## FROM THE EDITOR

**Jackie Walters**

Welcome to the July/August edition of your Newsletter, two months combined due to various holidays. 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, Ian Ferris, Geoff Perigo, Shelagh Hopkinson and Dave Lonsdale. Thank you for your contributions. If you have a contribution to make to the next Newsletter, please send to [news@baildonrunners.co.uk](mailto:news@baildonrunners.co.uk) **no later than Monday 28 September 2015**.

**RUNNER OF THE MONTH**

Runners of the Month for June were Paul Dennison and James Bryson who achieved 4th pair overall on leg 2 of Bradford Millennium Way and set a new club record beating that established in 2004, well deserved bottles of beer to both. July runner of the month, just announced, is Ben Watson for a new men’s 1 mile record at the Hyde Park Summer Mile. Well done to all!

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

**Membership**

***by Dave Lonsdale***

Quite a few new members in June and July. We are pleased to welcome as first claim members Richard White, Andy Robinson, Catherine Blain, Katie Greig, Gordon Slater and re-joining, Pete Gallagher.

**UKA Supplement Position Statement**

***by Ian Ferris***

Many of you will be aware of the recent media coverage of alleged athlete doping. What you probably will not know is what you can and cannot do, what you can and cannot take and the position of the UK athletics authorities on these matters. Whilst some supplements and methods are clearly non-compliant, others are not always so obvious. If you want to know more here is the latest statement I received from the UK Athletics Anti-Doping Team:

*Athletes may choose to use supplements but should be aware of the facts and risks, so that their choice is an informed one.* ***There is no 100% guarantee that any supplement is safe*** *and UKA has set out their position on supplements, providing clear advice to athletes, and those who support athletes, on how to reduce the real risk of inadvertent doping posed by supplement use.   
  
View the UKA Supplement Position Statement* [*http://www.britishathletics.org.uk/anti-doping/supplements-and-nutrition/*](http://www.britishathletics.org.uk/anti-doping/supplements-and-nutrition/) *and any queries can be directed to* [*antidoping@uka.org.uk*](mailto:antidoping@uka.org.uk) *or 0121 7138466.*

**Club Records**

***by Ian Ferris***

Our members participate in an ever-increasing diversity of races over a variety of distances. We need to strike a balance between recognising achievements and the practicality of administering the records. This article is to clarify the club position on which distances are eligible for club records.

Firstly, we will count distances recognised by the IAAF. Whilst the IAAF distinguishes between road and track records, our current position is a single record for each distance irrespective of track/road. All races should be official, for example registered and recorded with RunBritain, but we also include our own organised track races because we are certain about the distance and timing (we had 2 independent people timing at the recent track races).

Secondly, we will also count distances which are a regular part of club championship (this adds the 5 mile and 10 mile and, at a stretch, the 15 mile to the list).

Thirdly, we will include certain recognised ultra-distances (examples being 50 miles, 100K, 100 miles)

Any distances not meeting these criteria but already shown as club records will be maintained and not deleted. The “*14 miles (approx.)*” is I think the only example in this category. As you already know we disregard distances officially recorded as “short” (for example John Carr race 1 this year).

Records are maintained for male and female runners across age categories. We also maintain records for each leg of the main off-road relay events in which the club participates. You can access the club records from the web site.

If you would like to appeal to have a race included please email the club for consideration. Comedy races, obstacle races, backwards running etc. are however unlikely to be approved.

**EVENTS**

**No Watch Night Thursday 17 September 2015**

Baildon Runners have invited Saltaire Striders to join us in our annual no watch night. As in previous years there will be a short and a longer route to be revealed on the night. Prizes and food afterwards in the Rugby Club bar. All welcome. More details will be emailed.

**Chesterfield & Derbyshire Marathon Sunday 20th September 2015**

Julie Harrington has asked clubs to publicise this event:

“Following the huge success of the first Chesterfield & Derbyshire Marathon last year, this year's event takes place on Sunday 20 September, involving a full marathon, that can be run individually or as a relay team of 4; a half marathon and fun run. All the profits from the marathon are donated to charity”. You can find out more at [www.chesterfieldmarathon.org.uk](http://www.chesterfieldmarathon.org.uk/#All)

Contact details:

Julie Harrington, Chesterfield Marathon, Unit 1, The Bridge Business Centre, Beresford Way, Chesterfield S41 9F

Tel: (01246) 269023 Email: [julie@chesterfieldmarathon.co.uk](mailto:julie@chesterfieldmarathon.co.uk)

Web: [www.chesterfieldmarathon.co.uk](http://www.chesterfieldmarathon.co.uk/)

**Facebook: direct link** at[**https://www.facebook.com/ChesterfieldDerbyshireMarathon**](https://www.facebook.com/ChesterfieldDerbyshireMarathon)

or search for **"Chesterfield and Derbyshire Marathon"** **TWITTER:** username  **@CDMarathon2015**

**NEW JUNIOR PARK RUN ROBERT’S PARK**

Plans are afoot to set up a new junior parkrun at Roberts Park, every Sunday morning at 9am. Junior parkruns are free, timed, 2k runs for children aged 4-14. Volunteers are needed to help get it off the ground. Volunteers will be needed at all levels from run directors to marshalls. If you are interested or would like more information please get in touch.

**BAILDON CANTER & FUN RUN**

*Sue Coates*

The Baildon Canter is going from strength to strength; with over 70 entries this year, the most we have ever had! Word is now spreading of what a good race we have, with friendly marshals, great prizes, and a lovely family atmosphere.

The race didn’t go without incident; the first 3 runners took a wrong turn up to the trig point, and consequently had to be disqualified for a short run but the lads took it all in good spirit and said they would be back again next year.

I was impressed with the standard of ladies that turned up, with Hannah Oldroyd from UK NET and Helen Glover from Keighley & Craven battling it out for first place, Hannah pipping Helen to the post.

The Fun Run was also well attended with 58 entries (57 finishers, one boy didn’t make the start being stuck up a tree!)

The Fun Run also had a more serious incident, with some runners taking a wrong turn. No one was hurt or lost, and we will learn from this by making a few adjustments next year to ensure this doesn’t happen again.

I would like to say a massive thank you to everyone that gave up their time to make the races a big success and I look forward to seeing you all again next year.

**RUN GROUP LEADERS**

*Jackie Walters*

As coordinator for Thursday D and E run group leaders I would welcome more volunteers. Sally Gavaghan and I are compiling route directions for next season’s off road E runs which may help if you are not so confident with maps. Also need more Sunday run leaders - only 4 active leaders at present ! If you have a favourite 6-8 miles run that you could lead on Sunday please let me know. Many thanks to Joanne Bloor and Angela Pegg for volunteering.

