

BAILDON RUNNERS NEWSLETTER

January 2014

FROM THE EDITOR

by Lizzie Smith

Welcome to the January edition of your Newsletter.

As I write this, there has been another downpour of snow. From what I read, this doesn't appear to have put anyone off braving the elements! For those of you training for the London Marathon your training will have started and there will be no excuse not to get out there. I admire your determination.

Just think, the nights will soon be getting lighter and the weather will improve – the shops are already selling Easter Eggs (Mini Eggs anyway) so it must be true!!

Please let me know if you have any feedback on the Newsletter.

Thanks

CONTRIBUTIONS TO THE NEWSLETTER

by Lizzie Smith

This newsletter has been brought to you by Phil Bland, Sue Coates, Jane Kay, Michelle Morris, Lizzie Smith. Thank you for your contributions.

If you have a contribution to make to the next Newsletter, please send to news@baildonrunners.co.uk **no later than Monday 2 February 2015.**

Thanks

NEW MEMBERS

We have five new members to report this month: Fiona Brompton, Richard Lund, Jeanette Thornes, Georgia Young. Welcome to you all.

SPORTSHOES.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 January is XXXXXXXXXX and entitles you to 10% off and free standard P&P. A new code will be supplied for February. 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.

BAILDON RUNNERS NEWSLETTER

January 2014

RUNNER OF THE MONTH

Runner of the Month for November was Jim Wheldon. Paul 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. 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.

ONE STEP AT A TIME

by Michelle Morris

Embarking on an incredible personal and physical journey, I thought it would be worth sharing in this blog (<http://onestepatatimeblog.com/>). On Monday 6th April 2015 I will be taking part in the 30th Marathon des Sables, a race dubbed the "the toughest footrace on earth". This involves running 150 miles through the Sahara desert over 6 days. I will be self-sufficient for 6 days, carrying all my food and kit. The race organisers will provide water rations and a tent to sleep in. I will not be alone in this adventure with 1000 competitors, three of them being good friends of mine.

A really important reason for my participation in this race is to raise money for the Intensive Care Foundation for research into ARDS (Adult Respiratory Distress Syndrome), a condition which I lost my Dad to in 2008. You can sponsor me via my [just giving page](#).

Over the coming weeks and months I am going to share my motivation behind entering the race and some of the training milestones to get me to the start line.

A Windy Weekend in Yorkshire – 12 January 2015

I love living in Yorkshire. It is a truly beautiful county – especially when the sun shines! This weekend it was still beautiful but also brutal! Average winds were 20 miles per hour with gusts over 40 miles per hour. Intermittent hail stones joined the party.

The training plan was 2 x 20 mile runs with a 4-5kg pack. In the wind – do you run in the shelter of woods with the risk of falling branches and trees? Do you run on the sheltered but incredibly boring canal bank? Or do you get on with it and stick to the planned route taking in the highest point on the moors? We stuck mostly to the plan!

Saturday, our training group was four – John, Fiona, Renee and me. We started with a 12 mile loop around the twelve apostles (to include the ritual circumnavigation of the stones) on Ilkley moor, returning over the Odda. John and I then continued on another 8 mile loop to make it up to 20 miles! We were blown to pieces. The reservoirs looked tidal. But it was fun....

Sunday – time to do it all again. The weather forecast was colder but stiller. Well, it was colder but the wind was extreme. Rombolds stride route in reverse (less the top corner). 8 miles in 2.5 hours moving time. The headwind was ridiculous. We could barely move forwards on Ilkley Moor. It was more like crawling than walking, let alone running. Occasionally tiny hail stones would batter us in the face – training for sandstorms in the desert – that kept cycling through my mind! Eventually we reached Keighley mast as the bigger hail stones set in. As we turned towards home we had the pleasure of a tail wind. The hail stones ricocheted off our heads and shoulders, but with every stride we moved an extra few feet. I loved the running and hop skipping with the wind propelling us. I stopped

BAILDON RUNNERS NEWSLETTER

January 2014



A somewhat delirious photo, Sunday on Ilkley moor.

to wait for John who complemented me on my chicken impression as I flapped my way along the stone flags – but it worked and I had fun for the first time on the run.

