary and solitude of Baildon Moor, The Three Bumps or the Twelve Apostles rather than the knowledge of beating one of those Striders, then real clouds rather than iCloud may be more your thing. Online friends versus those at your front door or even better at our Thursday club night; I love both but whatever you feel about it always remember to run, sleep, eat, repeat .

The practical bit: So now that you're interested, how does it work? Simply download the App on your smart phone and follow the instructions. Once you've entered your details it will start recording all the action directly via your phone. You can link your Garmin and other devices to it via the Options menu on the bottom of the screen. Click More > Settings > Link other devices. Your club mates can easily be located by clicking More > Settings > Clubs and then searching for Baildon Runners. Within that page, click the link for Runners and you should find the list of the 59 Baildon Runners who currently use Strava. Happy Stravering!

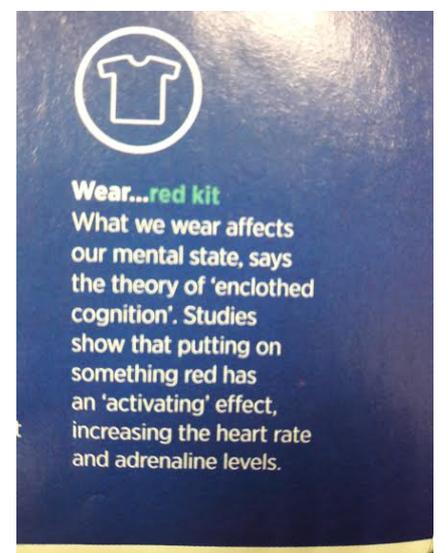
## **WEAR RED!**

Jeff Singleton found this in Runner's World Magazine and thought of Baildon Runners!

## **OGOBS CHRISTMAS HANDICAP**

*Denise Johnson*

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



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The date: 14 December, start 9.30am. Meet at the bandstand Roberts Park. Everyone welcome to run but the trophy can only go to an OGOB. To be classed as an OGOB you have to have run with us a few times leading up to the race.

Baildon Runners have donated a trophy and prizes and there will be cake. We also do a Secret Santa so just bring a £5 gift wrapped up to exchange after the run.

Email Denise at Baildonrunners@yahoo.co.uk if you would like to run. Please give me an estimated time for 5 miles.

Our group on a Wednesday morning has grown and grown with at least 12 people turning up each week to run over the moors. Age does not matter, everyone is welcome to run with us and nobody gets left behind. Don and I always run at the back supporting the steadier or newer runners. We are a great bunch of people that just love a social run. In summer months we run over the moors and then move down to our winter location on the canal for a few months, depending on the weather. OGOBS is not just for Baildon Runners anyone can join us, just send them along and they will be made welcome. We have a Facebook page so just send a friend request.

## **STRENGTH AND CONDITIONING SESSIONS**

*Kevin Brain*

These will continue most Saturday mornings, meeting at the top of Coach Road near the lodge. Sessions and times which may vary, will be notified by email.

## **YORKSHIRE VETS, DOING IT FOR THE GIRLS**

*Denise Johnson*

The final vets race was held at Spensborough on 13 November. This time just four ladies turned up to run. It was a nice morning for running so the race was well supported.

Rachel Smith got a good start and once again put in a great performance. Denise Johnson set off more steadily and worked her way through the field to finish 29th. Rachel hung on to finish 37th with Sue Coates taking 2nd over 65 in 43rd place. Susanna Walters did not let the tough course at Pudsey put her off and came in looking very strong in 62nd place.



## **A RUNNERS' GUIDE TO WINTER SURVIVAL**

*Ben Mounsey*

Extract from a Blog by Winter League winner Ben Mounsey, offering tips on what works for him!

Winter - As a runner, it's the time of year you've probably been dreading. The clocks go back, the light begins to fade and the weather is inevitably on the turn. Summer is nothing but a distant memory and it becomes increasingly harder to find any kind of motivation to train. But fear not, help is at hand!

Here are my top tips for surviving the winter and embracing the cold...

## **1 Don't Make Excuses**

It's ok. I get it. You've just finished work and you're absolutely shattered. It was dark when you left the house this morning and it's dark now as you're leaving the office. It feels like you haven't felt the sun on your face for months and it's cold outside, really cold. When you open your front door the only thing on your mind is settling down on the sofa in front of a warm fire, whilst watching television and eating the dinner you've been dreaming about all afternoon. It's only 6 o'clock and you have an uncontrollable urge to head upstairs to slip into your pyjamas. Besides it's just started raining outside and your favourite TV programme is calling out your name from the SkyPlus box.