**BAILDON RUNNERS’ AWARD WINNING ARTIST**

***Shelagh Hopkinson***

Baildon Runner Ken Woods was awarded second prize for his print “Between the Lines” from over a 100 works of art selected for the Bradford Open Exhibition 2015 at Cartwright Hall, Lister Park. The Open is for artists living, working or studying in the Bradford district. The Baildon Runners who visited with Ken after the Saturday “Beginners” session recommend this inspirational exhibition which is on until 15 November.

**YOGA FOR RUNNERS, CYCLISTS, SWIMMERS**

*Jackie Walters*

I have signed up for a 2 hour Yoga for Cycling/Swimming /Running workshop on Saturday 20 September at Merchants Quays Shipley and thought others might be interested. The tutor Heather Greggs says, “Whether training for a triathlon, a long distance, short fast race or simply putting in miles for fun, this specialist class is designed to supplement and complement anyone from casual runner, swimmer or cyclist to full-time triathlete or competitor. Discover how yoga can help assist in fine-tuning your body. Yoga practice can help prevent injuries and enhance performance time by improving efficiency of breathing, increasing body strength, mobility and flexibility, building body awareness and mental focus, and bringing about balance to your whole self. The workshop will help you build a simple practice to do in your own home as part of your training and recovery routine. No yoga experience necessary. Tight shoulders and sore hamstrings welcome. The cost is £18 but Heather is offering a reduced price to Baildon Runners. [More info & booking here.](http://heatheryoga.us8.list-manage2.com/track/click?u=bf616c37520a104995e3a577d&id=4c328fad70&e=d3ec1f94d2)

**CHARITY PRESENTATION NIGHT**

Baildon Runners annual presentation night took place at Baildon Rugby club on Thursday 13 August following the usual runs. Three nominated charities, Bradford Beacon, Alzheimer’s and Sue Ryder Manorlands were delighted to receive cheques totalling £2250, money raised from the Baildon Boundary Way. A barbecue followed and was enjoyed by all. Thanks to all the members who prepared and served the food.

Bradford Beacon hold their 10th Anniversary celebration on 26 September 10.30am – 3.30pm at Kala Sangam, I Forster Court, Bradford BD1 4TY. All welcome, either drop in or spend the day, buffet lunch at 12.15, speaker Dr Inderjit Bhogal, founder of the city of Sanctuary Movement at 1.00pm.

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**SALTAIRE FESTIVAL “POP UP “HOUSE**

***Jackie Walters***

4 William Henry St, Saltaire, BD18 4PP is a “pop up” house in the Saltaire Festival, 12 and 13 September, 12 noon - 4.30 pm. You are welcome to visit to find out about Forever aloe Vera products for fitness, health, weight management and skincare. Samples, advice and a discount for Baildon Runners should you wish to purchase.

**RESULTS ROUNDUP May – July 2015**

***John Cawley***

Please continue to email your race results to [results@baildonrunners.co.uk](mailto:results@baildonrunners.co.uk) but no need for parkrun events or summer championship races **unless** you are not shown in those results as a Baildon Runner, if for instance you entered the race before joining the club. However could second claim members please email **all** their results.

Malham Kirkby 4 miles, 899ft climb – 30 May

|  |  |  |  |
| --- | --- | --- | --- |
| 55th | Rob Myers | 36:45 | 3rd M55 |

73 finishers.

Kelbrook 3.4 miles, 699ft climb – 6 June

|  |  |  |
| --- | --- | --- |
| 96th | Rob Myers | 33:34 |

124 finishers (1 DNF).

Kettlewell Anniversary 5 miles, 1,804ft climb  
11 June

|  |  |  |
| --- | --- | --- |
| 58th | Rob Myers | 56:46 |

70 finishers.

Weets 5.5 miles, 1,804ft climb – 13 June

|  |  |  |
| --- | --- | --- |
| 108th | Rob Myers | 1:02:24 |

129 finishers (1 DNF).

Rush Around The Rhubarb 6K – 18 June

|  |  |  |
| --- | --- | --- |
| 28th | Rob Myers | 29:39 |

58 finishers.

Graves Park (Sheffield) 5K parkrun – 27 June

|  |  |  |  |
| --- | --- | --- | --- |
| 133rd | Elinor Newhouse | 31:16 | 2nd F60 |

174 finishers.

Horton Park 5K parkrun – 27 June

|  |  |  |  |
| --- | --- | --- | --- |
| 10th | Don Johnson | 22:56 | 1st M60 |

50 finishers.

Keswick 5K parkrun – 27 June

|  |  |  |
| --- | --- | --- |
| 19th | Alice Buttle | 24:12 |

73 finishers.

Lister Park 5K parkrun – 27 June

|  |  |  |
| --- | --- | --- |
| 24th | Ben Watson | 21:43 |
| 44th | Neil Fairburn | 23:11 | 3rd M50 |
| 170th | Dave Shaw | 29:04 | 2nd M70 |
| 204th | Jenny Stephenson | 30:55 |
| 235th | Shelagh Hopkinson | 32:52 | 2nd F60 |
| 316th | Ian Connor | 40:33 |
| 322nd | Malcolm Sharp | 41:48 | 3rd M70 |
| 329th | Nicola Steffen | 43:22 |

356 finishers.

Eldwick Gala 3 miles, 551ft climb – 27 June

|  |  |  |
| --- | --- | --- |
| 37th | Neil Fairburn | 24:54 |
| 47th | Rob Myers | 26:50 |

66 finishers.

**Bradford Millennium Way Relay ‑ 28 June**

Men’s Team

|  |  |  |
| --- | --- | --- |
| Leg 1 | Gareth Holme & Michael Malyon | 1:33:50 |
| Leg 2 | James Bryson & Paul Dennison | 1:12:13 |
| Leg 3 | David Long & Danny Miles | 1:09:57 |
| Leg 4 | Paul Baildon & Jim Wheldon | 1:20:19 |
| Leg 5 | Dan Cobb & Ben Watson | 1:33:08 |

12th out of 50 teams.

**Ladies’ Team**

|  |  |  |
| --- | --- | --- |
| Leg 1 | Helen Compton & Emma Stoney | 2:00:12 |
| Leg 2 | Natalie Bottomley & Liz Caven | 1:29:09 |
| Leg 3 | Shelagh Hopkinson & Rebecca Langdon | 1:35:48 |
| Leg 4 | Karen Baildon & Michelle Morris | 1:37:36 |
| Leg 5 | Alison Boyle & Catherine Milner | 1:43:39 |

34th out of 50 teams.

**Mixed Team**

|  |  |  |
| --- | --- | --- |
| Leg 1 | Jim Eyre & Neil Fairburn | 1:50:36 |
| Leg 2 | Mark Delaney & Ian Hartman | 1:38:30 |
| Leg 3 | Nicola Steffen & Geoff Perigo | 1:48:59 |
| Leg 4 | Linda Carey & Angela Pegg | 2:06:06 |
| Leg 5 | Sally Gavaghan & Jackie Walters | 2:14:00 |

47th out of 50 teams.

