## FROM THE EDITOR

**Jackie Walters**

Welcome to the September edition of your Newsletter. If you have any articles for the Newsletter, ideas for the new Magazine or would like to write a regular feature, please email the Club. We look forward to hearing from you.

This newsletter has been brought to you by John Cawley, Philip Bland, Geraldine Ray, Rachel Amner, Sarah Terry, Jen Stephenson, Ian Ferris, Geoff Perigo and Dave Lonsdale. Thank you for your contributions. Please send contributions for the next Newsletter to [news@baildonrunners.co.uk](mailto:news@baildonrunners.co.uk) **no later than Wednesday 28 October 2015**.

**RUNNER OF THE MONTH**

So many magnificent achievements and as always hard to choose from the deserving nominations. The award for August will be announced as ever before the Thursday night run, 1 October.

All members can nominate Runner of the Month. If you know anyone (including yourself!) who has achieved something special email your nomination to [baildonrunners@yahoo.co.uk](mailto:baildonrunners@yahoo.co.uk). It is not just about breaking records. It could be completing a first race at a particular distance or time. It doesn’t need to be running related and could include volunteering at events or other such non-running related activities.

**Membership**

***by Dave Lonsdale***

We are pleased to welcome three new first claim members for September, Anna McMillan, Malcolm McMillan and Phil E Brown, (not to be confused with current member Phil Brown!)

**Back on the Road Again**

***by Ian Ferris***

It’s 7.30PM on Tuesday night and daylight has already left as I watch our runners complete their final interval runs at the “Improve Your Running!” training session. On Thursdays, with the later start, we’re now already committed to road. If you really don’t like the road then why not give the Saturday, Sunday or Wednesday morning runs a go?

This change marks the halfway point of the club year and for road runners the start of their recovery, planning, goal setting and preparation for the 2016 spring races. For the mud lovers amongst you the club will be entering the Winter League series with the first race less than 2 months away. For team players we are entering the Yorkshire Vets relay (thanks to those running, anyone not please consider marshalling, names to Jackie Walters please!) and Gathering Winter Fools relays.

For runners and non-runners alike we are making final preparations for the Christmas party, only 10 weeks away, (see below) and producing the winter 2015 magazine (contributions greatly appreciated) in a similar timeframe.

Finally, we are planning for the 2016 Boundary Way relay and will be meeting in October after a Thursday run to finalise the key roles and responsibilities. Many thanks to those who have already offered your support and to everyone else please have a think if you’d be willing to help. Good running!

**Save the Date!**

***by Geraldine Ray***

The nights are drawing in, I hear the distant jingle of bells and the reindeer are getting restless. Yes you've guessed it; it's time to announce the Baildon Runners Christmas Party! So brush up those glad rags, practice your dad-dancing and put Friday 4th December at Baildon Golf Club in your diaries. An e-mail will be going out shortly to tell you how to book your place so get your fingers poised to reply as places will go fast. See you there!

**Yoga for Runners**

***by Jackie Walters***

I reported in the last newsletter on a yoga workshop for cycling /swimming /running. I and another Baildon Runner attended on 27 September. I found it enjoyable and beneficial and will incorporate some of what I learnt in my training. Below is a summarised extract from Running World on the benefits of Yoga provided by Sarah Terry:

***Strength*** *- Yoga practice strengthens both the key supporting muscles used in running and the underused muscles. The practice develops strength in the core, quads, hamstrings and hip flexors which help runners to stay injury free.*

***Flexibility –*** *Yoga poses held for long periods create elasticity and loosen up muscles, joints, ligaments and connective tissues that will help you to run with more freedom.*

***Breathing –*** *an**important part of Hatha yoga, the breath nourishes and guides the asana (posture) practice. Through conscious breathing we are more aware of sensations in the body, we learn that slower breathing is more relaxing, faster breathing more energizing. When running we can breathe to bring about a more relaxed mental state or feel more alert and focused. Breath work will increase oxygen intake and can help reduce performance anxiety.*

***Balance -*** *Yoga will not only balance out the body but the mind too. Yoga teaches us to look after our bodies and having that balance of training hard and taking time to rest, recover and heal.*

***Posture*** *– Yoga teaches us to elongate the spine without adding tension. Alignment is key in yoga and as we learn to stand taller and stronger without tension we can practice this in our running technique.*

***Back health –*** *constant impact through the legs to the back can cause strain. Yoga twists and gentle cat/cow stretches mobilise the back to help prevent any problems, for instance in the spinal discs.*

***Stress-*** *learning to work through intense poses on the mat is a lot like enduring a long run. Relaxation and meditation techniques help to clear the mind, encouraging better sleep to allow for a clear mind-set prior to a big event.*

***Mental strength –*** *Through yoga you cultivate improved concentration and the ability to overcome the ego, learning to accept the body and mind you have on the day and only push it as far as it will go.*

Sarah reports that Baildon Yoga are offering Baildon Runners their first class half price (£2.75 instead of £5.50) or 20% off a 4 consecutive week course,(£14.40 instead of £18). Offer available until 31st December, only one per member.