*'What if Daryl from the Walking Dead dies in this week's episode whilst I'm out training? How will I ever forgive myself? I suppose I can always run tomorrow instead. Yeah tomorrow, I might even do a double session. Now where did I put that XL bar of Dairy Milk?'*

Sounds familiar? Trust me when I say that this is my dilemma pretty much every day of the week during winter. I always say the hardest part of training is actually getting changed and leaving the house because it's the easiest time to give up and make excuses. I have to play some serious mind games with myself in order to get a session done. One of my best tips is to not set your central heating on a timer for when you get home. It's best to make your front room as cold and uninviting as possible so that you'll want to go outside just to stay warm. Plus think of all the money you'll save! It's a win, win situation. I'm thinking like a true Yorkshireman now - Dave Woodhead would be very proud. A quick turn around is the key. No more than 15 minutes to get sorted and changed before you head straight back out for a run. Have all your clothes and kit laid out ready to go, drink coffee standing up and DO NOT sit down on the sofa...REPEAT after me....DO NOT SIT DOWN ON THE SOFA! Now go and enjoy the tropical weather outside, your house is bloody freezing!!!

## **2 Shine Brightly**

I'm probably the least qualified person to dish out head torch recommendations. I am, after all, the guy who turned up to a night race on the Amalfi coast in Italy, wearing a £5 'Ebay special' head torch with 2 used AA batteries borrowed from the TV remote in my hotel room. Admittedly not the best idea I've ever had.

Read more here... <https://benmounsey.net/2016/08/19/italian-adventures/>

During the winter months a decent head torch is an essential part of your running kit. When you're pounding the pavements during the dark nights, you need something to light your way and make you shine brightly. Thankfully I do know someone who knows what they're talking about...

<http://fellrunningguide.co.uk/what-is-the-best-head-torch-for-running/>

Make the sensible choice (like I've finally done!) and invest in a decent model.

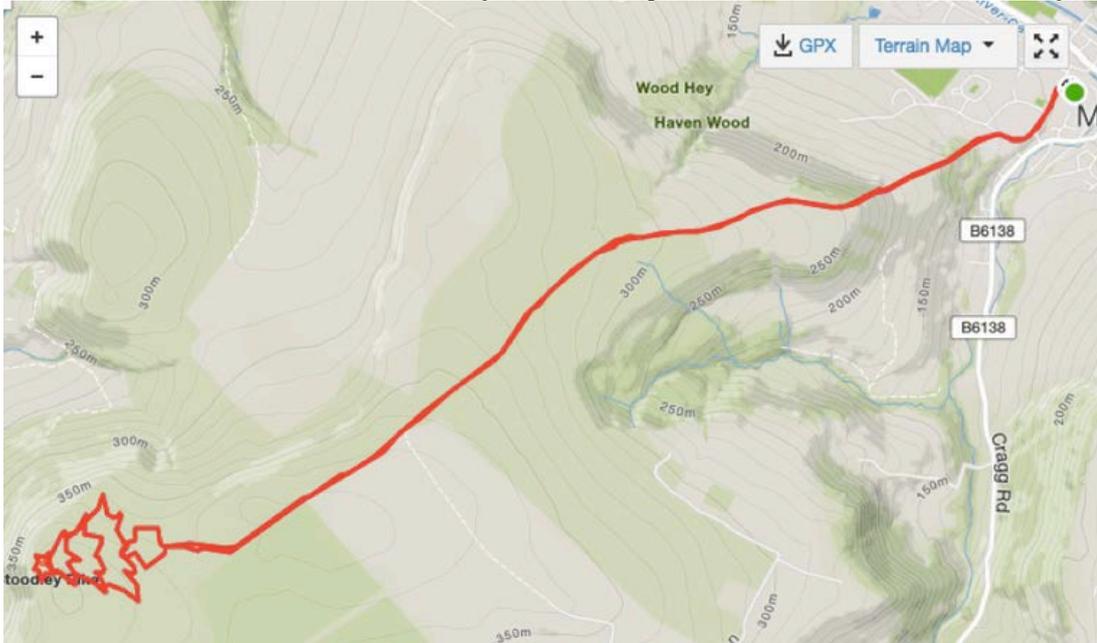
## **3 Train as One**

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For most people, running alone in winter is a daunting prospect. Dark lonely roads and paths can be scary places, especially for women. It's the best time of year to run with a friend or better still, in a group. Not only will it help you feel safer, it will also give you more motivation to train. Joining a club is a great way to meet new people and discover new runs. You'll be surprised at just how many amazing places there are to run in your local area. Over the years, my friends have introduced me to hundreds of new training routes and I get VERY excited whenever I find a new trail (yes I really am that sad!).