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

|  |  |  |
| --- | --- | --- |
| Leg 5 | Matthew Gurney | 1:19:25 |

The Airedale Athletics team finished 5th.

Danefield Relay 3x3 miles ‑ 30 June

Baildon Men

|  |  |  |
| --- | --- | --- |
| Leg 1 | Gareth Holme | 21:57 |
| Leg 2 | Paul Baildon | 23:06 |
| Leg 3 | Paul Dennison | 22:01 |

18th out of 93 teams.

Baildon Ladies

|  |  |  |
| --- | --- | --- |
| Leg 1 | Emma Stoney | 23:46 |
| Leg 2 | Rebecca Langdon | 27:49 |
| Leg 3 | Natalie Bottomley | 26:43 |

51st out of 93 teams.

Baildon Vets

|  |  |  |
| --- | --- | --- |
| Leg 1 | Rob Myers | 27:34 |
| Leg 2 | Ian Hartman | 31:33 |
| Leg 3 | Kevin Brain | 24:59 |

74th out of 93 teams.

Helen Windsor Memorial 10K (Halifax) – 1 July

|  |  |  |
| --- | --- | --- |
| 138th | Philip Jones | 56:06 |

225 finishers.

Cragg Vale 4 miles, 720ft climb – 1 July

|  |  |  |
| --- | --- | --- |
| 57th | Rob Myers | 43:43 |

81 finishers.

Hyde Park Summer One Mile – 1 July

|  |  |  |
| --- | --- | --- |
| 35th | Ben Watson | 5:30 |
| 79th | Kirsty Allen | 6:05 | 3rd F35 |
| 132nd | Melanie West | 6:46 |
| 184th | Dave Lonsdale | 8:24 |
| 201st | Susanna Walters | 9:23 |
| 202nd | Jackie Walters | 9:23 | 2nd F65 |

211 finishers.

Oakworth Haul 5.6 miles, 820ft climb – 4 July

|  |  |  |  |
| --- | --- | --- | --- |
| 15th | Ian Hartman | 59:20 | 1st M60 |

20 finishers.

Halifax 5K parkrun – 4 July

|  |  |  |  |
| --- | --- | --- | --- |
| 26th | Don Johnson | 24:18 | 1st M60 |
| 30th | Denise Johnson | 25:33 | 1st F55\* |

\* also second female overall

99 finishers.

Horton Park 5K parkrun – 4 July

|  |  |  |  |
| --- | --- | --- | --- |
| 33rd | Linda Carey | 29:59 | 1st F55 |

54 finishers.

Lister Park 5K parkrun – 4 July

|  |  |  |  |
| --- | --- | --- | --- |
| 12th | Robert Martin | 20:01 | 1st M50 |
| 17th | Ben Watson | 20:43 |
| 19th | Craig Blackwell | 20:58 | 3rd M45 |
| 68th | Philip Jones | 24:27 |
| 133rd | Dave Shaw | 27:54 | 1st M70 |
| 137th | Graham Driver | 28:00 |
| 205th | Jenny Stephenson | 31:42 |
| 215th | Stacey Rushworth | 32:05 |
| 245th | Nicola Steffen | 34:12 |

327 finishers.

Walsall Arboretum 5K parkrun – 4 July

|  |  |  |  |
| --- | --- | --- | --- |
| 169th | Shelagh Hopkinson | 30:42 | 2nd F60 |

242 finishers.

Eccup 10 miles – 5 July

|  |  |  |
| --- | --- | --- |
| 100th | Ben Watson | 1:09:54 |
| 116th | Lorne McNeill | 1:10:37 |
| 155th | Jim Wheldon | 1:13:05 | 2nd M60 |
| 197th | Nigel Shaw | 1:16:03 |
| 215th | Alison Boyle | 1:17:04 |
| 278th | Neil Fairburn | 1:19:55 |
| 290th | Graham Driver | 1:20:35 |
| 320th | Melanie West | 1:21:49 |
| 573rd | Jackie Walters | 1:37:43 | 1st F65 |
| 654th | Joanne Bloor | 1:44:36 |
| 679th | Dave Lonsdale | 1:48:08 |

726 finishers.

Harrogate 10K – 5 July

|  |  |  |
| --- | --- | --- |
| 62nd | Paul Baildon | 40:35 |
| 86th | Lee Kaznowski | 41:46 |
| 171st | Rebecca Langdon | 46:07 |
| 310th | Philip Jones | 51:08 |
| 375th | Karen Baildon | 53:22 |
| 479th | Sally Gavaghan | 59:15 |
| 518th | Elinor Newhouse | 1:01:40 |

623 finishers.

Manchester Spartan Sprint 3.8 miles Obstacle Course  
5 July

|  |  |  |
| --- | --- | --- |
| 206th | Rob Myers | 47:04 |

1,441 finishers.

Stirton Race 5.5 miles, 1,200ft climb – 8 July

|  |  |  |
| --- | --- | --- |
| 80th | Rob Myers | 56:36 |

96 finishers.

Addingham Gala 5.9 miles, 984ft climb – 11 July

|  |  |  |
| --- | --- | --- |
| 67th | Andrew Price | 56:52 |

100 finishers.

Bramley Park 5K parkrun – 11 July

|  |  |  |  |
| --- | --- | --- | --- |
| 21st | Don Johnson | 23:46 | 1st M60 |

147 finishers.

Cairns (Australia) 5K parkrun – 11 July

|  |  |  |  |
| --- | --- | --- | --- |
| 25th | Debbie Bland | 22:46 | 1st F60 |
| 75th | Phil Bland | 28:08 |

121 finishers.

Clumber Park (Notts.) 5K parkrun – 11 July

|  |  |  |  |
| --- | --- | --- | --- |
| 4th | Paul Dennison | 19:12 | 1st M55 |

198 finishers.

Horton Park 5K parkrun – 11 July

|  |  |  |  |
| --- | --- | --- | --- |
| 10th | Philip Jones | 24:13 | 1st M55 |
| 26th | Linda Carey | 29:35 | 1st F55 |

44 finishers.

Lanhydrock (Cornwall) 5K parkrun – 11 July

|  |  |  |  |
| --- | --- | --- | --- |
| 102nd | Shelagh Hopkinson | 33:30 | 1st F60 |

143 finishers.

Lister Park 5K parkrun – 11 July

|  |  |  |  |
| --- | --- | --- | --- |
| 8th | Ben Watson | 20:29 | 2nd M35 |
| 97th | Geoff Perigo | 26:18 |
| 140th | Dave Shaw | 28:11 | 2nd M70 |
| 204th | Stacey Rushworth | 31:29 |
| 223rd | Geraldine Ray | 32:45 |
| 233rd | Jenny Stephenson | 33:22 |
| 239th | Danny Miles | 33:50 |

330 finishers.