Classes are held at Baildon Community Link Monday 7pm and Thursday 7.30pm. A health questionnaire must be completed prior to attendance. Email [baildonyoga@gmail.com](mailto:baildonyoga@gmail.com) or telephone 07817188220.

**Junior Park Run Roberts Park**

***by Jen Stephenson***

Things are going really well with setting up a Junior Parkrun in Saltaire. All funding is now in place and we have managed to fill all the key roles. We are finalising arrangements and hope to have a start date in November.  
The response for volunteers has been fantastic but more would be very welcome. If you are interested in helping please let me know, email Jen Stephenson, [baildonrunners@yahoo.co.uk](mailto:baildonrunners@yahoo.co.uk). You don’t need to commit to every week.

**Backward Running**

***by Rachel Amner***

My friend Anna issued a challenge in the form of a virtual 5km race to raise money in memory of her brother, for the mental health charity, Mind. Certificates and medals were on offer for competitors. The distance had to be 5km, and the race had to be completed between mid-July and the end of August. It was up to competitors what method of propulsion to use. Richard Depledge sensibly decided to run his 5km across the Humber Bridge and back, in the normal fashion, and duly emailed photos of his running watch date and time/ and himself with the bridge in the background, to Anna. I on the other hand decided that I could easily swim or run 5km, so needed to try something more challenging and the idea of running backwards for 5km began to bubble away....

I asked Ian Ferris for advice, as he once competed in a 1 mile backwards running race, and he gave me a couple of techniques to try. One was running backwards up on tip toe (very tiring on the calves) and the other involved taking longer strides and almost throwing your heels backwards (which seemed easier to me.) I had a go at one of the Saturday morning sessions, to see how realistic it was to attempt 5km backward and how hazardous - speed bumps, dog walkers, head height tree branches, cyclists, pot holes were just a few of the hazards I found!

All that was left was to recruit some more backwards runners to accompany me on my race, as well as some forwards runners to help spot for dangers/warn other users of the paths. Dave joined me on my second backwards running Saturday morning training session, and a plan was hatched...over to you Dave!

**Dave Lonsdale** - If you were in Roberts Park on 22nd August you may have come across an usual scene (no not bright sunshine!) but a motley crew of fellow Baildon Runners completing an odd challenge.

Credit to Rach Amner for suggesting a backwards 5K run as an activity to support her friend Anna in raising funds for the very worthy MIND charity. Shelagh Hopkinson and I pledged our support immediately without fully thinking it through (not unusual) and after one short practice we rocked up on the day. We managed to complete the challenge in 1 hour 10 minutes superbly helped by our brilliant support crew and medical team (SJ Templeman, Tara Phillips, Sally Gavaghan, Richard Depledge and Ian Davison) and Anna herself came down to cheer us on.

I would like to say it was incident free but I proved that the cricket sight screen at Roberts Park is inappropriately named when Sally said, *“Dave, why’s your leg bleeding?”* I hadn’t noticed it as I must have been in the zone or delirious. Nurse Gavaghan came to the rescue with her first aid skills and I’ve decided not to pursue a lawsuit against the cricket club for negligence.

We all had a great time, supported Anna, raised funds for charity and according to the internet (so it must be true!) backward running improves running posture and burns approximately 20% more calories than running forwards.

If you have not met all the backwards runners yet we will be the ones with a big a smile when running backwards as part of the normal warm up routine on Tuesdays and Saturdays and dare I say running backwards more quickly than anyone else! P.S. anyone for a sideways 5K run next year, oh no what have I done!!! 