Plus at Christmas there will undoubtedly be plenty of festive club runs and excuses to eat lots of food after you've finished training. If you're really lucky, there might even be someone at your club who's into a bit of Stravart. Check out our Calder Valley team attempt of a Christmas tree on Stoodley Pike last year...



**The CVFR Christmas**

**club run 2015 led by Ian Symington.**

## **4 Treat Yourself**

The best way to get motivated is to buy some new running gear. Is there a better feeling than slipping on a new pair of trainers and heading out for a run? I don't think so. Go on treat yourself, it is nearly Christmas after all. It's also important to remember that treating yourself doesn't always have to be expensive. Try letting a new pair of running socks or gloves 'accidentally' fall into your shopping trolley. Or if that's still too much to spend then keep it cheap and simple. All it takes to float my boat is a bacon and egg sarnie at the end of a long run, washed down with a cup of strong Italian coffee. Tough training sessions should always be rewarded.

## **5 Say Yes to Merino**

I've previously blogged about the super powers of merino – it's simply the best. I'm all for saving money (as you've probably already gathered!) but when it comes to base layers there is no better alternative. I even wear merino underpants. However, by far the best bit of running clothing I own is still the inov-8 long sleeved hooded merino base layer. It's expensive gear, but worth every penny. Try Aldi for cheaper alternatives or check out Sportshoes who always have some great discounted prices. Whatever clothing you choose to wear, don't make the same mistake as I did last year at Lee Mill Relays :

<https://benmounsey.net/2015/11/30/bad-education/>

(Warning! Reading this blog may leave you feeling very cold. Probably best to wear some merino clothing whilst you read it)

## **6 Challenge Yourself**

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Setting yourself a challenge is the best way to motivate yourself during winter. You could set a personal weekly goal for mileage and climbing, or for the entire month. You could even try running every day. The Marcothon is a perfect challenge for athletes of all abilities. The rules are simple, you must run every day in December. Minimum of three miles or 25 minutes – whichever ever comes first. The challenge starts on December 1st and finishes on December 31st. And yes, that includes Christmas Day. It's not a competition, just a personal challenge.

Another great idea is to challenge a friend or compete as a group. See who can do the most mileage in a week or month and the winner has to buy the drinks (believe me, there's not much I wouldn't do for a free cappuccino!).

Personally I set myself a target of 50 miles a week and aim to climb between 8,000-15,000ft when in full training mode. I use Strava to track my progress and I always join their monthly challenges for distance and climbing.

## **7 Enjoy Racing**

The winter months are just about the only time I allow my body to recover. After a season of hard racing I like to get back to training and enjoy running on local trails. However, I like to use cross-country races to stay fit and I love racing at Christmas. There are a number of really great races to take part in, some with optional fancy dress. These events are always well organised and VERY enjoyable.

Here are my **top recommendations** for reasonably **LOCAL** races over the festive period...  
(see the Fellrunner site for more details and other races)

1. Sunday 27/11/2016 **Lee Mill Relay** (6.2 miles/1115ft climb – FELL RACE) @ 10:00am
2. Saturday 17/12/2016 **Hurst Green Turkey Trot** (5 miles – TRAIL RACE) @ 1.00pm
3. Sunday 18/12/2016 **Stoop** (5 miles/820ft climb – FELL RACE) @ 11:30am
4. Monday 26/12/2016 **Whinberry Naze** (4 miles/751ft climb – FELL RACE) @ 11:30am
5. Tuesday 27/12/2016 **Coley Canter** (8 miles – TRAIL RACE) @ 10.00am
6. Saturday 31/12/2016 **Auld Land Syne** (6 miles/984ft climb – FELL RACE) @ 11:30am

## **8 Plan your next adventure.**

It doesn't matter whether it's a park run or a mountain race in Italy. It's good to have something to motivate you and train for. The next time you're out running in the cold wind and rain, just remind yourself why you're doing it and think about your goal. Whatever you decide to aim for, it'll be worth all the effort when you get there.

## **9 Tis the Season to Be Jolly**

It's not all bad. Running in winter can be amazing. Embrace the weather, make the most of the weekends and if it snows, then lace up your trainers and get out for a run. Think positive, enjoy yourself and don't forget to do it with a smile. Tis the season to be jolly after all.