Eventually we made it home again, exhausted but pleased to have set out and achieved the plan. Lots of stretching, a hot bath and feet up in front of the fire followed for me :o)

BROWN WILLY!

by Jane Kay



Now that's got your attention! No, this isn't some kind of horrendous disease but actually a run in Cornwall which Geoff and I took part in on New Year's Day. It is organised by Truro Running Club and is not officially a race but an organised marshalled run of just over 7 miles. The starting point is The Jamaica Inn which is situated just off the A30 between Launceston and Bodmin. It is a very old and famous coaching Inn which was featured in the BBC TV drama shown last year.

After a brief road section the route goes up a bridleway and out onto Bodmin Moor. Brown Willy is a rocky tor with a summit of 1378 feet. The run takes you to the top (more of a scramble up than a run), down the other side and then around it to re-join the same path back. Needless to say it was pretty wet and muddy! The finish is a steep uphill to The Jamaica Inn which itself is at around 500 feet. There are no race numbers or official times, indeed all Truro RC ask is that upon your return you tick yourself in on the participant list to confirm you have returned safely and not disappeared down a bog on the moors!

If you are ever in the area Jamaica Inn is worth a visit in its own right. In addition to the pub there is a gift shop, museum and accommodation. The run itself is free to take part in and certainly blew our hangovers away!

EVEN AULDER JOGGER'S BLOG

by Phil Bland

It's that time of year when all the pre-Christmas euphoria seems a very distant memory and for a few of us the prospect of the London Marathon in April seems to be looming ever larger on the horizon.

I had made a conscious effort to try to retain as much "normality" in my life pre-Christmas before the awful reality of marathon training kicked in after Christmas so I upped the red wine intake and hunkered down for some serious fun before the agony commenced.

So it came to pass that I found myself in a freezing cold park in Keighley with my buddy "Deadly Dave" Lonsdale, about to tackle Leg One of the Gathering Winter Fools Relay. All around us were super fit looking folk looking like they were hewn from teak and granite, smelling of linament, warming up (who does warming up??) and growling ready for the off – and that was just the Ladies!

BAILDON RUNNERS NEWSLETTER

January 2014

Dave and I didn't really feel we fitted in. For a start, the Saturday mob, for whom we were running, had elected that we should all run in pink tutus and because of the extreme cold we both looked like a pair of hot water cylinders, well lagged and steaming gently. Dave's choice of headgear looked like a cross between a Biggles flying helmet and a dead badger. However I have learnt not to underestimate the opposition in races and hoped that our opponents were looking at us with fear in their hearts!

Our race tactics were to let the others blow themselves out early on the steep start and then, after a crafty pint at the Turkey Inn in Gooseye, we would haul them in and arrive triumphant in Kildwick having broken all Club records and their hearts along the way.

The first part of this plan worked perfectly and after the first 100 yards we never saw anyone again – until Kildwick! It soon became apparent that the descent into Gooseye resembled the Cresta run and in a further blow to morale the pub was closed. Undaunted we pressed on hoping to finish before dark and taking in the magnificent views above Sutton in Craven. We even paused to take a few photos confident that the rest had taken a wrong turn and that we were in reality ahead of the pack. It was such delusions that killed Scott on the way back from the South Pole – and it felt about as cold!

The final stage through Sutton and Cross Hills will live long in the memory of the residents who were confronted by two blokes bursting out of the woods dressed in pink tutus and one with a funny hat, jogging (sorry racing) through their streets towards journey's end.

Arrival at Kildwick dispelled our theory that we might be in the lead – everyone had gone home! However we consoled ourselves with the fact that we had survived against all odds and so travelled on to East Morton to see some equally frozen and broken runners arriving at the end of Leg Two (where the pub WAS open!). The news that we had won a heap of Toblerone for most inventive team names was icing on the cake (or chocolate on the waistline!). Happy New Year

RESULTS ROUNDUP: DECEMBER 2014

by Phil Bland

When it comes to "doing it tough" there aren't many runners who can go toe to toe with our own **Michelle Morris**. Michelle is training hard for the Marathon de Sables – a six day 156 mile desert epic with one stage at 55 miles long! On 6th December, faced with a shortage of desert terrain around Baildon, Michelle sought out the next best thing – Nidderdale – to run the 34 mile **Frostbite Ultra** around the hills & dales, no sand dunes or camels but plenty of tough miles. Michelle covered the ground in **7:29:26** – amazing stuff!

