

BAILDON RUNNERS NEWSLETTER

February 2014

FROM THE EDITOR

by Lizzie Smith

Welcome to the March edition of your Newsletter.

I hope that training is going well for those of you who are training for a Spring marathon, as well as other challenges. Good luck and keep at it!!

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, Michelle Morris and 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 9 March 2015.**

Thanks

NEW MEMBERS

We have six new members to report this month: Alison Boyle, Emma Long, Lisa McArdle, Col Morley, Katherine Robertshaw and Stephen Tindall. Welcome to you all.

SPORTSHOES.COM CONCESSION

Sportshoes.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 RUFB10 and entitles you to 10% off and free standard P&P. A new code will be supplied for March. 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 sportshoes.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.

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RUNNER OF THE MONTH

Runners of the Month for December were Natalie Bottomley & Karen Baildon for breaking the Club record for the Gathering Winter Fools Relay Leg 3. Their 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.

More Wind, More Snow and a Brass Monkey

Well the Yorkshire winter weather continues to test my mental toughness. Character building I am told...The odd thing is I am loving it :o)

Last weekend James (my boyfriend) and I treated ourselves to a weekend at the lovely Harewell Cottage (www.harewellcottage.co.uk) in Glasshouses. Only 40 minutes from home, but a new set of training routes on the doorstep. Once the training is done, there were no distractions aside from the log fire and complementary vino. Perfect blend of training and rest. On Saturday we enjoyed an 11 mile hilly loop, walking together, with my backpack loaded (I have an Ultimate Direction Fastpack 20 from my race kit – so far it is great). The service from 'My Race Kit' was excellent – but more about that in the kit blog which I will write soon. There was plenty of snow on the ground but the really challenging bit was the frozen ice – and there was lots of that too. Despite James' best Bambi on ice impressions it was me that ended up on my derrière! Ouch. It didn't dampen the mood, though, and we treated ourselves to a lovely cafe lunch in Pateley Bridge on the way back.



Sunday was a real treat for me – a cycle ride. Something which I haven't done for weeks – well maybe months! There is a reason why the area is called Nidderdale ANOB (Area of Outstanding Natural Beauty).

A beautiful 30 odd mile loop past Brimham Rocks, into Masham and back over Lofthouse Moor – what more could you want. What about 30-40 mph wind?

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Yes – we got that too. Full on head wind over the moor. I saw the speed on my garmin drop as low as 2.5 mph. I felt like I had done battle with a wild animal the next day – I had needed to rag the handlebars that much to get up the climb into the wind. James waited gingerly at the top, nervous of a potential of a tantrum but he was greeted with ear to ear smiles. It was so much fun – ridiculously tough – but just ace! I enjoyed a nice 10 mile run on Monday morning – such a treat when I'm usually at work. A sports massage in the afternoon topped the weekend off well.

All this followed a different kind of weekend where I had a brief foray with road running. I raced the Brass Monkey Half Marathon at York. The race conditions lived up to the name – it was freezing! With the exception of large sections of black ice en route it was near perfect running conditions. Despite all my long, slow training miles I surprised myself to carry off 8 minute (well 8:04) miles to run a PB of 1:46:28. I also surprised myself to quite enjoy it. When I completed the same race in 2012 I said 'never again'. I found the fast, flat, smooth roads incredibly boring. I missed the hills, the mud, the bogs, gates and styles, but this time it was all a mind game. There will be flat endless sections in the desert where it will be mind over matter to keep going. So the Brass Monkey was a test of the mind. I couldn't let it beat me and it didn't. I might even go back next year – the marshals all around the course were second to none and really made it a fantastic race. Getting to catch up with a very old friend at the finish made it a fab day out.