Photo by Steve Frith

## **WHAT TO DO IF THE WORST HAPPENS**

*Elaine Rushworth Cert Ed TechIOSH*

(We are sharing this article which was written for Pudsey Pacers Newsletter )

Due to recent events, I have been asked to give some brief advice on what to do if you encounter someone who is having a cardiac arrest. If you see someone running for instance, and they fall, it is instinctive for them to put out their hands, or in some way to try to prevent themselves from falling. One of the alarm bells is often that you see someone just drop without any reflex action.

### **TRY NOT TO PANIC!**

1. Ensure it is safe to approach the victim.
2. Promptly assess the unresponsive victim to determine if they are breathing normally.
3. Be suspicious of cardiac arrest in any patient presenting with seizures and carefully assess whether the victim is breathing normally.
4. For the victim who is unresponsive and not breathing normally:
  - Dial 999 and ask for an ambulance. If possible stay with the victim and get someone else to make the emergency call. If you are alone, put your mobile phone on speaker so you can converse with the operator whilst carrying out First Aid.
  - The operator (Dispatcher) will give you instructions on what to do, and reassure you, if you are not a trained First Aider. They will have a 3 way conversation with you and the Ambulance/ responders.
  - Start CPR and send for an Automated External Defibrillator (AED) as soon as possible.
  - If trained and able, combine chest compressions and rescue breaths, otherwise provide Compression only CPR, which the dispatcher will talk you through.
  - If an AED arrives, switch it on and follow the instructions. This device is self diagnostic. You can't go wrong. It gives you audible and visual instructions on how to operate it. It will deliver a shock to the casualty only if required - you can't accidentally shock someone who doesn't need it.
  - Minimise interruptions to CPR when attaching the AED pads to the victim.
  - You are now this person's life support. Do not stop CPR unless you are certain the victim has recovered and is breathing normally, or a health professional tells you to stop.

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The above is just some simple guidance which may hopefully give someone a little confidence in a potentially life threatening cardiac arrest situation. Many people are desperate to learn First aid after a traumatic event. If you get the opportunity to have formal, hands-on First aid training, do it. You never know who might need your help.

## AGE CATEGORY RECORDS

Full details of all age category records can, as usual, be accessed on the club website; however the following is a list of the new records set since the last newsletter (including a late record!), congratulations to you both:

Name	Cat	Distance	Date
Sue Coates	F65	10K	30 October
Emma Stoney	F35	Marathon	20 November

## RESULTS

*John Cawley*

Please continue to email your race results to [resultsbaildon@gmail.com](mailto: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](http://www.parkrun.com/results/consolidatedclub/?clubNum=1854).

### Helvellyn Lakeland Trail 15K - 5 November

427<sup>th</sup> Linda Carey 1:55:11  
536 finishers.

### Shepherds Skyline 6.2 miles, 1,148ft climb (Todmorden) - 5 November

86<sup>th</sup> Craig Blackwell 58:43  
102<sup>nd</sup> Robert Martin 1:00:27  
151<sup>st</sup> Ged Futter 1:05:38  
257<sup>th</sup> Ellie Clement 1:24:09  
281 finishers (2 DNF).

### Horsham 5K parkrun - 5 November

17<sup>th</sup> Alice Buttle 20:30 3<sup>rd</sup> FU35\*  
\* also third female overall  
71 finishers.

### Horton Park 5K parkrun - 5 November

3<sup>rd</sup> Jim Barnett 21:17 1<sup>st</sup> MU35  
11<sup>th</sup> John Atkinson 22:41 3<sup>rd</sup> M50  
29<sup>th</sup> Denise Johnson 27:53 1<sup>st</sup> F55  
71 finishers.

### Lister Park 5K parkrun - 5 November

10<sup>th</sup> Jeff Singleton 20:17  
43<sup>rd</sup> Joe Percival 23:41  
59<sup>th</sup> Gordon Slater 24:11  
140<sup>th</sup> Tara Phillips 27:24 2<sup>nd</sup> F45  
218<sup>th</sup> Sarah Anderton 29:35  
251<sup>st</sup> Jackie Walters 31:52 2<sup>nd</sup> F65  
306<sup>th</sup> Jenny Stephenson 36:09  
356<sup>th</sup> Malcolm Sharp 43:16 2<sup>nd</sup> M75  
372 finishers.