Baildon Carnival Canter 5K (approx.) ‑ 11 July

|  |  |  |
| --- | --- | --- |
| 2nd \* | Michael Malyon | 17:31 |
| 11th | Gareth Holme | 21:41 |
| 14th | James Bryson | 22:20 | 1st MU23 |
| 42nd | Rebecca Langdon | 27:11 |
| 43rd | Rob Myers | 27:12 |
| 55th | Denise Johnson | 29:29 |
| 56th | Helen Compton | 29:45 |
| 57th | Ian Hartman | 30:08 |
| 68th | Fiona Grossick | 35:02 |
| 71st | Sarah-Jane Templeman | 36:16 |
| 72nd | Tara Phillips | 36:17 |
| 73rd | Susanna Walters | 39:10 |

\* the first three runners to finish were excluded from prizes because they took the incorrect route.

74 finishers.

Leeds 10K ‑ 12 July

|  |  |  |  |
| --- | --- | --- | --- |
| 338th | Kirsty Allen | 42:52 | 2nd F40 |
| 594th | Nigel Shaw | 45:13 |
| 637th | David Long | 46:02 |
| 2,845th | Emma Long | 59:47 |
| 4,223rd | Charlotte Gibson | 1:00:08 |
| 4,766th | Karen Butler | 1:00:54 |

7,176 finishers.

Widdop 7 miles, 1,200ft climb ‑ 15 July

|  |  |  |
| --- | --- | --- |
| 91st | Rob Myers | 1:21:27 |
| 95th | Nigel Shaw | 1:22:15 |
| 98th | Ian Hartman | 1:22:50 |
| 114th | Linda Carey | 1:41:33 |

114 finishers (1 DNF).

**Washburn Valley Relay ‑ 17 July**

Baildon Bullets

|  |  |  |
| --- | --- | --- |
| Leg 1 | Jennie Guard | 20:04 |
| Leg 2 | Michael Malyon | 24:26 |
| Leg 3 | Matthew Gurney | 19:26 |

5th out of 71 teams (1st mixed team).

Baildon Bullet Points

|  |  |  |
| --- | --- | --- |
| Leg 1 | David Long | 22:47 |
| Leg 2 | Paul Baildon | 26:59 |
| Leg 3 | Ben Watson | 21:24 |

15th out of 71 teams.

Barley Half Marathon (Lancs.) – 18 July

|  |  |  |  |
| --- | --- | --- | --- |
| 31st | Liz Caven | 1:54:47 | 2nd F45 |

64 finishers.

Ingleborough 6.8 miles, 1,968ft climb – 18 July

|  |  |  |  |
| --- | --- | --- | --- |
| 65th | Paul Dennison | 1:00:11 | 3rd M55 |
| 182nd | Steve Tindall | 1:24:41 |

194 finishers (1 DNF).

Oxenhope Fete 3.3 miles, 450ft climb – 18 July

|  |  |  |
| --- | --- | --- |
| 9th | Andrew Price | 28:53 |

32 finishers.

Cairns (Australia) 5K parkrun – 18 July

|  |  |  |  |
| --- | --- | --- | --- |
| 20th | Debbie Bland | 23:09 | 1st F60\* |
| 63rd | Phil Bland | 28:58 |

\* also third female overall

95 finishers.

Halifax 5K parkrun – 18 July

|  |  |  |
| --- | --- | --- |
| 74th | Amanda Darbyshire | 32:52 |
| 76th | Melanie West | 32:53 |

106 finishers.

Harrogate 5K parkrun – 18 July

|  |  |  |
| --- | --- | --- |
| 91st | Don Johnson | 23:45 |
| 131st | Denise Johnson | 24:59 | 2nd F55 |

380 finishers.

Horton Park 5K parkrun – 18 July

|  |  |  |  |
| --- | --- | --- | --- |
| 13th | Philip Jones | 24:08 | 2nd M55 |

46 finishers.

Lister Park 5K parkrun – 18 July

|  |  |  |
| --- | --- | --- |
| 7th | Lee Kaznowski | 20:07 |
| 15th | Ben Watson | 21:10 |
| 25th | John Buddle | 22:31 | 2nd M50 |
| 42nd | Chris Burke | 23:35 | 3rd M45 |
| 94th | Jonathan Hornby | 26:18 |
| 136th | Dave Shaw | 27:46 | 1st M70 |
| 159th | Sally Gavaghan | 28:58 | 1st F60 |
| 162nd | Kate Walter | 29:06 |
| 247th | Jenny Stephenson | 33:32 |

330 finishers.

Kentmere Horseshoe 12.3 miles, 3,300ft climb  
19 July

|  |  |  |
| --- | --- | --- |
| 312th | Philip Jones | 2:53:12 |

354 finishers.

Yorkshire Vets (West Vale) ‑ 21 July

Ladies

|  |  |  |
| --- | --- | --- |
| 13th | Rebecca Langdon | 43:32 |
| 16th | Melanie West | 43:51 |

70 finishers.

Men

|  |  |  |
| --- | --- | --- |
| 74th | Neil Fairburn | 44:58 |
| 98th | Ian Hartman | 48:17 |

124 finishers.

**Golden Acre Park Relay ‑ 22 July**

Baildon BDC

|  |  |  |
| --- | --- | --- |
| Leg 1 | Michael Malyon | 15:32 |
| Leg 2 | Alison Boyle | 20:15 |
| Leg 3 | Quentin Lewis | 15:45 |

19th out of 143 teams (3rd mixed team).

Baildon Bimblers

|  |  |  |
| --- | --- | --- |
| Leg 1 | Rob Myers | 21:18 |
| Leg 2 | Dave Lonsdale | 26:36 |
| Leg 3 | Melanie West | 20:59 |

117th out of 143 teams.

The following members also took part representing other clubs:

|  |  |  |
| --- | --- | --- |
| Leg 2 | Jennie Guard | 17:34 |
| Leg 2 | Mercedes Martin | 20:42 |

Fountains Abbey 5K parkrun ‑ 25 July

|  |  |  |
| --- | --- | --- |
| 226th | Amanda Darbyshire | 37:46 |
| 228th | Melanie West | 37:48 |

239 finishers.

Horton Park 5K parkrun ‑ 25 July

|  |  |  |  |
| --- | --- | --- | --- |
| 27th | Linda Carey | 29:35 | 1st F55 |

38 finishers.

Huddersfield 5K parkrun ‑ 25 July

|  |  |  |
| --- | --- | --- |
| 127th | Alice Buttle | 23:51 |

511 finishers.

