

BAILDON RUNNERS NEWSLETTER

October 2014

FROM THE EDITOR

by Lizzie Smith



Welcome to the October edition of your Newsletter. I am back at the helm, complete with a new name!!

I hope that you enjoy the articles. If you have any feedback, please let me know by emailing news@baildonrunners.co.uk and I will do my best to incorporate into a future Newsletter.

If you have any group photos you would like to be included at the top of the Newsletter, please also forward to the above email address.

CONTRIBUTIONS TO THE NEWSLETTER

by Lizzie Smith

This newsletter has been brought to you by Phil Bland, Alan Clements, Sue Coates, Gareth Holme, Geoff Perigo, and Lizzie Smith. Thank you for your contributions.

Do you have an item that may be of interest to your fellow Members? You don't need to worry about style, spelling or grammar, I will edit/amend if necessary.

Please send your contributions to news@baildonrunners.co.uk no later than **Monday 3 November 2014**.

Thanks.

NEW MEMBERS

We have three new members to report this month: Jennie Guard, Katherine Hornby and Cathy Williams. A warm welcome to you all! Also, welcome back to Rachel Crabtree.

WINTER AWAY NIGHT

by Geoff Perigo

Following on from the success of our series of summer away nights we have decided to test the waters with a winter Away Night. The idea is to break up the long winter schedule with a different but still fairly local route not far from Baildon, with the opportunity for those who wish to meet up for a drink afterwards to do so. One of our newer members, Jeremy Smith, suggested the "Ings" pub in Guiseley would be a good place to meet up. With this in mind, Emma Stoney, being a native of this area, kindly set off running the streets and has come up with three routes ranging from 4.3 to 7.1 miles. The first outing will be Thursday 23rd October and we will meet at the bottom of the rear car park at the Ings. Full details will be emailed out a few days prior to the run.

BAILDON BOUNDARY WAY 2015 *by Alan Clements*

The first Baidon Boundary Way meeting for the 2015 event will take place in the clubhouse on Thursday, 30 October, after the usual run.

Next year's race will be held on Sunday, 12 April and this time we will need a different logo on the t-shirt, as this year's was a special 20th anniversary version. All suggestions welcomed.

Please come to the meeting, as this is your opportunity to voice your opinions on how the previous races can be improved upon. We would also welcome your suggestions for the charity, or charities, that will benefit from all our hard work. This year we presented cheques for £1,400 each to The Daniel Yorath Trust and Meningitis Now. Suggestions made last year for Manorlands to be given first consideration and also to consider the Alzheimers Society were held over for this year.

We will also be starting to take names for volunteer marshals. Last year we had over 100 positions to be filled. That was achieved by using over 70 volunteers, as some people were able to double up duties. As well as raising money for charity, a proportion of the profit is retained by Baidon Runners and helps to keep your membership fees at a lower level than would otherwise be the case. By helping out on the day, you also save yourself money, so please consider volunteering.

If you are unable to attend the meeting, please email the club the week before the meeting with your comments, and we will consider them at the meeting.

SPORTSHOES.COM CONCESSION

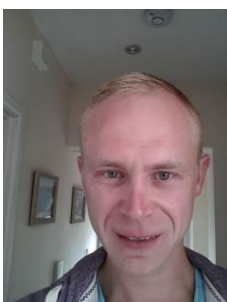
Sportshoes.com are keen to continue their relationship with the Club following the closure of their Bradford superstore. They are offering a concession to members purchasing online or by phone by way of a promotional code that you will need to key in at the checkout stage or quote over the phone. The code to use throughout October is **10%14P** and entitles you to 10% off and free standard P&P. A new code will be supplied for November via email. 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.

PROFILES OF COMMITTEE MEMBERS

Over the next few months the Newsletter will feature profiles of your Committee Members so you know who to turn to should you have a query.



Name: Gareth Holme

Role on the Committee: I'm the Men's Team Captain – meaning that I arrange and organise the men's team or teams (or sometimes even mixed teams jointly with Emma Stoney (Ladies' Captain) depending on the level of interest) for the four main relays that the club enters: Calderdale Way, Leeds Country Way, Bradford Millennium Way and Gathering Winter Fools Relays.

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Job: I'm a solicitor in the Leeds office of an international law firm. I specialise in Construction disputes.

When did you start running? When I was about 10 years old. My older brother was keen to join our local athletics club (Lancaster & Morecambe) so I ended up tagging along.

Length of time at the Club: I first came along in October 2012, and officially joined in January 2013.