### Guy Fawkes 10 miles (Ripley) - 6 November

45<sup>th</sup> Lee Kaznowski 1:06:18  
208<sup>th</sup> Graham Driver 1:17:24  
816 finishers.

### Cop Hill 7 miles, 899ft climb - 6 November

62<sup>nd</sup> Jim Wheldon 56:11  
73<sup>rd</sup> Rob Myers 58:21  
96 finishers.

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## Leeds Abbey Dash 10K - 6 November

498 <sup>th</sup>	Phil Davis	39:02
803 <sup>rd</sup>	John Buddle	41:13
996 <sup>th</sup>	Paul Thomas	42:24
1,127 <sup>th</sup>	James Dickinson	43:16
1,140 <sup>th</sup>	Nigel Shaw	43:48
1,326 <sup>th</sup>	Darren Jukes	44:36
1,401 <sup>st</sup>	Matthew Dudley	44:53
1,696 <sup>th</sup>	Natalie Bottomley	45:26
1,861 <sup>st</sup>	Piero Tozzi	46:23
1,904 <sup>th</sup>	Stephen Brown	46:39
1,965 <sup>th</sup>	Richard Lund	47:02
2,016 <sup>th</sup>	Barbara Lee	48:33 3 <sup>rd</sup> F60
2,128 <sup>th</sup>	John Cawley	49:50
4,272 <sup>nd</sup> *	Hannah Jones	52:06
3,635 <sup>th</sup> *	Steve Tindall	53:13
5,063 <sup>rd</sup> *	Jill Buddle	53:31
3,602 <sup>nd</sup> *	Dave Shaw	53:48 3 <sup>rd</sup> M70
4,842 <sup>nd</sup>	David Bruno	54:28
5,194 <sup>th</sup>	Katherine Hornby	55:52
5,409 <sup>th</sup>	Liza Stead	56:44
6,085 <sup>th</sup>	Philippa Jones	59:50
6,404 <sup>th</sup>	Geraldine Ray	1:00:39
6,551 <sup>st</sup>	Claire Bruno	1:02:11
6,675 <sup>th</sup>	Joanne Bloor	1:03:01
6,785 <sup>th</sup>	Jo Milsom	1:03:40
7,505 <sup>th</sup>	Neil Russell	1:08:09
8,213 <sup>rd</sup>	Dave McDougall	1:16:39

\* looks strange but positions are based on gun time, whereas times are chip time.

8,634 finishers (31 DNF).

## Harriers v Cyclists 6 miles (Bingley) - 12 November

94 <sup>th</sup>	Craig Blackwell	47:22
101 <sup>st</sup>	Ben Watson	47:53
127 <sup>th</sup>	Andrew Price	49:43
162 <sup>nd</sup>	Jim Wheldon	52:41 1 <sup>st</sup> M60
197 <sup>th</sup>	Rob Myers	56:54 3 <sup>rd</sup> M60
215 <sup>th</sup>	Ian Hartman	1:00:25

246 finishers.

## Horton Park 5K parkrun - 12 November

1 <sup>st</sup>	Lee Kaznowski	18:32
12 <sup>th</sup>	John Atkinson	22:47
14 <sup>th</sup>	Donna Kaznowski	23:10 1 <sup>st</sup> FU35*
29 <sup>th</sup>	Philip Jones	25:55

\* also second female overall

69 finishers.

## Huddersfield 5K parkrun - 12 November

473 <sup>rd</sup>	Alice Buttle	32:01
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667 finishers.

## Lister Park 5K parkrun - 12 November

7 <sup>th</sup>	Pete Gallagher	19:58 1 <sup>st</sup> M40
34 <sup>th</sup>	Neil Fairburn	22:54 3 <sup>rd</sup> M50
42 <sup>nd</sup>	Robin Graham	23:27
56 <sup>th</sup>	Gordon Slater	24:13
69 <sup>th</sup>	Richard Lund	24:51
90 <sup>th</sup>	Col Morley	25:50
110 <sup>th</sup>	Ian Dawson	26:52
140 <sup>th</sup>	Jules Potter	27:54
152 <sup>nd</sup>	Dave Shaw	28:37 1 <sup>st</sup> M70
174 <sup>th</sup>	Sarah Willis	29:24
234 <sup>th</sup>	Jane Sturgess	32:29
241 <sup>st</sup>	Jo Milsom	32:55
252 <sup>nd</sup>	Liz Redmond	33:14 3 <sup>rd</sup> F60
256 <sup>th</sup>	Sue Gallagher	33:42
261 <sup>st</sup>	Leanne West	33:57

327 finishers.