Lister Park 5K parkrun ‑ 25 July

|  |  |  |  |
| --- | --- | --- | --- |
| 4th | Lee Kaznowski | 19:33 | 2nd MU35 |
| 5th | Ben Watson | 19:36 | 3rd M35 |
| 6th | Paul Dennison | 19:46 | 1st M55 |
| 18th | Robert Martin | 20:59 | 2nd M50 |
| 25th | Jim Barnett | 21:34 |
| 33rd | Don Johnson | 22:18 | 2nd M60 |
| 44th | Neil Fairburn | 23:17 |
| 48th | Philip Jones | 23:52 | 3rd M55 |
| 64th | Catherine Milner | 24:46 |

|  |  |  |
| --- | --- | --- |
| 71st | John Cawley | 25:14 |
| 93rd | Geoff Perigo | 26:09 |
| 106th | John Buddle | 26:28 |
| 108th | Karen Baildon | 26:32 | 2nd F40 |
| 112th | Steve Tindall | 26:48 |
| 152nd | Sally Gavaghan | 28:10 | 1st F60 |
| 206th | Jenny Stephenson | 30:39 |
| 211th | Sarah-Jane Templeman | 30:53 |
| 220th | Tara Philips | 31:17 |
| 252nd | Danny Miles | 32:24 |
| 297th | Judith Wilson | 35:26 | 3rd F60 |

385 finishers.

Mile End (London) 5K parkrun ‑ 25 July

|  |  |  |  |
| --- | --- | --- | --- |
| 122nd | Ian Hartman | 26:13 | 1st M65 |

211 finishers.

North Shore (Australia) 5K parkrun ‑ 25 July

|  |  |  |  |
| --- | --- | --- | --- |
| 8th | Debbie Bland | 23:31 | 1st F60\* |
| 22nd | Phil Bland | 27:55 | 1st M60 |

\* also second female overall

61 finishers.

Southampton parkrun ‑ 25 July

|  |  |  |
| --- | --- | --- |
| 103rd | Rebecca Langdon | 22:13 |

579 finishers.

Saltaire Shaker 15K ‑ 26 July

|  |  |  |  |
| --- | --- | --- | --- |
| 14th | Jennie Guard | 1:04:09 | 1st F |
| 39th | Andy Robinson | 1:10:58 |
| 49th | Nigel Shaw | 1:12:08 |
| 56th | John Buddle | 1:13:34 |
| 62nd | Melanie West | 1:14:23 | 3rd F40 |
| 66th | Neil Fairburn | 1:15:05 |
| 74th | Mark Delaney | 1:16:21 |
| 88th | Tony Deacon | 1:17:39 |
| 93rd | Denise Johnson | 1:18:57 | 1st F55 |
| 168th | Karen Butler | 1:35:28 |
| 178th | Shelagh Hopkinson | 1:38:00 | 1st F60 |

194 finishers.

James Herriot Country Trail 14K (Wensleydale)  
26 July

|  |  |  |
| --- | --- | --- |
| 177th | Steve Tindall | 1:31:04 |

239 finishers.

Rougemont Chase 4.5 miles – 27 July

|  |  |  |
| --- | --- | --- |
| 34th | Rob Myers | 40:22 |

45 finishers.

Team relays Esholt (1.5 miles per leg) ‑ 28 July

Baildon Fast Uns

|  |  |  |
| --- | --- | --- |
| Leg 1 | Michael Malyon | 8:29 |
| Leg 2 | Jennie Guard | 9:21 |
| Leg 3 | Jim Wheldon | 10:31 |
| Leg 4 | Ben Watson | 8:56 |

1st out of 9 teams

Baildon Bullet Blanks

|  |  |  |
| --- | --- | --- |
| Leg 1 | Melanie West | 11:25 |
| Leg 2 | Geoff Perigo | 12:53 |
| Leg 3 | Tony Deacon | 11:11 |
| Leg 4 | Rob Myers | 11:56 |

6th out of 9 teams

**Baildon Allsorts**

|  |  |  |
| --- | --- | --- |
| Leg 1 | John Cawley | 13:06 |
| Leg 2 | Karen Baildon | 13:54 |
| Leg 3 | Richard Barnes | 12:08 |
| Leg 4 | Ian Hartman | 12:21 |

8th out of 9 teams.

**Baildon’s Elite**

|  |  |  |
| --- | --- | --- |
| Leg 1 | Jenny Stephenson | 14:18 |
| Leg 2 | Dave Lonsdale | 15:31 |
| Leg 3 | Stacey Rushworth | 14:28 |
| Leg 4 | Michael Malyon | 9:01 |

9th out of 9 teams.

Ambleside Sports 1.8 miles BOFRA race ‑ 30 July

|  |  |  |
| --- | --- | --- |
| 54th | Jim Barnett | 21:25 |

91 finishers.

Birkenhead 5K parkrun – 1 August

|  |  |  |
| --- | --- | --- |
| 85th | Jim Goddard | 24:50 |

207 finishers.

Bramley Park 5K parkrun – 1 August

|  |  |  |  |
| --- | --- | --- | --- |
| 11th | Don Johnson | 21:41 | 1st M60 |
| 33rd | Denise Johnson | 25:13 | 2nd F55\* |

\* also third female overall

114 finishers.

Halifax 5K parkrun – 1 August

|  |  |  |
| --- | --- | --- |
| 85th | Amanda Darbyshire | 29:33 |
| 86th | Melanie West | 29:34 |

135 finishers.

Horton Park 5K parkrun – 1 August

|  |  |  |  |
| --- | --- | --- | --- |
| 24th | Linda Carey | 29:54 | 1st F55 |

37 finishers.

Lister Park 5K parkrun ‑ 1 August

|  |  |  |  |
| --- | --- | --- | --- |
| 6th | Lee Kaznowski | 19:46 | 2nd MU35 |
| 16th | Jim Barnett | 21:26 |
| 33rd | Rebecca Langdon | 22:51 | 1st F35\* |
| 38th | Bob Shimmin | 23:12 | 2nd M55 |
| 46th | Tony Deacon | 23:37 | 3rd M45 |
| 59th | Neil Fairburn | 24:08 |
| 148th | Dave Shaw | 28:02 | 2nd M70 |
| 160th | Jonathan Hornby | 28:36 |
| 168th | Sarah-Jane Templeman | 29:10 |
| 174th | Tara Philips | 29:26 |
| 235th | Shelagh Hopkinson | 32:40 | 2nd F60 |

\* also second female overall

343 finishers.

Medina (Isle of Wight) 5K parkrun – 1 August

|  |  |  |  |
| --- | --- | --- | --- |
| 12th | Paul Dennison | 20:11 | 2nd M55 |

202 finishers.

Oakwell Hall 5K parkrun – 1 August

|  |  |  |  |
| --- | --- | --- | --- |
| 7th | Andrew Price | 22:20 | 3rd MU35 |

126 finishers.

Brecon 10 miles – 2 August

|  |  |  |
| --- | --- | --- |
| 159th | Philip Jones | 1:26:06 |

285 finishers.

Worsthorne Moor 6.8 miles, 899ft climb – 2 August

|  |  |  |  |
| --- | --- | --- | --- |
| 116th | Ian Hartman | 1:04:34 | 3rd M65 |

148 finishers.