On 7th December **Chris Longstaffe** took an altogether more festive approach and ran the **Nether Heyford Santa Run** – a nice 5 miler to be run in Santa costume. Chris brought the presents home in a nifty **34:11** (without the help of Reindeer).

On the same day, **Rachel Anmer** ran the **Percy Pud 10K** in hilly Sheffield – a lovely out and back course up the Loxley Valley. A hugely popular race hosted by Steel City Striders, this year saw 1,800 runners take up the challenge with Rachel coming home in **1:11:05** to pick up her Christmas Pudding given to all finishers (now we know why she ran it!)

Still on 7th December our first **West Yorkshire Winter League** competition run took place at Hopton Mills, near Mirfield. On a course that could have been designed for SAS training 37 Baildon Runners took up this hilly, muddy challenge and scored some notable points for the Team. **Quentin Lewis** led the boys home with a creditable **8th** place overall (193 points) with **Chris Burke** not far behind in **17th** (184 points). The Ladies also had a terrific race with **Emma Stoney** our leading lady (**10th overall & 91 points**). **Rebecca Langdon (24th)** and **Liz Caven (28th)** providing impressive support and special mention to **Natalie Bottomley** on her first Winter League outing arriving in **33rd** and

BAILDON RUNNERS NEWSLETTER

January 2014

scoring 68 valuable team points. Overall the **Men's** team amassed **1064 points** and the **Ladies 309** with the **Vets piling up 1373**. At the time of writing some corrections are being processed by the League and the final outcome of Team positions will be declared in due course – but a good solid start for Team Baildon!

With barely a chance to draw breath after this epic, the **Gathering Winter Fools Relay** hosted by Keighley & Craven AC was upon us. A mixed terrain four-leg relay circuit of Keighley, the route takes in Goose Eye, Sutton in Craven, Kildwick, Ilkley Moor, East Morton, Saltaire, St Ives and finishing back at Keighley after 34 tough miles. The early starters on Legs One and Two had to contend with some very icy conditions – notably on Ilkley Moor.

With five teams entered out of a record 36 in the race, we clocked some good times across the board but it was the **Baildon Belles** who stole the show with some record breaking runs on **Legs 1 (Emma Stoney and Jenny Guard), Leg 3 (Natalie Bottomley and Karen Baildon** – breaking the Club record for this leg) and **Leg 4 (Michelle Morris & Liz Caven** – also establishing a new ladies record). **Rebecca Langdon and Debbie Bland** encountered the toughest conditions on Leg 2 crossing a very icy & boggy Ilkley Moor. However, the accent was on having fun in the sun and the sight of **Dave Lonsdale and Phil Bland** in pink tutus will live long in the memory of the residents of Cross Hills!

The final result was 1st Barlick A (mens) – 3hrs 27m; 6th Queensbury Rams (**mixed**) – 4hrs 3m and 14th Bingley Belles (**Ladies**) 4hrs 34m

Our own teams:- Baildon Blokes 10th 4hrs 22m; Baildon Belles 25th 5hrs 14m; Baildon Away in Some Trainers 30th 5hrs 24m; Oh Little Town of Baildon 35th 5hrs 37m and Rudolf and his Red Nosed Oh Dears 36th 5hrs 40m. However, in a notable victory, we did manage to scoop the prize for the most imaginative team names and lifted a large haul of Toblerone chocolate!

Nothing much afterwards could live up to this extravaganza but **Debbie Bland** did her best the following day, swapping ice for mud at **Nostell Priory** and running second claim for Eccleshill RR in the second **PECO** race of the season. Debbie scored some valuable team points finishing the **4.9 miles in 43:30** as **1st FV60**.

21st December brought the **Stoop Fell Race** – one of the Winter Fell League Races. A well supported event with 426 runners, Baildon fielded 15, with **Gareth Holme** our first finisher in **41:02** and **Paul Baildon and Rob Martin** not far behind in **45:29** and **45:32**. **Kevin Brain (46:15), Andy Price (47:04), Jim Barnett (47:56), Ian Hartman (49:58), John Buddle (51:08), Rob Myers (51:57), Jim Goddard (54:40) and Geoff Perigo (58:01)** all had fine races. **Emma Stoney** led our Ladies home in **47:37** with **Rebecca Langdon** putting in a terrific **52:52** whilst **Kate Walter (61:12) and Linda Carey (69:38)** ran in just over the hour mark. Race winners were Tom Adams (Ilkley) in 31:44 and Caitlin Rice (Glossopdale) in 39:20

On the same day five Baildoneers ran the **Travellers 6** – a hilly 10K out of Denby Dale. **Don Johnson** led home the troops in **47:27** with **Alice Buttle** in hot pursuit (**48:02**), **Debbie Bland clocked 50:25 (1st FV60)** and **Denise Johnson 52:45**. Your race summarizer managed a pedestrian 59:58! (Provisional results).