## Wadsworth Half Trog 9.3 miles, 1,400ft climb

### 13 November

68 <sup>th</sup>	Phil Brown	1:43:52
75 <sup>th</sup>	Jim Wheldon	1:52:14
96 <sup>th</sup>	Kate Walter	2:44:06 3 <sup>rd</sup> F50
97 <sup>th</sup>	Linda Carey	2:44:09

100 finishers (8 DNF).

## Yorkshire Vets Spenborough - 13 November

### Ladies

29 <sup>th</sup>	Denise Johnson	45:50
37 <sup>th</sup>	Rachel Smith	47:47
43 <sup>rd</sup>	Sue Coates	49:25
62 <sup>nd</sup>	Susanna Walters	56:38

63 finishers.

## Haria Extreme 26 miles, 5,280ft climb

### (Lanzarote) - 19 November

127 <sup>th</sup>	Mick Cooper	5:21:49
276 <sup>th</sup>	Jacqueline Cooper	6:37:55

337 finishers.

## Dalby Forest 5K parkrun - 19 November

58 <sup>th</sup>	Jenny Stephenson	31:56
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67 finishers.

## Horton Park 5K parkrun - 19 November

19 <sup>th</sup>	John Atkinson	23:21
29 <sup>th</sup>	Philip Jones	24:42
47 <sup>th</sup>	Denise Johnson	28:31 1 <sup>st</sup> F55

98 finishers.

# **BAILDON RUNNERS NEWSLETTER**

**November 2016**

## **Lister Park 5K parkrun - 19 November**

5 <sup>th</sup>	Jeff Singleton	19:54	2 <sup>nd</sup> MU35
12 <sup>th</sup>	Jim Barnett	20:38	
20 <sup>th</sup>	John Buddle	21:05	3 <sup>rd</sup> M50
35 <sup>th</sup>	Michelle Woodrow	22:08	2 <sup>nd</sup> F35*
45 <sup>th</sup>	Robin Graham	22:48	
46 <sup>th</sup>	Nigel Shaw	22:56	
100 <sup>th</sup>	Richard Lund	25:26	
131 <sup>st</sup>	Graham Driver	27:03	
150 <sup>th</sup>	Tara Phillips	27:54	
161 <sup>st</sup>	Jill Buddle	28:20	2 <sup>nd</sup> F50
178 <sup>th</sup>	Dave Shaw	29:02	1 <sup>st</sup> M70
201 <sup>st</sup>	Jackie Walters	30:15	1 <sup>st</sup> F65
226 <sup>th</sup>	Jo Milsom	32:32	
247 <sup>th</sup>	Liz Redmond	34:17	3 <sup>rd</sup> F60
268 <sup>th</sup>	Jules Potter	37:16	

\* also third female overall.  
294 finishers.

## **Barnsley 5K parkrun - 26 November**

10 <sup>th</sup>	Jim Barnett	20:27	
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134 finishers.

## **Horton Park 5K parkrun - 26 November**

10 <sup>th</sup>	Philip Jones	24:58	1 <sup>st</sup> M55
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59 finishers.

## **Lister Park 5K parkrun - 26 November**

18 <sup>th</sup>	Ben Watson	21:19	3 <sup>rd</sup> M40
25 <sup>th</sup>	Alice Buttle	22:04	3 <sup>rd</sup> FU35
45 <sup>th</sup>	Robin Graham	23:51	
81 <sup>st</sup>	Denise Johnson	25:00	3 <sup>rd</sup> F55
116 <sup>th</sup>	Tara Philips	26:50	
137 <sup>th</sup>	Steve Tindall	27:35	
251 <sup>st</sup>	Jo Milsom	36:02	
265 <sup>th</sup>	Shelagh Hopkinson	37:18	3 <sup>rd</sup> F60

285 finishers.

## **Wolverhampton 5K parkrun - 26 November**

164 <sup>th</sup>	Geraldine Ray	30:59	3 <sup>rd</sup> F50
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219 finishers.

## **David Staff Memorial 3.7 miles, 1,001ft climb (Darwen, Lancs) - 27 November**

52 <sup>nd</sup>	Mick Cooper	37:49	
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101 finishers.