York 10K – 2 August

|  |  |  |
| --- | --- | --- |
| 1,433rd | Stephen Brown | 51:09 |
| 2,952nd | Karen Butler | 59:29 |

5,136 finishers (1 DISQ).

Crow Hill Reverse 5 miles, 1,001ft climb – 4 August

|  |  |  |
| --- | --- | --- |
| 129th | Jim Goddard | 48:36 |
| 159th | Linda Carey | 58:47 |
| 167th | Angela Pegg | 1:05:02 | 3rd F60 |

168 finishers.

Track Time–Trials (Greenhead) ‑ 4 August

3000 metres

|  |  |
| --- | --- |
| Michael Malyon | 10:25 |
| Lee Kaznowski | 11:24 |
| Jim Barnett | 11:53 |
| Kirsty Allen | 11:54 |
| Catherine Milner | 12:28 |
| Bob Shimmin | 12:38 |
| Rebecca Langdon | 12:43 |
| Don Johnson | 12:45 |
| Mark Delaney | 13:10 |
| Robin Graham | 13:37 |
| Richard Barnes | 13:53 |
| Denise Johnson | 13:55 |
| John Crabtree | 15:46 |
| Carolyn Hargreaves | 16:20 |
| Shelagh Hopkinson | 17:40 |

1 mile

|  |  |
| --- | --- |
| Michael Malyon | 5:33 |
| Lee Kaznowski | 6:03 |
| Jim Barnett | 6:09 |
| Kirsty Allen | 6:21 |
| Rebecca Langdon | 6:35 |
| Liz Caven | 6:44 |
| Bob Shimmin | 6:49 |
| Robin Graham | 6:54 |
| Denise Johnson | 7:15 |
| John Cawley | 7:25 |
| Richard Barnes | 7:32 |
| Sue Coates | 8:06 |
| Dave Lonsdale | 8:10 |
| John Crabtree | 8:14 |
| Carolyn Hargreaves | 8:19 |

800 metres

|  |  |
| --- | --- |
| Michael Malyon | 2:22 |
| Lee Kaznowski | 2:33 |
| Jim Barnett | 2:50 |
| Kirsty Allen | 2:52 |
| Mark Delaney | 2:56 |
| Catherine Milner | 2:57 |
| Bob Shimmin | 2:58 |
| Liz Caven | 3:02 |
| Robin Graham | 3:09 |
| Don Johnson | 3:09 |
| Richard Barnes | 3:10 |
| Karen Baildon | 3:14 |
| John Cawley | 3:23 |
| Dave Lonsdale | 3:26 |
| Tara Phillips | 3:31 |
| Geoff Perigo | 3:31 |
| Sarah-Jane Templeman | 3:34 |
| Denise Johnson | 3:37 |
| Jenny Stephenson | 3:46 |
| John Crabtree | 3:46 |
| Ken Woods | 3:55 |
| Joanne Bloor | 3:56 |

100 metres

|  |  |
| --- | --- |
| Jim Barnett | 12.27 |
| Michael Malyon | 12.88 |
| Lee Kaznowski | 13.95 |
| Bob Shimmin | 14.45 |
| Catherine Milner | 14.53 |
| Robin Graham | 14.82 |
| Mark Delaney | 14.92 |
| Kirsty Allen | 15.21 |
| Richard Barnes | 15.58 |
| Ken Woods | 15.64 |
| John Cawley | 16.11 |
| Karen Baildon | 16.62 |
| Dave Lonsdale | 16.80 |
| Liz Caven | 16.87 |
| Rebecca Langdon | 16.95 |
| Jenny Stephenson | 17.44 |

|  |  |
| --- | --- |
| John Crabtree | 17.55 |
| Tara Phillips | 17.61 |
| Geoff Perigo | 18.92 |
| Joanne Bloor | 19.06 |
| Carolyn Hargreaves | 19.39 |
| Sue Coates | 20.03 |
| Shelagh Hopkinson | 20.58 |

Littondale Fete 4 miles – 8 August

|  |  |  |  |
| --- | --- | --- | --- |
| 5th | Steve Watkins | 24:37 | 2nd M40 |
| 14th | Kirsty Allen | 26:43 | 1st F30\* |

\* also second female overall

44 finishers.

Halifax 5K parkrun – 8 August

|  |  |  |
| --- | --- | --- |
| 23rd | Tony Deacon | 23:23 |
| 31st | Melanie West | 24:05 | 2nd F40 |
| 72nd | Dave Lonsdale | 30:05 |
| 73rd | Amanda Darbyshire | 30:15 | 3rd F35 |

108 finishers.

Harrogate 5K parkrun – 8 August

|  |  |  |  |
| --- | --- | --- | --- |
| 78th | Debbie Bland | 23:09 | 1st F60 |
| 320th | Phil Bland | 35:30 |

351 finishers.

Horton Park 5K parkrun – 8 August

|  |  |  |  |
| --- | --- | --- | --- |
| 28th | Linda Carey | 30:26 | 1st F55 |

52 finishers.

Lister Park 5K parkrun ‑ 8 August

|  |  |  |  |
| --- | --- | --- | --- |
| 11th | Lee Kaznowski | 19:54 | 3rd MU35 |
| 15th | Ben Watson | 20:21 |
| 32nd | Bob Shimmin | 22:38 | 1st M55 |
| 144th | Dave Shaw | 27:32 | 2nd M70 |
| 157th | Graham Driver | 28:00 |
| 184th | Sarah-Jane Templeman | 28:55 |
| 185th | Tara Philips | 28:55 |
| 218th | Don Johnson | 30:25 |
| 219th | Denise Johnson | 30:26 |
| 361st | Michael Malyon | 43:36 |
| 366th | Elinor Newhouse | 45:46 |

\* also second female overall

387 finishers.

Medina (Isle of Wight) 5K parkrun – 8 August

|  |  |  |  |
| --- | --- | --- | --- |
| 6th | Paul Dennison | 20:00 | 1st M55 |

185 finishers.

Woodhouse Moor 5K parkrun – 8 August

|  |  |  |
| --- | --- | --- |
| 54th | Robin Graham | 21:47 |

362 finishers.

Askern 10 miles – 9 August

|  |  |  |
| --- | --- | --- |
| 111th | Lee Kaznowski | 1:12:48 |
| 247th | Debbie Bland | 1:25:15 | 3rd F60 |

462 finishers.

Round Hill 8.7 miles, 1,100ft climb – 9 August

|  |  |  |
| --- | --- | --- |
| 77th | Neil Fairburn | 1:21:49 |
| 100th | Jim Goddard | 1:29:49 |
| 109th | Ian Hartman | 1:33:04 |
| 116th | Steve Tindall | 1:36:58 |
| 118th | Kate Walter | 1:40:11 |

129 finishers.

Blackpool Air Show 10K – 9 August

|  |  |  |
| --- | --- | --- |
| 57th | Don Johnson | 44:37 |
| 111th | Denise Johnson | 50:05 | 3rd F55 |

227 finishers.