Richard's 5km Anna's Miles for Mind challenge run!

|  |  |  |
| --- | --- | --- |
| The route started in Roberts Park, continued along the river, then back on the canal for a few more laps round the park. | Can you tell who's running forwards and who's running backwards? | Sally to the rescue! |
| The 5km race medallists. | The backwards runners and their forwards facing support crew! | The team. |

**The Yorkshire Wineathon**

***by Philip Bland***

Way back in the mists of time when some of us were enduring the training regime for a Spring Marathon (London in my case) a beacon of light appeared on the horizon in the form of the Yorkshire Wineathon. This was the perfect antidote to ploughing lonely multi mile furrows – a nice little 9 mile trail run in the lovely Kirklees countryside above Huddersfield starting at the pretty Thurstoneland Cricket Club and taking in the villages of Farnley Tyas, Brockholes and a brief perambulation around Castle Hill. The best bit though was that every two miles there would be not water stations but WINE stations !

My first thought was that Baildon Runners have some pretty good drinkers on the staff and that we could probably make a decent impression if we put out our A team. A short appeal on the Baildon Runners Facebook site brought an enthusiastic response (I nearly got killed in the rush!) and before we knew it we had a team of 18 fast drinkers to rival any other team.

Just a short perusal of the names should have made other entrants quake in their fancy dress – Sarah Terry, Karen Butler, Karen Baildon, Dave Lonsdale, Debbie Bland, Rob Myers, Rach Anmer, Jackie Walters and her daughter Susanna, Richard Depledge, Amanda Darbyshire, Jules Potter plus a supporting cast of friends. Did I mention that some of the braver souls were kitted up in fancy dress as the cast of Allo Allo complete with berets and baguettes!

Thankfully Sarah had the presence of mind to sort us out a team bus complete with some wine samples to get us in the mood (my sort of warm up!). Arriving at the cricket ground we were staggered to find over 800 like minded winos in fancy dress ready for the off! I must say it’s the first race I have ever started alongside people running with cans of Strongbow and camelbacks full of Sauvignon Blanc. The first wine station was upon us in no time (each wine station featured wines from different countries – this one was a cheeky little number from Sicily that took the enamel off your teeth!). The route was mainly off road along paths and trails and the odd ploughed field and whoever had measured it at nine miles must have got lost a few times – it was nearer eight !

After some rather tricky French stuff at wine station two it was a delight to arrive at the third, fully stocked with Aussie Red – a few of us spent quite a bit of time here savouring the grand Pennine views out towards Holme Moss. A grandstand finale with Spanish Rioja put us in the mood for a fast finish (downhill!). I have to say that some of us took the running side a bit too seriously and finished in 1:40 (ish) whilst those of us who took the wine tasting side to our hearts finished nearer 2:40 – and of course there were the burgers, bacon sarnies and the beer tent to provide some sustenance at the end.

Altogether a smashing day out and a good template for future Baildon Boundary Ways! A selection of frightening photos of the event are on the Baildon Runners Facebook site just in case you don’t believe us! The 2016 race is already open and we WILL be back. <http://www.eventbrite.co.uk/e/wineathlon-yorkshire-2016-tickets-18507287796>



**No Watch Night**

Saltaire Striders were invited to join Baildon Runners for the annual “No Watch” night. Runners set off from the Rugby Club on a choice of a long or short route. They first recorded an estimated time to complete the route and undertook not to look at a watch during their run! The winners were those closest to their estimated time. Thanks to the excellent route directions provided by Alan Clements all but one runner went the right way, although the timing on the line experienced a few issues. The three clear winners however were John Hunt and Helen Love from Saltaire Striders and Baildon’s Jenny Stephenson. The evening concluded with a delicious spread thanks to Geraldine , Karen, Sue, Sarah and everyone else who prepared the food, in all a most enjoyable event.

## AGE CATEGORY RECORDS

by John Cawley

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 one from an earlier month that went ‘under the radar’:

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Cat | Distance | Date |
| Steve Pickard | M55 | Half Marathon | 21 June |
| Jim Wheldon | M60 | 5K | 29 August |
| Liz Caven | F45 | 20 miles | 6 September |
| Kirsty Allen | F40 | 10K | 6 September |
| Kirsty Allen | F40 | 10K | 27 September |
| Sue Coates | F65 | 10K | 27 September |
| Jim Wheldon | M60 | 10K | 27 September |

**RESULTS ROUNDUP September 2015**

***John Cawley***

Please continue to email your race results to [results@baildonrunners.co.uk](mailto:results@baildonrunners.co.uk) but note 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 example if you entered the race before joining the club. 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).

Dulwich 5K parkrun ‑ 29 August

|  |  |  |  |
| --- | --- | --- | --- |
| 127th | Sarah‑Jane Templeman | 27:41 | 1st F45 |

155 finishers.

Greenwich 5K parkrun ‑ 29 August

|  |  |  |  |
| --- | --- | --- | --- |
| 28th | Alice Buttle | 22:36 | 2nd F |

143 finishers.