## **Winter League - Pudsey – 27 November**

<b>Men</b>			
4 <sup>th</sup>	Quentin Lewis	297 pts	1 <sup>st</sup> M40
5 <sup>th</sup>	Michael Malyon	296 pts	3 <sup>rd</sup> M35
22 <sup>nd</sup>	Lee Kaznowski	279 pts	
41 <sup>st</sup>	Andy Robinson	260 pts	
49 <sup>th</sup>	Ben Watson	252 pts	
50 <sup>th</sup>	Craig Blackwell	251 pts	
59 <sup>th</sup>	Phil E Brown	242 pts	
79 <sup>th</sup>	Pete Gallagher	222 pts	
92 <sup>nd</sup>	James Dickinson	209 pts	
94 <sup>th</sup>	John McNiffe	207 pts	
111 <sup>th</sup>	Jim Wheldon	190 pts	
132 <sup>nd</sup>	Joe Percival	169 pts	
143 <sup>rd</sup>	Robin Graham	158 pts	
149 <sup>th</sup>	Rick Nottidge	152 pts	
150 <sup>th</sup>	Nigel Shaw	151 pts	
154 <sup>th</sup>	Stephen Brown	147 pts	
159 <sup>th</sup>	Duncan Ashton	142 pts	
171 <sup>st</sup>	Rob Myers	130 pts	
191 <sup>st</sup>	Ian Hartman	110 pts	2 <sup>nd</sup> M65
202 <sup>nd</sup>	Geoff Perigo	99 pts	
213 <sup>th</sup>	John Cawley	88 pts	
216 <sup>th</sup>	David Bruno	85 pts	

225 finishers.

## **Ladies**

2 <sup>nd</sup>	Jennie Guard	299 pts	2 <sup>nd</sup> FU35
4 <sup>th</sup>	Kirsty Allen	297 pts	1 <sup>st</sup> F40
9 <sup>th</sup>	Michelle Woodrow	292 pts	3 <sup>rd</sup> F35
10 <sup>th</sup>	Alice Buttle	291 pts	2 <sup>nd</sup> FU35
14 <sup>th</sup>	Charlotte Gibson	287 pts	
15 <sup>th</sup>	Anna Smith*	286 pts	2 <sup>nd</sup> F50
21 <sup>st</sup>	Natalie Bottomley	280 pts	3 <sup>rd</sup> F40
40 <sup>th</sup>	Barbara Lee	261 pts	1 <sup>st</sup> F60
59 <sup>th</sup>	Rachel Smith	242 pts	
65 <sup>th</sup>	Karen Baildon	236 pts	
73 <sup>rd</sup>	Hannah Jones	228 pts	
74 <sup>th</sup>	Sue Coates	227 pts	2 <sup>nd</sup> F65
92 <sup>nd</sup>	Melanie West	209 pts	
94 <sup>th</sup>	Carolyn Hargreaves	207 pts	3 <sup>rd</sup> F60
104 <sup>th</sup>	Sarah Terry	197 pts	
114 <sup>th</sup>	Jackie Walters	187 pts	3 <sup>rd</sup> F65
119 <sup>th</sup>	Susanna Walters	182 pts	
120 <sup>th</sup>	Elinor Newhouse	181 pts	
124 <sup>th</sup>	Jenny Stephenson	177 pts	
128 <sup>th</sup>	Jo Milsom	173 pts	
129 <sup>th</sup>	Sue Gallagher	172 pts	

\* representing Queensbury RC  
131 finishers.

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Team positions (out of 13)	Day	Cumulative	Super Veterans (over 50s)	6 <sup>th</sup>	5 <sup>th</sup>
Ladies	1 <sup>st</sup>	2 <sup>nd</sup>	Overall	2 <sup>nd</sup>	3 <sup>rd</sup>
Men	5 <sup>th</sup>	5 <sup>th</sup>			
Veterans (over 35s)	2 <sup>nd</sup>	1 <sup>st</sup>			