West Yorkshire 5 miles – 9 August

|  |  |  |
| --- | --- | --- |
| 8th | Michael Malyon | 30:00 |
| 17th | Ben Watson | 33:11 |
| 22nd | Paul Baildon | 33:55 |
| 24th | Kirsty Allen | 34:15 | 2nd F35 |
| 34th | Jim Wheldon | 36:41 | 1st M60 |
| 42nd | Mark Delaney | 37:26 |
| 44th | Catherine Milner | 37:33 |
| 45th | Nigel Shaw | 37:38 |
| 98th | Karen Baildon | 43:31 |
| 104th | Geoff Perigo | 44:17 |
| 120th | Carolyn Hargreaves | 47:03 | 3rd F55 |
| 123rd | Sue Coates | 47:20 | 1st F65 |
| 124th | Sally Gavaghan | 47:26 |
| 134th | Jackie Walters | 48:21 | 2nd F65 |
| 160th | Susanna Walters | 56:53 |

163 finishers.

Horton Park 5K parkrun – 15 August

|  |  |  |  |
| --- | --- | --- | --- |
| 18th | Debbie Bland | 24:13 | 1st F60 |
| 31st | Kate Walter | 27:12 | 1st F55 |
| 40th | Linda Carey | 30:30 | 2nd F55 |

62 finishers.

Huddersfield 5K parkrun – 15 August

|  |  |  |  |
| --- | --- | --- | --- |
| 131st | Rebecca Langdon | 23:32 | 3rd F35 |

548 finishers.

Lister Park 5K parkrun – 15 August

|  |  |  |
| --- | --- | --- |
| 14th | Ben Watson | 20:25 |
| 20th | Emma Stoney | 21:01 | 1st F35\* |
| 86th | John Cawley | 24:38 | 3rd M60 |
| 120th | Ian Hartman | 25:48 | 3rd M65 |
| 142nd | Richard Barnes | 26:31 |
| 143rd | Jim Goddard | 26:32 |
| 162nd | Dave Shaw | 27:23 | 2nd M70 |
| 221st | Sarah-Jane Templeman | 29:18 |
| 229th | Dave Lonsdale | 29:37 |
| 239th | Jane Clough | 30:02 |
| 249th | Tara Phillips | 30:22 |
| 324th | Susanna Walters | 33:08 |
| 347th | Jenny Stephenson | 34:54 |
| 375th | Katherine Hornby | 37:41 |
| 408th | Elinor Newhouse | 41:46 |

\* also first female overall

441 finishers.

Skipton 5K parkrun – 15 August

|  |  |  |  |
| --- | --- | --- | --- |
| 7th | Paul Dennison | 20:10 | 1st M55 |
| 73rd | Steve Tindall | 26:49 |

149 finishers.

Woodhouse Moor 5K parkrun – 15 August

|  |  |  |  |
| --- | --- | --- | --- |
| 65th | Jim Wheldon | 21:42 | 1st M60 |

370 finishers.

Podium 5K (Nelson, Lancs.) – 15 August

‘B’ race

|  |  |  |  |
| --- | --- | --- | --- |
| 32nd | Don Johnson | 21:52 | 1st M60 |
| 33rd | Denise Johnson | 23:59 | 2nd F55 |

35 finishers.

Belper Rugby Rover 30K – 16 August

|  |  |  |
| --- | --- | --- |
| 125th | Liz Caven | 3:03:13 |
| 132nd | Rebecca Langdon | 3:04:37 |

278 finishers.

Escrick 10K – 16 August

|  |  |  |  |
| --- | --- | --- | --- |
| 138th | Debbie Bland | 47:55 | 2nd F55 |

502 finishers.

Sheep Fell Over 3.1 miles, 633ft climb (Littleborough)  
16 August

|  |  |  |  |
| --- | --- | --- | --- |
| 37th | Rob Myers | 27:38 | 2nd M55 |

51 finishers.

Golf Ball 5.5 miles, 801ft climb (Rossendale)  
19 August

|  |  |  |
| --- | --- | --- |
| 107th | Neil Fairburn | 58:06 |

149 finishers (2 DNF).

Pendle 3 Peaks 9.8 miles, 2,800ft climb – 22 August

|  |  |  |
| --- | --- | --- |
| 53rd | Jim Barnett | 1:54:05 |

|  |  |  |
| --- | --- | --- |
| 137th | Rob Myers | 2:32:40 |
| 141st | Ian Hartman | 2:45:20 | 2nd M65 |

149 finishers (2 DNF).

Bramley 5K parkrun – 22 August

|  |  |  |
| --- | --- | --- |
| 38th | Steve Tindall | 26:52 |

98 finishers.

Lister Park 5K parkrun – 22 August

|  |  |  |  |
| --- | --- | --- | --- |
| 1st | Michael Malyon | 18:12 |  |
| 9th | Ben Watson | 20:40 | 2nd M35 |
| 18th | Marc Forrest | 21:29 | 2nd M40 |
| 24th | John Buddle | 22:20 | 3rd M50 |
| 47th | Neil Fairburn | 24:02 |
| 98th | Geoff Perigo | 25:59 |
| 148th | Dave Shaw | 28:07 | 1st M70 |
| 157th | Sarah-Jane Templeman | 28:27 |
| 187th | Tara Phillips | 29:36 |
| 305th | Elinor Newhouse | 40:03 |

347 finishers.

Wetherby 5K parkrun – 22 August

|  |  |  |  |
| --- | --- | --- | --- |
| 16th | Don Johnson | 22:55 | 2nd M60 |
| 25th | Denise Johnson | 25:28 | 1st F55\* |

\* also third female overall

77 finishers.

Burnsall 1.5 miles, 899ft climb – 22 August

|  |  |  |
| --- | --- | --- |
| 49th | Paul Dennison | 20:37 |
| 132nd | Steve Tindall | 30:39 |

156 finishers.

Fleetwood Half Marathon – 23 August

|  |  |  |
| --- | --- | --- |
| 129th | Rebecca Langdon | 1:46:06 |
| 214th | Tony Deacon | 1:56:03 |

527 finishers.

Rochdale Half Marathon – 23 August

|  |  |  |  |
| --- | --- | --- | --- |
| 189th | Debbie Bland | 1:52:26 | 1st F60 |
|  |  |  |  |

507 finishers.