No sooner than Christmas Day had been dispatched than Boxing day brought the ever popular **Chevin Chase** hosted by Aire Centre Pacers. Always a well supported race, 930 runners turned out in fine weather to witness the Brownlee brothers take the 11k course apart in 37:03.

We had 22 runners in the field with **Chris Longstaffe** in fine form for 62nd place (**47:24**) followed closely by **Gareth Holme (82nd) in 48:26**. **Jim Bryson (48:24) and Paul Dennison (49:26)** both ran under the 50 minute mark whilst **Rob Martin (50:18), Ben Watson (50:44), Jim Barnett (52:14), Paul Baildon (54:02), Emma Stoney (54:08), Lorne McNeil (54:57), John Buddle (55:56), Dan Cobb (56:37) and Rebecca Langdon (57:17)** all recorded fine sub hour performances.

BAILDON RUNNERS NEWSLETTER

January 2014

Rebecca Powell (1:00:37), Rob Myers (1:00:49), Michelle Morris (1:02:21), Mel West (1:03:03), Liz Caven (1:05:04), Jules Potter (1:10:02), Amanda Darbyshire (1:11:09), Carolyn Hargreaves (1:11:59) and Jackie Walters (1:12:51) completed a great Baildon team performance.

Sliding in towards the end of 2014 the 28th saw two races involving our runners – the **Jolly Holly Jog 10K MT**, hosted by Ripon Runners, **Ian Hartman (51:01)** and **Jim Wheldon**, who sadly injured himself during the race, **(1:16:37)**.

The second race on the same day, the **Ribble 10K**, has established itself as a semi elite race attracting the cream of club road racers from across the North and further afield. Starting and finishing in Clitheroe, runners faced icy conditions at the start but the course was generally sound. Four Baildoneers flew the flag – **Don Johnson** first home in **45:02** followed by **Debbie Bland (47:37 and 2nd FV60)**, **Denise Johnson (48:25)** and yours truly in **57:21**. John Beattie won the race in 30:01 with Rebecca Robinson (Kendal) first lady in 33:54. Runners were also treated to the sight of the great **Ron Hill** running in 2nd MV75 behind our own local hero Fred Gibbs (Bingley)

We kissed goodbye to 2014 with the **Auld Lang Syne Fell Race** out of Haworth on the 31st. Ice and snow on the tops meant that the route had to be changed slightly and was broadly the same as the Stoop Fell race run earlier in the month. Once again the Brownlees headed a stellar cast of elite Triathletes (including Slovakia's Richard Varga) battling our own local club heroes. We had nine runners in the mix on a cold and very muddy 9.6k course.

Dan Cobb was our first runner home in **55:15** with **Ian Hartman** hunting him down in **61:15**. **Michelle Morris** was next to cross the line in **64:23**, **Jim Goddard** not far behind in **65:50**. **Mel West** ran a great **70:52** with **Kate Walter (71:26)** & Mel's sister, **Amanda Darbyshire, (75:26)** also clocking good times. **Linda Carey (82:05)** and **Angela Pegg (91:15)** completed a creditable Baildon performance on a freezing windy day on the fells.

In the race overall **Alistair Brownlee** won in **38:28** but in an exciting finish, the first four runners were separated by only 10 seconds apiece, Mark Buckingham of Holmfirth pipping Jonny to second and Ian Holmes of Bingley completing the foursome. **Helen Berry** (Holmfirth) ran away with the ladies race in **44:57**.

Parkrun Roundup:

Baildon Runners competed at five different parkruns during the month – Bradford, Skipton, Oakwell Hall, Eastleigh (Hants) and Wolverhampton.