Halifax 5K parkrun ‑ 29 August

|  |  |  |
| --- | --- | --- |
| 60th | Amanda Darbyshire | 30:14 |
| 61st | Melanie West | 30:15 |

98 finishers.

Horton Park 5K parkrun ‑ 29 August

|  |  |  |  |
| --- | --- | --- | --- |
| 10th | Debbie Bland | 24:01 | 1st F |
| 12th | Philip Jones | 24:43 | 2nd M55 |
| 16th | Ian Hartman | 25:57 | 1st M65 |

45 finishers.

Lister Park 5K parkrun ‑ 29 August

|  |  |  |  |
| --- | --- | --- | --- |
| 10th | Ben Watson | 19:46 | 3rd M35 |
| 13th | Kirsty Allen | 20:14 | 1st F |
| 19th | Andrew Price | 21:05 |
| 26th | Danny Miles | 21:18 |
| 75th | John Cawley | 24:10 |
| 151st | Dave Shaw | 27:24 | 2nd M70 |
| 169th | Jonathan Hornby | 28:24 |
| 192nd | Richard Lund | 29:06 |
| 218th | Tara Philips | 30:08 |
| 260th | Shelagh Hopkinson | 31:30 | 2nd F60 |
| 323rd | Katie Greig | 34:18 |
| 324th | Fiona Grossick | 34:19 |
| 350th | Jenny Stephenson | 36:08 |

432 finishers.

Sewerby (Scarborough) 5K parkrun ‑ 29 August

|  |  |  |  |
| --- | --- | --- | --- |
| 28th | Don Johnson | 22:41 | 1st M60 |
| 58th | Denise Johnson | 25:29 | 1st F55 |

158 finishers.

York 5K parkrun ‑ 29 August

|  |  |  |  |
| --- | --- | --- | --- |
| 53rd | Jim Wheldon | 20:35 | 1st M60 |

409 finishers.

Leeds Golden Mile ‑ 29 August

|  |  |  |  |
| --- | --- | --- | --- |
| 66th | Debbie Bland | 7:06 | 1st F60 |

79 finishers.

Ripon Trident Triathlon ‑ 30 August

|  |  |  |
| --- | --- | --- |
| 67th | Emma Stoney | 3rd F35 |
|  | 1,500 metres swim | 30:17 |
|  | Transition | 3:35 |
|  | 40K bike | 1:16:52 |
|  | Transition | 1:53 |
|  | 10K run | 49:12 |
|  | **Total** | 2:41:52 |

127 finishers.

Halifax Half Marathon ‑ 30 August

|  |  |  |
| --- | --- | --- |
| 28th | Mark Delaney | 1:47:03 |

125 finishers.

Tour of Norland Moor 6.2 miles, 800ft climb  
30 August

|  |  |  |
| --- | --- | --- |
| 17th | Jim Barnett | 44:56 |
| 58th | Rebecca Langdon | 56:18 |
| 60th | Rob Myers | 57:14 |
| 63rd | Ian Hartman | 58:50 | 2nd M65 |
| 79th | Kate Walter | 1:04:59 |
| 85th | Angela Pegg | 1:12:59 | 3rd F60 |
| 86th | Linda Carey | 1:13:07 |

87 finishers.

Reeth Show 2 miles, 800ft climb ‑ 31 August

|  |  |  |
| --- | --- | --- |
| 21st | Jim Barnett | 20:53 |

81 finishers.

Ilkley Incline 1 mile, 560ft climb ‑ 2 September

|  |  |  |  |
| --- | --- | --- | --- |
| 48th | Jim Wheldon | 10:42 | 1st M60 |
| 55th | Neil Fairburn | 11:40 |

80 finishers.

Ultra Trail du Vercours (French Alps) 52.5 miles, 14,200ft climb ‑ 5 September

|  |  |  |
| --- | --- | --- |
| 93rd | Mick Cooper | 12:54:24 |
| 259th | Jacqueline Cooper | 16:17:18 |

292 finishers (56 DNF).

Cross Flatts 5K parkrun ‑ 5 September

|  |  |  |  |
| --- | --- | --- | --- |
| 13th | Don Johnson | 21:52 | 1st M60 |
| 34th | Denise Johnson | 23:51 | 1st F55 |

133 finishers.

Horton Park 5K parkrun ‑ 5 September

|  |  |  |  |
| --- | --- | --- | --- |
| 9th | Philip Jones | 24:08 | 1st M55 |
| 50th | Melanie West | 56:32 | 3rd F40 |
| 51st | Debbie Bland | 56:40 | 1st F60 |

53 finishers.