## Dates of Forthcoming Races

Every Saturday morning at 9:00	<a href="#">Lister Park 5K parkrun</a> (Bradford), <a href="#">Hyde Park 5K parkrun</a> (Leeds), <a href="#">Horton Park 5k parkrun</a> (Bradford) <a href="#">Roundhay Park 5K parkrun</a> (Leeds), <a href="#">Temple Newsam 5K parkrun</a> (Leeds), <a href="#">Cross Flatts Park 5K parkrun</a> (Beeston, Leeds) All are free events, but you must pre-register online by 6:00pm Friday, and take the barcode emailed to you.	1 Jan 2017	Giants Tooth
		1 January	Cleethorpes 10k
		8 January	Winter League –Stadium Runners 10.00am
		8 January	Central Lancs Half Marathon (Catford nr Preston)
		8 January	Garstang 10k
4 December	Epilepsy Action Reindeer Stampede Lister Park	8 January	Temple Newsam 10 off road
11 December	Leeds Christmas 10k	15 January	Brass Monkey Half Marathon York (full)
14 December	OGOBS Christmas Handicap 5m, 9.30am Roberts Park	22 January	Winter League Queensbury 10am
18 December	Winter League - Skipton 10:30am	22 January	Inskip Half Marathon (nr Preston)
18 December	Stoop 8k 250m ascent Penistone Hill Country Park (nr Haworth)	28 January 2017	Sir Titus Trot - Marathon, Half Marathon, 10k , 5k all starting 9.30am canal Saltaire
18 December	Denby Dale 6 mile road	29 January	Meltham 10k
18 December	Elsecar Santa Dash 6m Heritage Centre 12 noon	4 February	Wadsworth Trog Full 19 mile
24 December	Rudolfs Red Nose 5 mile road , Blackpool	5 February	Dewsbury 10k
26 December	Chevin Chase (full)	7 February	Rombalds Stride, 23m off road, Guiseley
26 December	Ward Green 6 Barnsley	12 February	Muddy Boots 10K (Ripon)
27 December	Coley Canter 5 mile trail , nr Halifax (OGOBS away day)	12 February	Liversedge Half Marathon – (sells out quickly)
27 December	Jolly Holly Jog , Ripon	19 February	Winter League - Stainland 10am
31 December	Auld Lang Syne 9.6k 300m ascent Penistone Hill Country Park (nr Haworth)	25/26 February	Bolton Abbey marathon, half marathon and ultra all on Sat 25th

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		2 April	Fountains 10k (Grantley nr Ripon)
		2 April	Manchester Marathon
February	Wombwell 5 miles	8 April	Wensleydale Wander 12 miles or 22 miles (Leyburn, N. Yorks)
19 February	Great North West Half Marathon (Blackpool)	9 April	Plusnet Yorkshire Half Marathon Sheffield
26 February	Huddersfield 10K <a href="http://www.huddersfieldroadrunners.co.uk/">http://www.huddersfieldroadrunners.co.uk/</a>	14 April	Salford 10k
11 March	Leeds and Liverpool Canal Canter: Ultra, Marathon, Half Marathon, 10k, 5k all starting canal Leeds LS5 3AS	23 April	Blackpool Marathon
March	Keighley Big K 10K	23 April	Blackpool Half Marathon
12 March	Spennithorne 20 miles (Cleckheaton)	23 April	Virgin London Marathon
12 March	South Yorkshire Half Marathon (Goldthorpe, nr. Rotherham)	May	Bluebell Trail 10.3 miles (West Vale, Stainland)
12 March	Sweatshop 10 miles (St. Annes)	14 May	Leeds Half Marathon
19 March	<a href="#">East Hull 20 miles</a>	17 May	Askern 10k
19 March	<a href="#">Trimpell 20 miles</a>	28 May	Northallerton 10k
19 March	Bradford Epilepsy Action 10K	5 July	Helen Windsor 10k Halifax
19 March	Thirsk 10 miles	30 July	James Herriot Country Trail 14k
25 March	Coniston 14 miles	06 August	York 10k
27 March	Guiseley Gallop	13 August	Blackpool 10k
29 March to 16 April	3 x Bunny Runs  Bunny Run Relays 1.5 m 200 ft ascent teams of 3, enter on night only	13 August	Preston 10m Preston 5 m
2 April	Baildon Boundary Way <b>KEEP THIS DATE FREE!</b>	13 August	Askern 10m
01 April	Half Marathon off-road, Temple Newsam	10 September	Great North Run
2 April	Garstang Gallop 7m	8 October	Plusnet Yorkshire Marathon (York)
2 April	Overgate 5k Halifax Overgate 10k		

# BAILDON RUNNERS NEWSLETTER

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## COMMITTEE MEMBERS

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

## OTHER CONTACTS

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

## WEBSITE AND EMAIL ADDRESSES

Website:	<a href="http://baildonrunners.co.uk">baildonrunners.co.uk</a>
General Email:	<a href="mailto:baildonrunners@yahoo.co.uk">baildonrunners@yahoo.co.uk</a>
Results email:	<a href="mailto:resultsbaildon@gmail.com">resultsbaildon@gmail.com</a>

Boundary Way email [baildonboundaryway@gmail.com](mailto:baildonboundaryway@gmail.com)

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