(Debbie pictured with Saltaire's Helen Love who ran her 100th on the same day)

Paul Dennison (20:27: Skipton) and **Ben Watson (20:26: Bradford)** were fighting it out for fastest bloke of the month but **Chris Longstaffe** pulled a magnificent **20:10** out of the bag at Bradford on Christmas Day to end December as our parkrun flier. On the Ladies side **Natalie Bottomley** produced a **PB 23:23** on the 20th only to see **Rebecca Langdon** copy Chris by pulling a **23:20** out of the hat on Christmas Day – a day that saw parkrunners turn up at **Bradford** with our own **Debbie Bland** completing her **100th parkrun** – congratulations Debbie!

Lots to look forward to in 2015 – a very happy new year to all our runners

BAILDON RUNNERS NEWSLETTER

January 2014

2014 Record Breakers!

Remember good old Roy Castles "Record Breakers" programme on TV? Well, lots of you have been busting Club records during 2014 and I thought it might be worth a peek at who the speedy folks are and what they have been up to.

Our Club Age Group records date from January 2007 and in fact the owner of the oldest Age Group record still standing unblemished is **Jim Parrish's** M70 Half Marathon record set back on 21st January 2007 at the Brass Monkey Half in York (1:56:20) – faster than I can run a Half in now!

Taking the records in Distance order, the **Mile** records took a hammering in July when no fewer than five new records were set at the Leeds Hyde Park Summer Mile by **Natalie Bottomley** (F35 – 06:31), **Denise Johnson** (F55 – 07:16) **Debbie Bland** (F60 – 06:57 improving on her previous year's record), **Dave Lonsdale** (M45-07:21) and **Don Johnson** nicking the M60 record off yours truly in 06:29

The **John Carr 5K** series in May has always proved a fertile hunting ground for record breaking and this year **Liz Caven** (F45 – 21:37), **Debbie Bland** (F60 – 21:53) and **Jackie Walters** (F65 – 27:29) established new marks of excellence with **Don Johnson** (M60) flying the flag for the blokes in 21:02.

Moving up to **5 Miles** the deadly duo of **Debbie and Jackie** went on the rampage at the **West Yorkshire Fire Service 5 Miler at Birkenshaw** in August. On a difficult course in warm conditions, they both turned in record-breaking runs with Debbie lowering her own F60 record to 38:23, Jackie setting a new F65 mark at 48:08. Meanwhile **Don Johnson** went off to the seaside in June to knock spots off the M60 5 mile record reducing it to 36:18 at Blackpool.

10K is a good fast racing distance – **Kirsty Allen** (F40) showing us how it should be done at Bradford 10K in March with a 44:03. **Debbie Bland** pulled a F60 rabbit out of the hat at windy Wistow in October to fend off the challenge from Paul Baildon for the Summer Champs Premier Division and flew round in 46:05 whilst **Sue Coates**, only a few months earlier had set a terrific new F65 record at hilly Harrogate 10K in 54:48. **Don Johnson** was our solitary MV 10K record breaker in 2014 setting a new MV60 mark at Cusworth 10K in 44:10.

Moving up a gear to **15K**, the two Saltaire Shaker events (February & July) provide fertile ground for fast times. No less than seven new age group records were set in 2014 at this distance – Ladies first of course, **Emma Stoney** led the way with a speedy F35 record in 1:09:02, **Claire Greenwood** F45 1:17:11, **Denise Johnson** F50 1:23:07, and **Denise** again, having moved up an age group in the July race F55 1:22:44. Three of our blokes raised the bar – **Kevin Brain** (M45) – 1:09:02 (a spooky echo of Emma's achievement at the same February race), **Neil Fairbairn** (M50) – 1:15:57 and **John Crabtree** (M55) – 1:21:04.

The going starts to get tougher at **10 Miles** and none of our chaps managed to raise the bar in 2014 but **Liz Caven** (F40) managed it at Thirsk in March with a 1:19:12 whilst **Jackie Walters** continued to set new marks at F65 with a 1:40:13 at a very warm Eccup 10 in July.

Lots of tumbling records at the **Half Marathon** distance with the Ladies just pipping the blokes 3-2. **Emma Stoney** (F35) ran a blistering 1:32:33 at Inskip in January followed by **Jackie Walters** (F65) setting yet another new record at the Leeds Half and **Debbie Bland** improving on her own F60 record set earlier in the year at Inskip by running 1:42:49 at the inaugural Vale of York Half. Flying the flag for the blokes it was **Jim Bryson** (M18) at the BBW in 1:41:31 whilst earlier in the year **John Cawley** (M60) ran 1:44:35 at the Brass Monkey in York.