Lister Park 5K parkrun ‑ 5 September

|  |  |  |
| --- | --- | --- |
| 12th | Lee Kaznowski | 19:28 |
| 15th | Ben Watson | 20:15 | 3rd M35 |
| 26th | Andrew Price | 21:09 |
| 34th | John Buddle | 22:04 | 2nd M50 |
| 67th | Neil Fairburn | 23:46 |
| 209th | Sarah‑Jane Templeman | 29:14 |
| 212th | Tara Philips | 29:21 |
| 227th | Dave Lonsdale | 29:45 |
| 382nd | Nicola Steffen | 38:44 |

431 finishers.

Leeds Country Way Relay ‑ 6 September

Baildon Bison

|  |  |  |
| --- | --- | --- |
| Leg 1 | Paul Baildon & Paul Dennison | 1:22:42 |
| Leg 2 | James Dickinson & David Long | 1:38:33 |
| Leg 3 | Chris Longstaff & Jim Wheldon | 1:27:34 |
| Leg 4 | Tony Deacon & Graham Driver | 1:48:37 |
| Leg 5 | Jim Eyre & Jim Goddard | 2:19:44 |
| Leg 6 | Alison Boyle & Emma Stoney | 1:18:39 |

28th out of 47 teams.

**Baildon Buffalo**

|  |  |  |
| --- | --- | --- |
| Leg 1 | John Cawley & Steve Tindall | 1:48:04 |
| Leg 2 | Sue Coates & Carolyn Hargreaves | 2:58:54 |
| Leg 3 | Sally Gavaghan & Jackie Walters | 1:52:38 |
| Leg 4 | Linda Carey & Shelagh Hopkinson | 2:31:00 |
| Leg 5 | Karen Baildon & Geoff Perigo | 1:36:41 |
| Leg 6 | Kate Walter & Phil Bland | 1:57:51 |

47th out of 47 teams.

The following members took part in a composite Airedale Athletics team:

|  |  |  |
| --- | --- | --- |
| Leg 5 | Quentin Lewis & Michael Malyon | 1:03:21 |

The Airedale Athletics team finished 2nd.

Golden Ball 20 miles (Lancaster) ‑ 6 September

|  |  |  |  |
| --- | --- | --- | --- |
| 48th | Liz Caven | 2:54:56 | 2nd F45 |

98 finishers.

Guisborough 3 Tops 8.1 miles, 2,149ft climb  
6 September

|  |  |  |
| --- | --- | --- |
| 228th | Philip Jones | 2:03:24 |
| 231st | Ian Hartman | 2:06:23 |

245 finishers.

Alice’s 10K (Mytholmroyd) ‑ 6 September

|  |  |  |  |
| --- | --- | --- | --- |
| 8th | Phil E Brown | 41:34 | 1st M50 |
| 9th | Kirsty Allen | 41:51 | 1st F |

188 finishers.

Tholthorpe 10K ‑ 6 September

|  |  |  |
| --- | --- | --- |
| 46th | Andrew Price | 42:36 |
| 113th | Gordon Slater | 48:08 |

340 finishers.

Nidderdale Sprint Triathlon ‑ 12 September

|  |  |  |
| --- | --- | --- |
| 35th | Emma Stoney |  |
|  | 400 metres swim | 8:18 |
|  | Transition | 1:39 |
|  | 20K bike | 43:41 |
|  | Transition | 1:26 |
|  | 5K run | 22:27 |
|  | **Total** | 1:17:30 |
| 110th | Kate Walter |  |
|  | 400 metres swim | 12:44 |
|  | Transition | 0:35 |
|  | 20K bike | 51:50 |
|  | Transition | 0:55 |
|  | 5K run | 29:38 |
|  | **Total** | 1:35:41 |

127 finishers.

World Masters Mountain Running Champs 5.5 miles, 1,500ft climb (Betws‑y‑Coed) ‑ 12 September  
M55+

|  |  |  |
| --- | --- | --- |
| 38th | Philip Jones | 59:37 |

45 finishers.

**M60**

|  |  |  |
| --- | --- | --- |
| 23rd | Jim Wheldon | 50:48 |

43 finishers.

**Open race**

|  |  |  |
| --- | --- | --- |
| 14th | Ian Hartman | 1:07:01 |

17 finishers.