**Roberts Park 5 K Backwards! 23 August**

Rachel Amner 1.10.09

Shelagh Hopkinson 1.10.09

Dave Lonsdale 1.10.09

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 bumper list of all the new records set since the last newsletter:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Name | Cat | Distance | Date | Name | Cat | Distance | Date |
| Susanna Walters | F23 | 1 mile | 1 July | Catherine Milner | F23 | 800 metres | 4 August |
| Kirsty Allen \* | F40 | 1 mile | 1 July | Jenny Stephenson | F35 | 800 metres | 4 August |
| Jackie Walters | F65 | 1 mile | 1 July | Kirsty Allen \* | F40 | 800 metres | 4 August |
| Ben Watson \* | M35 | 1 mile | 1 July | Liz Caven | F45 | 800 metres | 4 August |
| Jackie Walters | F65 | 10 miles | 5 July | Denise Johnson | F55 | 800 metres | 4 August |
| Jim Wheldon | M60 | 10 miles | 5 July | Michael Malyon \* | M23 | 800 metres | 4 August |
| Kirsty Allen | F40 | 10K | 12 July | Robin Graham | M40 | 800 metres | 4 August |
| Melanie West | F40 | 15K | 26 July | Dave Lonsdale | M45 | 800 metres | 4 August |
| Denise Johnson | F55 | 15K | 26 July | Mark Delaney | M50 | 800 metres | 4 August |
| Andy Robinson | M23 | 15K | 26 July | Bob Shimmin | M55 | 800 metres | 4 August |
| Nigel Shaw | M50 | 15K | 26 July | Don Johnson | M60 | 800 metres | 4 August |
| Catherine Milner | F23 | 3000 metres | 4 August | Catherine Milner \* | F23 | 100 metres | 4 August |
| Rebecca Langdon | F35 | 3000 metres | 4 August | Rebecca Langdon | F35 | 100 metres | 4 August |
| Kirsty Allen \* | F40 | 3000 metres | 4 August | Kirsty Allen | F40 | 100 metres | 4 August |
| Denise Johnson | F55 | 3000 metres | 4 August | Liz Caven | F45 | 100 metres | 4 August |
| Shelagh Hopkinson | F60 | 3000 metres | 4 August | Carolyn Hargreaves | F55 | 100 metres | 4 August |
| Michael Malyon \* | M23 | 3000 metres | 4 August | Shelagh Hopkinson | F60 | 100 metres | 4 August |
| Robin Graham | M40 | 3000 metres | 4 August | Sue Coates | F65 | 100 metres | 4 August |
| Mark Delaney | M50 | 3000 metres | 4 August | Jim Barnett \* | M23 | 100 metres | 4 August |
| Bob Shimmin | M55 | 3000 metres | 4 August | Robin Graham | M40 | 100 metres | 4 August |
| Don Johnson | M60 | 3000 metres | 4 August | Dave Lonsdale | M45 | 100 metres | 4 August |
| Liz Caven | F45 | 1 mile | 4 August | Mark Delaney | M50 | 100 metres | 4 August |
| Denise Johnson | F55 | 1 mile | 4 August | Bob Shimmin | M55 | 100 metres | 4 August |
| Michael Malyon | M23 | 1 mile | 4 August | Richard Barnes | M60 | 100 metres | 4 August |
| Robin Graham | M40 | 1 mile | 4 August | Kirsty Allen | F40 | 5 miles | 9 August |
| Bob Shimmin | M55 | 1 mile | 4 August | Liz Caven | F45 | 30K | 16 August |

Particular congratulations to Kirsty Allen, Jim Barnett, Michael Malyon, Catherine Milner and Ben Watson who have set all time club records as noted by the asterisks above.

**SUMMER CHAMPIONSHIP**

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

**Race No Name Distance Time Day Date**

Race 15 Spen Greenway 10K 11.00 am Sunday 13 September 2015

Race 16 Bradford 10K 9.30 am Sunday 27 September 2015

Race 17 Horsforth 10K 3.00 pm Sunday ? October 2015

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

Race 19 Bradford Half Marathon 9.40 am Sunday 25 October 2015

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

**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. |

|  |  |
| --- | --- |
| 06 September | Leeds Country Way Relay |
| 06 September  13 September | [Wetherby 10K](http://www.ukresults.net/forms/140831wetherby.pdf)  Spen Greenway |
| 13 September | [Great North Run](https://entry.enteronline.org/login.aspx?StreamID=1175) |
| 20 September | [English Half Marathon](http://www.q-buster.co.uk/index.php?rn=667&action=show_detail) (Warrington) ( |
| 20 September | [Lancaster Castle Half Marathon](http://www.ukresults.net/forms/140921lancaster.doc) |
| 20 September | [Lancaster Castle 10K](http://www.ukresults.net/forms/140921lancaster.doc) |
| 28 September | Yorkshire Vets Cross Country Championships (Nunroyd Park, Guiseley) |
| 27 September | [Great Yorkshire 10K](http://www.greatrun.org/Events/Event.aspx?id=11) (Sheffield) |
| 4 October | [Burnley Fire 10K](http://www.fyldecoastrunning.org/index.php?route=product/product&path=59&product_id=103) |
| 4 October | [Cusworth 10K](http://www.ukresults.net/forms/141005cusworth.doc) |
| 11 October | Yorkshire Marathon (York) ENTRIES CLOSED |
| 11 October | [Withins Skyline 12K, 300m ascent](http://www.woodentops.org.uk/index.php?topic=withins&subtopic=home) (Penistone Hill Country Park, nr Haworth) |
| 20 September | [Lancaster Half Marathon](http://ukroadraces.info/entryforms/2014/lans.doc) |
| 25 October | Bradford Half Marathon (SC event) |
| 24 October | Pain Barrier 10K (Tong) |
| 8 November | [Wadsworth Half Trog 9.25 miles](http://www.cvfr.co.uk/wp-content/uploads/2011/07/HALF-TROG-ENTRY-FORM.pdf) (Hebden Bridge) |
| 15 November | [Leeds Abbey Dash 10K](http://www.ageuk.org.uk/get-involved/events-and-challenges/leeds-abbey-dash/) |
| 6 December | [Guy’s 10 miles](http://www.ukresults.net/forms/141207guys.pdf) (Garstang) |
| 20 December | [Stoop 8K, 250m ascent](http://www.woodentops.org.uk/index.php?topic=stoop&subtopic=home) (Penistone Hill Country Park, nr Haworth) |
| 31 December | [Auld Lang Syne 9.6K, 300m ascent](http://www.woodentops.org.uk/index.php?topic=als&subtopic=home) (Penistone Hill Country Park, nr Haworth) |
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COMMITTEE MEMBERS

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

Paul Baildon Treasurer

Dave Lonsdale Membership Secretary and Curry Nights

Kevin Brain Quarterly Magazine

Sue Coates Carnival Canter and Kit

Dan Cobb Announcements and WYWL Rep

Matthew Gurney Development Group Link and AA Link

Gareth Holme Men’s Relay Team Captain

Geoff Perigo Webmaster, Club Diary and Routes

Lizzie Smith Minutes

Geraldine Ray Social Secretary

Emma Stoney Ladies’ Relay Team Captain

Jeremy Smith Summer Championship

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

## OTHER CONTACTS WEBSITE AND EMAIL ADDRESSES

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Denise Johnson Veterans

Anna Smith Off‑Road Leagues

John Cawley, Club Result

Emma Stoney Baildon Boundary Way Director