At **20 Miles**, **Debbie Bland** was our lone record breaker with a fine 2:55:53 at Trimpell, in March, tuning up for the London Marathon the following month.

When the going gets tough, the tough get going and at **Marathon** distance we had an amazing four new records to report. **Denise Johnson** started her assault on Debbie Bland's long list of FV55 records by running 3:52:24 at York in

BAILDON RUNNERS NEWSLETTER

January 2014

October whilst **Debbie** herself lowered Sue Coates's F60 record to 4:09:33 in London. For the blokes, **Ian Ferris** (M45) and **John Cawley** (M60) both had fine runs at York with Ian clocking a record 3:18:51 and John, with surely the finest record breaking run of the year, slicing a huge 46 minutes off Kevin Cartwright's old 2009 MV60 London Marathon record to clock 4:04:31.

Last but not least **Shelagh Hopkinson** ran a record 15:30:00 (yes that's 15 hours!) covering **50 miles** at the Woldsman event in April – awesome stuff.

Moving on to the 2014 Relays – there are five major relay races during the year, first up being the **Calderdale Way Relay** in May, notorious for its tough moorland stages and steep ascents / descents. **Emma Stoney and Gareth Holme** took on the shortest but steepest Leg 3 from Todmorden to Blackshaw Head in a leg busting, record breaking 45:28 – I know how bad that leg is because I ran it!

Next up is the **Bradford Millenium Way** 5 Leg race in June. **Sue Coates and Helen Foster** tackled the tough Leg 3 into Silsden and clocked a new ladies record of 1:27:58 whilst **Ben Watson and Chris Longstaffe** smashed the mens record on the climb out of Silsden to White Wells (Leg 4) in 1:15:55.

Into the summer relays now and the **Golden Acre Park Relays** are always well attended – in the Mens team, **Quentin Lewis** broke the record for Leg 3 in 15:25 whilst all three Ladies Vets runners, **Denise Johnson (Leg 1 22:41)**, **Emma Stoney (Leg 2 – 18:42)** and little sister **Rebecca Powell (Leg 3 – 19:48)** broke Club records.

Soon afterwards the **Washburn Valley Relays** produced another fine record breaking run for **Quentin Lewis** on Leg 2 (22:35)

The final Relay of 2014, the **Leeds Country Way** was held on a very hot day in August and unsurprisingly produced no new records for the Club but some great prize winning performances none the less.

Lots to play for in 2015!

THURSDAY NIGHT RUNNING GROUPS *by Sue Coates*

The list of Group D and E leaders will be announced via email.

SUNDAY SESSIONS *by Lizzie Smith*

Date	Leader	Date	Leader
25 January 2015	Winter League	8 February 2015	Winter League
1 February 2015	Dave Lonsdale8	15 February	Geoff Perigo

BAILDON RUNNERS NEWSLETTER

January 2014

AGE CATEGORY RECORDS

This information will now be accessed through the website at www.baildonrunners.co.uk

FORTHCOMING RACES

Every Saturday 9.00 am [Lister Park 5K parkrun](#) (Bradford), [Hyde Park 5K parkrun](#) (Leeds), [Roundhay Park 5K parkrun](#) (Leeds), [Temple Newsam 5K parkrun](#) (Leeds), [Cross Flatts Park 5K parkrun](#) (Beeston, Leeds)
All are free events, but you must pre-register online by 6:00pm Friday, and take the barcode emailed to you.

25 January Winter League (Craven College)
25 January [Meltham \(Tough\) 10K](#)
1 February [Dewsbury 10K](#)
8 February [Muddy Boots 10K](#) (Ripon)
15 February [Liversedge Half Marathon](#)
22 February [Great North West Half Marathon](#)
22 February [Huddersfield 10K](#)

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	Schools Liaison
Phil Bland	Club Records
Chris Burke	BBWay Course Marshall
Colin Davidson	T & A Reports
Hamid Houman	BBWay Course Director
Denise Johnson	BBWay Course Director
Michelle Morris	BBWay Chief Marshal
Anna Smith	Off-Road Leagues

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