Horton Park 5K parkrun ‑ 12 September

|  |  |  |  |
| --- | --- | --- | --- |
| 2nd | Ben Watson | 19:58 | 1st M35 |
| 13th | Don Johnson | 22:43 | 1st M60 |
| 42nd | Dave Shaw | 28:43 | 1st M70 |
| 48th | Amanda Darbyshire | 29:20 | 1st F35 |
| 100th | Melanie West | 54:15 |

102 finishers.

Yorkshireman Marathon 26.2 miles, 3,065ft climb ‑ 13 September

|  |  |  |
| --- | --- | --- |
| 59th | Andy Robinson | 4:48:55 |

134 finishers (6 DNF).

Yorkshireman ‘Half Marathon’ 14.8 miles, 1,750ft climb ‑ 13 September

|  |  |  |  |
| --- | --- | --- | --- |
| 40th | Kirsty Allen | 2:06:36 | 2nd F40\* |
| 103rd | Alice Buttle | 2:28:03 |
| 107th | Nigel Shaw | 2:30:37 |
| 126th | Neil Fairburn | 2:35:42 |
| 156th | Rebecca Langdon | 2:44:42 |
| 176th | Debbie Bland | 2:55:22 | 1st F60 |
| 179th | Jim Goddard | 3:00:22 |
| 225th | Linda Carey | 3:25:14 |

\* also third female overall

249 finishers (5 DNF).

Great North Run Half Marathon ‑ 13 September

|  |  |  |
| --- | --- | --- |
| 894th | Lee Kaznowski | 1:30:52 |
| 4,201st | John Cawley | 1:45:14 |
| 4,680th | Stephen Brown | 1:46:34 |
| 10,965th | Hester Stefanuti | 1:59:11 |
| 10,973rd | Jane Chapman | 1:59:12 |
| 10,974th | Abi Gallucci | 1:59:12 |
| 22,948th | Stephanie Jenner | 2:20:15 |
| 26,524th | Jonathan Hornby | 2:27:13 |
| 26,525th | Katherine Hornby | 2:27:13 |
| 35,228th | Judith Wilson | 2:51:04 |

40,880 finishers.

Rombald’s Romp 6.5 miles ‑ 13 September

|  |  |  |
| --- | --- | --- |
| 36th | Andrew Price | 59:24 |
| 86th | Steve Tindall | 1:13:31 |

114 finishers.

Spen Greenway 10K ‑ 13 September

|  |  |  |
| --- | --- | --- |
| 23rd | Ben Watson | 39:51 |
| 51st | Mark Delaney | 45:26 |
| 84th | Geoff Perigo | 52:03 |
| 111th | Sally Gavaghan | 57:52 | 1st F60 |
| 114th | Jackie Walters | 58.03 |  |
| 132nd | Geraldine Ray | 1:01:23 |
| 140th | Richard Depledge | 1:11:03 |
| 145th | Rachel Amner | 1:22:25 |

147 finishers.

Run the River 10K (London) ‑ 15 September

|  |  |  |
| --- | --- | --- |
| 1,582nd | Karen Butler | 1:03:36 |

1,936 finishers.

Siabod Summit Race (Capel Curig) 4.5K, 670m climb  
16 September

|  |  |
| --- | --- |
| Jim Wheldon | 44:27 |
| Ian Hartman | 52:55 |

Positions/finishers unavailable.

Bramley 5K parkrun ‑ 19 September

|  |  |  |  |
| --- | --- | --- | --- |
| 40th | Debbie Bland | 24:43 | 1st F60 |
| 158th | Phil Bland | 40:47 | 2nd M60 |

185 finishers.

Fountains Abbey 5K parkrun ‑ 19 September

|  |  |  |
| --- | --- | --- |
| 89th | Steve Tindall | 25:35 |

251 finishers.

Horton Park 5K parkrun ‑ 19 September

|  |  |  |  |
| --- | --- | --- | --- |
| 6th | Jim Barnett | 21:44 | 3rd MU35 |
| 8th | Don Johnson | 22:19 | 1st M60 |
| 33rd | Amanda Darbyshire | 29:10 | 1st F35\* |
| 57th | Melanie West | 52:31 |

\* also third female overall

57 finishers.

Lincoln 5K parkrun ‑ 19 September

|  |  |  |
| --- | --- | --- |
| 57th | Mick Cooper | 22:54 |

265 finishers.

Lister Park 5K parkrun ‑ 19 September

|  |  |  |  |
| --- | --- | --- | --- |
| 11th | Ben Watson | 20:19 | 3rd M35 |
| 51st | Neil Fairburn | 23:05 |
| 55th | John Buddle | 23:19 |
| 332nd | Nicola Steffen | 36:37 |

395 finishers.