Today the mind games continued as again my training ventured away from the usual routine. I caught the train with Fe and Simon (MDS training buddies) to Skipton to walk/run back along the canal. When we live in such a beautiful area with open moorland, fantastic trails and woodland I rarely bother with the canal bank. I didn't ask any questions about the walk/run routine. I assumed it would just be mostly running with a bit of walking to break it up. My pack today weighed in just short of 5kg again (3 bags of porridge oats today's weight of choice). Only when we set off did I realise the session was much more formal – Simon set his watch to beep every 2 minutes. 2 minute run, 2 minute walk, 2 minute run, 2 minute walk.....It was fun with good company. We nearly had the extra laugh of Simon slipping into the canal, but he corrected himself just in time. After 2 hours of 2 minutes run, 2 minutes walk I chose to keep running. I needed to be back in time for lunch and I was pleased with myself for sticking it out for 2 hours. Simon, having done MDS before, assures me this will serve me in good stead for the desert. I am happy with another 19 miles in the bank today.

This weekend has been topped off with a couple of hours picking the brains of a friend of a friend who competed in the 2014 MDS – with a fantastic top 100 finish (I'm in awe of that!). Some great tips and kit to try and a photo slide show. My giddiness and excitement reached a new high.....bring on next week's training :o)

How many miles?

Many people have asked me what the format is for the Marathon des Sables – is it a marathon every day? Sort of.....The exact distance and route for this year's Marathon des Sables is not announced until we (the competitors) arrive in the desert. To give you an idea, this is what the 2014 race looked like:

- Day 1 – 34km (21.3 miles)
- Day 2 – 41km (25.6 miles)
- Day 3 – 37.5km (23.4 miles)
- Day 4 – 81.5km (50.9 miles)
- Day 5 – rest day (but only once I have finished day 4 – which could be during this day!)
- Day 6 – 42.2km (26.4 miles)
- Day 7 – charity walk (!) Back to the bus 7.7 km (4.8 miles)

Total 152.4 miles!!!

The 2015 route will not be the same but the format will likely be similar. Now you can all share the miles with me! My race number is 0414. Once the race starts you will be able to track me online (I will send all the details round again before I leave).

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A couple of people have said that they would like to sponsor me by the mile for the Intensive Care Foundation. Just Giving cannot process this on their site – they can only take payment at the time of the sponsorship pledge. If anyone would like to pledge per mile, you could comment on this blog post and then donate via <http://www.justgiving.com/michellemorris-mds> when I complete the event. This way you can experience every mile with me from your pockets!

Please pledge your donation in the 'Leave your reply' box below.

Some suggestions:

- 1p per mile = £1.50
- 5p per mile = £7.50
- 10p per mile = £15.00
- 20p per mile = £30.00
- 50p per mile = £75.00

A bit of a change



The last couple of weeks have brought some variation to my training. In addition to my usual off road moor runs I have enjoyed some long road runs home from work, a beach and dune run and running with a much heavier pack – although I didn't enjoy the latter much – and cycling.

Work hard, run home

So road running is not really my thing but after struggling to motivate myself out into the freezing cold after returning to a warm home following a long day at work I decided it best to cut out that step! The next day I changed straight into my running gear, filled my pack with all my work gear and set off running home. As many people have pointed out to me (and I already realised!) work to home is all up hill. I chose a 'scenic' even hillier route and feeling like Forrest Gump off I trotted home. Nearly 13 miles. Lots of busy road crossings. 2.5 hours. Training done for the day. The following week I did it twice. This week will bring it again.

What took me slightly by surprise on these runs has been my ability to zone out and take my mind elsewhere – a skill which I'm sure will serve me well in the desert! With most of my running being shared with the company of great friends or being off road and concentrating on the next step I haven't experienced this complete zone out for a while.