Vale of York Half Marathon ‑ 20 September

|  |  |  |
| --- | --- | --- |
| 225th | Graham Driver | 1:35:13 |

1,218 finishers.

Beefy’s Nab 3 miles, 650ft climb ‑ 20 September

|  |  |  |
| --- | --- | --- |
| 7th | Jim Barnett | 27:14 |
| 13th | Neil Fairburn | 28:34 | 3rd M50 |
| 20th | Rebecca Langdon | 31:43 | 1st F35 |
| 28th | Ian Hartman | 33:29 | 2nd M65 |

32 finishers.

Fell Foot (Newby Bridge) 5K parkrun ‑ 26 September

|  |  |  |
| --- | --- | --- |
| 74th | Jacqueline Cooper | 26:49 |
| 75th | Mick Cooper | 26:49 |

144 finishers.

Goole 5K parkrun ‑ 26 September

|  |  |  |  |
| --- | --- | --- | --- |
| 45th | Denise Johnson | 29:36 | 1st M55 |
| 46th | Don Johnson | 29:37 | 2nd M60 |

69 finishers.

Horton Park 5K parkrun ‑ 26 September

|  |  |  |  |
| --- | --- | --- | --- |
| 12th | Philip Jones | 24:10 | 2nd M55 |
| 26th | Amanda Darbyshire | 28:19 | 1st F35 |
| 49th | Melanie West | 52:43 |

57 finishers.

Lister Park 5K parkrun ‑ 26 September

|  |  |  |  |
| --- | --- | --- | --- |
| 6th | Lee Kaznowski | 19:38 | 1st MU35 |
| 20th | John Buddle | 21:46 | 2nd M50 |
| 81st | Michelle Morris | 25:08 |
| 106th | Steve Tindall | 26:28 |
| 124th | Graham Driver | 27:29 |
| 214th | Shelagh Hopkinson | 31:37 | 2nd F60 |
| 218th | Sarah‑Jane Templeman | 31:52 |
| 219th | Tara Philips | 31:54 |
| 246th | Elinor Newhouse | 33:23 | 3rd F65 |
| 266th | Leanne West | 35:13 |
| 331st | Jenny Stephenson | 46:47 |

340 finishers.

Brownlee Sprint Triathlon ‑ 26 September

|  |  |  |
| --- | --- | --- |
| 490th | Karen Butler |  |
|  | 400 metres swim | 16:07 |
|  | Transition | 3:18 |
|  | 20K bike | 1:08:11 |
|  | Transition | 1:16 |
|  | 5K run | 37:23 |
|  | **Total** | 2:06:15 |
| 497th | Sarah Terry |  |
|  | 400 metres swim | 16:43 |
|  | Transition | 3:17 |
|  | 20K bike | 1:08:42 |
|  | Transition | 1:44 |
|  | 5K run | 36:22 |
|  | **Total** | 2:06:43 |

730 finishers.

Berlin Marathon ‑ 27 September

|  |  |  |
| --- | --- | --- |
| 25,377th | Dan Cobb | 5:01:55 |

36,817 finishers.

Kirkstall Abbey 7 miles ‑ 27 September

|  |  |  |  |
| --- | --- | --- | --- |
| 153rd | Debbie Bland | 54:03 | 1st F60 |
| 287th | Dave Lonsdale | 1:06:15 |
| 300th | Linda Carey | 1:08:12 |
| 333rd | Phil Bland | 1:12:24 |

361 finishers.

Great Yorkshire 10K (Sheffield) ‑ 27 September

|  |  |  |
| --- | --- | --- |
| 1,733rd | Joanne Bloor | 1:00:51 |

2,952 finishers.

A special mention for Joanne Bloor’s daughter Ffion who ran the Great Yorkshire 1.5K junior run in 7:28.

Bradford 10K ‑ 27 September

|  |  |  |
| --- | --- | --- |
| 22nd | Michael Malyon | 36:11 |
| 39th | Lee Kaznowski | 38:39 |
| 48th | Kirsty Allen | 39:13 | 2nd F40\* |
| 53rd | Ben Watson | 39:33 |
| 56th | Paul Baildon | 39:53 |
| 76th | Mark Delaney | 41:29 |
| 94th | Jim Wheldon | 42:35 |
| 109th | Nigel Shaw | 43:20 |
| 140th | David Long | 44:34 |
| 200th | Philip Jones | 48:05 |
| 239th | Col Morley | 49:18 |
| 243rd | Jim Goddard | 49:28 |
| 294th | Karen Baildon | 51:39 |
| 305th | John Colwell | 52:06 |
| 363rd | Sue Coates | 54:44 | 3rd F65 |
| 404th | Sally Gavaghan | 56:08 |
| 407th | Jane Clough | 56:14 |
| 408th | Emma Long | 56:14 |
| 415th | Jackie Walters | 56:26 |
| 492nd | Geraldine Ray | 59:15 |
| 519th | Jenny Colwell | 1:01:06 |
| 629th | Richard Depledge | 1:09:24 |
| 656th | Susanna Walters | 1:15:26 |
| 658th | Rachel Amner | 1:15:55 |

\* also third female overall

683 finishers.

**SUMMER CHAMPIONSHIP**

These are the remaining races in the Club’s Summer Championship 2015.

**Race No Name Distance Time Day Date**

Race 18 Bradford Parkrun 5K 9.00 am Saturday 17 October 2015

Race 19 Bradford Half Marathon 9.40 am Sunday 25 October 2015

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

**FORTHCOMING RACES**

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

|  |  |
| --- | --- |
| Every Saturday morning at 9:00 | [Lister Park 5K parkrun](http://www.parkrun.org.uk/bradford/home) (Bradford), [Hyde Park 5K parkrun](http://www.parkrun.org.uk/leeds/home) (Leeds),  [Horton Park 5k parkrun](http://www.parkrun.org.uk/hortonpark/) (Bradford)  [Roundhay Park 5K parkrun](http://www.parkrun.org.uk/roundhay/home) (Leeds), [Temple Newsam 5K parkrun](http://www.parkrun.org.uk/templenewsam/) (Leeds), [Cross Flatts Park 5K parkrun](http://www.parkrun.org.uk/crossflatts)  Free events, must pre‑register online by 6:00pm Friday, and take the barcode emailed to you. |

|  |  |
| --- | --- |
| 4 October | [Burnley Fire 10K](http://www.fyldecoastrunning.org/index.php?route=product/product&path=59&product_id=103) |
| 4 October | [Cusworth 10K](http://www.ukresults.net/forms/141005cusworth.doc) |
| 10 October | Yorkshire Vets Championship Relays, Roberts Park |
| 17 October | Bradford Parkrun (SC) |
| 11 October | Yorkshire Marathon (York) ENTRIES CLOSED |
| 11 October | [Withins Skyline 12K, 300m ascent](http://www.woodentops.org.uk/index.php?topic=withins&subtopic=home) (Penistone Hill Country Park, nr Haworth) |
| 20 September | [Lancaster Half Marathon](http://ukroadraces.info/entryforms/2014/lans.doc) |
| 25 October | Bradford Half Marathon (SC event) |
| 24 October | Pain Barrier 10K (Tong) |
| 8 November | [Wadsworth Half Trog 9.25 miles](http://www.cvfr.co.uk/wp-content/uploads/2011/07/HALF-TROG-ENTRY-FORM.pdf) (Hebden Bridge) |
| 15 November | [Leeds Abbey Dash 10K](http://www.ageuk.org.uk/get-involved/events-and-challenges/leeds-abbey-dash/) |
| 6 December | [Guy’s 10 miles](http://www.ukresults.net/forms/141207guys.pdf) (Garstang) |
| 20 December | [Stoop 8K, 250m ascent](http://www.woodentops.org.uk/index.php?topic=stoop&subtopic=home) (Penistone Hill Country Park, nr Haworth) |
| 31 December | [Auld Lang Syne 9.6K, 300m ascent](http://www.woodentops.org.uk/index.php?topic=als&subtopic=home) (Penistone Hill Country Park, nr Haworth) |
|  |  |

## 

COMMITTEE MEMBERS

Ian Ferris Secretary, Club Coach, Beginners, Run England and BAN Rep

Paul Baildon Treasurer

Dave Lonsdale Membership Secretary and Curry Nights

Kevin Brain Quarterly Magazine

Sue Coates Carnival Canter and Kit

Dan Cobb Announcements and WYWL Rep

Matthew Gurney Development Group Link and AA Link

Gareth Holme Men’s Relay Team Captain

Geoff Perigo Webmaster, Club Diary and Routes

Lizzie Smith Minutes

Geraldine Ray Social Secretary

Emma Stoney Ladies’ Relay Team Captain

Jeremy Smith Summer Championship

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

## OTHER CONTACTS WEBSITE AND EMAIL ADDRESSES

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Denise Johnson Veterans

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Emma Stoney Baildon Boundary Way Director