Beach run

Woah – sand dunes make your legs burn! Especially with 6kg in your back pack – but this is nothing compared to miles of dunes with up to 10kg on your back which I will be experiencing soon. All said though I loved my day at the beach (Druridge Bay) made even better by the company of my two oldest and bestest friends, one with her beautiful newborn son. Part of my beach running involved dune reps back to my friends who soon sent me on the next rep!! Lovely food and a good catch up followed. Fantastic day. I learnt some valuable lessons about how to ascend and descend dunes, how it feels to have sand in your shoes and a bit about how sand moves. All this sounds really obvious but you think about things in a different light when you are heading to the Sahara for a week. It has helped me decide on sock choice (injinji toes socks with my usual running socks on top), shoe size (with the double socks and knowing my feet swell I



am going for a UK size bigger for my race shoe) and also encouraged me to add some steep hill reps in the coming weeks training.

Pack weight



I have become perfectly happy with 5kg in my pack for long hilly runs. An increase to 7.5kg was a shock (especially as I thought I only had 6kg until I got home and weighed it properly!). At no point was I going to abort my 15 mile run but I was much slower than usual and forced to walk most of the climbs. I am confident that I will soon become accustomed to the heavier weight as I did with 5kg.

I also find it mildly entertaining to fill my pack with bags of muesli and rice to get the weight up.

Food

In an attempt to get the best calories per gram for food I actually like I have a spreadsheet to add the information to. This also includes macronutrient content so that I can try and have enough carbohydrate during the day and fill up on protein and fat at night. Dehydrated foods seem the best option. John, Simon and I got together and had an MDS picnic (whilst watching Genis' webinar) to try a few. We tried four. For me – two were ok, even pretty nice – one was unpleasant but edible and the fourth just revolting!! I love my food and will eat most things but am at my fussiest when I am tired. So it is going to be really important for me psychologically to know that I'm going to eat food I like at the end of each day in the desert. While it is expensive to keep trying these dehydrated foods I need to find another that I like. I have sorted my snacks though. 9bar! I love them! The peanut ones are 290kcal for 50g weight and they taste like food not just energy goo. I am also taking some pumpkin bars (250kcal/50g) and the breakfast bars. Twiglets, jelly beans, granola, allsports desert survival formula and pot noodle will constitute the rest of my food in the desert.

Cycling

Riding my bike has been on the back burner with run training taking priority. The last few weeks I have been on my bike more often, mostly for active travel. I have really enjoyed it. It is in addition to my runs but I feel like it has taken pressure off running somehow.

MDS Dreams

Scorpions, being hungry, being stuck on a treadmill going nowhere....are featuring in my dreams during the last week! I can tell the event is getting closer.....
About these ads

RESULTS ROUNDUP: JANUARY 2015

by Phil Bland

Winter seized hold of January in an icy grip and caused a bit of havoc with some of our running – Bradford parkrun was especially badly hit by ice with two events cancelled and those who braved the Brass Monkey & Inskip Half Marathons had some "interesting moments". However, Baildoneers are a hardy bunch and we had some great turnouts and results across the month.

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First on the clock was **Jim Barnett** flying the flag down in the capital on New Year's Day by running the **Serpentine 10K** in **42:11** (not sure if this also involved a New Year's Day dip in the Serpentine along the way!). Jim followed this up two days later with a cracking **21:58** at **Hackney Marshes parkrun**.

Same day, 200 miles North and a different lake – Ogden Water, Halifax, this time for the **Giants Tooth**. This is a 4.8K off roader, part of the Winter Fell League series, with 400ft of ascent. Ten tough Baildoneers blew the new year cobwebs away with **Dan Cobb** storming home in **22:41** and **Rob Myers** only a couple of minutes behind in **24:59**. **Neil Fairburn** claimed a very creditable third in line for Baildon with **25:40** followed very closely by our first lady home, **Rebecca Langdon** in a terrific **25:46**. **Steve Pickard (26:48)**, **Jim Goddard (27:22)**, **Mel West (27:59)**, **Amanda Darbyshire (30:04)**, **Kate Walter (31:02)** and **Linda Carey (33:40)** completed a fine day out for our troops on the fells. 150 brave souls completed the race with Nick Hooper (Leeds City) winning in an astonishing 17:30 and Rachel Pilling (Pudsey & Bramley) first lady home in 21:14.

Three days later the **second WYWL race** of the season was held at **Stainland** – a challenging and muddy escapade! With important points to play for, 24 of our chaps and 15 of our fairest set out to tame the course – **Quentin Lewis** led our chaps home with **7th place**, **Gareth Holme (23rd)**, **Jim Bryson (44th)** and **Rob Martin (59th)** all had fine runs to count amongst the points with **Chris Burke (12th)**, **Paul Dennison (55th)** and **Chris Longstaffe (57th)** scoring heavily for the Vets team.

Our ladies had an equally impressive race with **Jenni Guard (3rd)**, an in form **Natalie Bottomley (27th)** and **Liz Caven (36th)** – **Rebecca Langdon** producing an excellent vets performance to run home **19th** lady.

Scores on the doors ended as **1150 pts for the blokes, 319 for the Ladies and 372 for the Vets team** of Chris Burke, Paul Dennison and Rebecca Langdon giving us a **grand total of 1469**, almost a hundred more than the first race at Hopton Mills.

Running on the same day, **Debbie Bland** produced a fine run in her Eccleshill RR second claim vest at the **PECO Race 3 at West Park** – another 4.9 miles of mud! **Debbie finished in 87th / 267** and **1st FV60 in 42:51**.

Fast forward six days and **Shelagh Hopkinson** took on a challenging LDWA race, the **Scarborough Rock 16 miler**, which she completed in an impressive **3hrs 07m**

11th January saw **Debbie and Phil Bland** journey over to the “dark side” to run the **Garstang 10K**. Debbie had a title to protect here so she put the hammer down on what is an “undulating” course in icy conditions to finish in **47:53** and retain her **1st FV60** title from last year. Yours truly, seeking a sub hour 10K, was well pleased with 57 minutes!

The following weekend (18th) was the big one for our racers with two popular half marathons running on the same day (**Brass Monkey at York and Inskip** on the Ribble) plus some playing out time for our fell runners in the **Stanbury Splash** at Haworth.

On a truly difficult weekend for running with lots of ice around it was with some trepidation that our runners scanned the event websites for signs of cancellations! Fortunately, both races ran, albeit with some challenging patches to navigate along the way!

The **Brass Monkey** is billed as a fast PB course but it is a safe bet to assume that not many PBs fell on this one. However, seven Baildoneers put up some terrific performances with **Gareth Holme** our first runner home in **1:26:58** followed by **Ian Ferris in 1:34:33** and **Dan Cobb (1:38:59)**. **Rebecca Langdon** ran another fine race just tipping over the 1:40 mark in **1:40:10** and **Michelle Morris**, tuning up for the Marathon des Sable in April running what for her is a sprint distance in **1:46:28**. **John Cawley (1:51:03)** and **Dave Lonsdale**, struggling with a niggle but determined to finish, **(2:37:58)**, completed a good team performance.

Meanwhile over on the “dark side” the **Inskip Half** ran in similar icy conditions with four of us tackling the 13 miles – **Emma Stoney** only just missing out on breaking her Club record set here last year, finishing in **1:32:41**, **Debbie Bland**

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with another fine run in **1:44:33 to lift 1st FV60, Denise Johnson (1:47:41)** and yours truly once again disappointed to just miss out on a sub 2 hour half in **2:07:09**.

On the same day the Fell Runners amongst us journeyed to Haworth for the **Stanbury Splash** – a 7 mile Category BM fell race (someone once told me that BM stood for “bloomin’ muddy”!). On a day when the conditions were so bad that the race had to be run over a slightly less challenging course our first runner home was **Andy Price in 46:26** followed by **Neil Fairburn (52:49), Steve Pickard (53:01), Rob Myers (53:40), Jim Goddard (55:56)** and last but by no means least **Kate Walter (1:01:25)** – hats off to all of them! Race winner, Tom Adams (Ilkley), showed the rest a clean pair of heels in 36:06 and Lindsey Brindle (Horwich) was first lady in an impressive 39:32.

To round off a great weekend of running **Karen Butler and Sarah Terry** decided to find out what all this fell running madness was about by tackling the **Kendal Winter League Fell Race** out of Giggleswick. Sarah tells me there wasn’t much “giggling” going on during the race but they completed the 3.6 tough miles, complete with 191ft of climb, in **48:14** – true “Baildon Grit”!

25th January saw the **third WYWL race** held at **Keighley** and hosted by Craven Energy – another 3 lap mud fest. Those of us who ran Leg 1 of the Gathering Winter Fools relay will have recognized it!! Another good turnout from team Baildon with 21 blokes and 15 ladies tackling a course that demanded some skilful swearing to navigate properly!

Once again **Quentin** led the blokes home, improving his position to **5th** from the Stainland race, with **Gareth Holme (27th), Paul Baildon (66th) and Steve Pickard (68th)** providing impressive support and the Male Vets team of **Chris Burke (21st) and Chris Longstaffe (48th)** plus **Paul Dennison (55th)** completing fine scoring runs.

The **Ladies** proved that they are also a force to be reckoned with by improving on their Stainland performance with **Jenni Guard again in 3rd, Liz Caven an impressive 24th and Natalie Bottomley** (carrying a knock) in **32nd**. **Emma Stoney**, coming back after a nasty virus infection, recorded a fantastic **6th place** for the Vets.

We can’t let **Paul Baildon’s** magnificent performance go unrecorded. Having returned from London the previous evening at 10.30 pm after cheering on the Bantams at Chelsea and adjourning to the Half Way House to ease his tonsils (my sources tell me he was still singing at 2 am!) to then turn up at Keighley and run in at **66th place** for the team merits special praise! Respect Paul.....

Final scores on the doors were Men 1,117; Ladies 339 and Vets 428 giving Baildon an impressive 1,456 total and well placed going forward to the next race at Temple Newsam.

Also on the 25th, **Debbie and Phil Bland** tackled the **Meltham “Tough” 10K** – a race that brings a whole new meaning to the word steep! Coupled with an icy headwind blast from the Pennines it was a struggle but **Debbie** recorded her third FV60 1st place of the month in **51:03** whilst yours truly, despite a fast downhill mile finish, just failed to break the hour, recording **1:02:46**.

On the **parkrun** front our runners ranged far and wide during the month with runs recorded at Hackney Marshes, Sheffield Hallam, Oakwell Hall and our own “home” courses of Bradford, Huddersfield and Skipton. As usual, competition was fierce for our “fastest parkrunner of the month” title with **Ben Watson** battling his way to a **20:45** at Bradford only to have **Rob Martin** produce a flier, also at Bradford to record a **20:23** to nick it. Our “fast lady” of the month was **Natalie Bottomley** who produced a PB run at Bradford to record **23:16** – congrats to Nat & Rob!

Finally a belated Happy Birthday PB to **Ian Hartman** who gave himself the best Christmas present ever by taking out the **MV65 5K record** at Bradford parkrun on Christmas Day in **23:34**. A certain Mr Malcolm Sharp was not amused – he had hung on to that record since 2007!

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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

The list of Sunday Leaders will be announced via email.

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.

1 March Winter League – Baildon

15 March 2015 [Spennings 20 miles](#) (Cleckheaton)

15 March 2015 [Sweatshop 10 miles](#) (St. Annes)

15 March [Keighley Big K 10K](#)

22 March 2015 [East Hull 20 miles](#)

22 March 2015 [Trimpell 20 miles](#)

22 March 2015 [Thirsk 10 miles](#)

12 April 2015 Baildon Boundary Way
KEEP THIS DATE FREE!

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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
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

WEBSITE AND EMAIL ADDRESSES

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Results email:	results@baildonrunners.co.uk