Why do you run? This is a difficult one. Now I'd say it's because I've done it for so long and don't really know any different. Years ago, it was because I just really enjoyed most sports and running was the one I was best at!

Least favourite aspect of running? Injuries. My knees and ankles have taken such a battering over the years, I'm surprised I can still walk at times, never mind run.

First Race: I have vague recollections of doing various fun runs with my Dad, but the first one I remember properly was a 4 mile race organised by my primary school. I'd have been about 10 or 11. I won a gift voucher for a local sports shop.

Favourite race(s): I don't have a favourite race, as such. Anything I do well in is a favourite of mine!

Greatest Running Feat: The achievement I'm most proud of was not in a running race, but in a triathlon. The second half ironman I have done – the Vitruvian in 2013 – was one of those rare races when almost everything went to plan. I've never been more happy with how a race panned out. I got round in 5h11m, including a 1h36m half marathon at the end.

Other Sports / hobbies: Triathlon, cycling, football (when the knees and ankles allow) ... and my cat Freida, who I adore!!

Super power you would most like to have? I'd like to be an invisible flying man who can travel through time reading people's minds.

Tell us something interesting about yourself: I'm not very interesting, unfortunately. Erm, I have webbed toes; I have German, French and Irish heritage; I can't whistle but I *can* bite my toenails; I love animals; and as a good Evertonian I refuse to wear the BR's new red and white running jackets (sorry Sue).

RUNNER OF THE MONTH

Runner of the Month for August was Phil Bland for standing in at the last minute for the LCW team (and making Lizzie's wedding rehearsal in the nick of time). Phil's 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 baldonrunners@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.

AULD JOGGER'S BLOG – September 2014

After wandering about the UK (which, thank goodness, still includes Scotland) during this glorious Summer it's back to an equally wonderful September.

The injured foot and me have come to an accommodation. I'm allowed the occasional walk and short run without too much whinging from him. He gets to moan a lot while I put him on ice and watch T.V. I'm so used to rolling a tennis ball under my foot in idle moments that I've worn a groove in the carpet. As for Ibuprofen Gel, he gets regularly lathered in the stuff.

One favourite rehab walk is over Baildon and Ilkley Moors. Coming down the rocky descent into Ilkley the other day I got to thinking about how our movements change with age and injury. At one time I would have flowed down the slope moving smoothly and surely from stone to stone like a gazelle. Now it's more of a hover and plummet and a silent prayer that nothing gets twisted or broken.

Talking about ageing, my friend Malcolm is 74 this week and still winning prizes, sometimes in the MV60 category. The combined age of our Last of the Summer Wine running trio is now 214 years. We're expecting a letter from the Queen any day now.

We were all delighted to see Rachel Amner at Saturday morning training the other day after her cross-Channel swim. The stuff Baildon Runners get up to. As if running isn't enough. And now Michelle Morris is going to run across the Sahara desert carrying stuff on her back. Any Baildon Runners for hang gliding off the top of Everest?

Sitting round a table in the Half Moon Café after training we got to talking about other people's pastimes and how daft they can seem. We dismissed stamp collecting and train spotting without too much trouble. Golf took us a bit longer but we did a pretty reasonable demolition job. Then someone said that maybe running in the mud through the cold and the rain or loping down a featureless strip of tarmac hoping to do it a few seconds quicker than you did last time, might seem a bit of an odd way to spend your spare time to some people. Mmmm, good point.

Down to Nottingham to support my stepson and his wife in the half-marathon. Chris was chuffed to knock 2 minutes off his time from the Sheffield half earlier this year. Dace was not so pleased being a minute or so slower than her previous time. But, hell, it was a hot day and not a breath of wind. Just watching brought me out in a sweat. They said it was seeing us run that had inspired them to give it a go. Never thought of myself as a role model. My two daughters would fall about in hysterics at the thought of it. Anything I ever suggested to them, they did the opposite.

Thank God for my friend Steve. He wanted to get back into running but only wanted to do short distances on the flat. Perfect for the injured foot and I get to feel I'm helping someone into the bargain. I'm so pleased the Winter League races are not starting until December. There's time yet. Oh, oh, was that a twinge I felt in my knee.

NO WATCH NIGHT 2014

By Alan Clements

Our annual No Watch Night event took place on Thursday 18th September, in the company of our friends from Saltaire Striders. We managed to get part off-road and part on this year (just) and I would like to thank everyone who took part for arriving early and managing to set off at 7:03. The shorter course was over a distance of 5 miles and the longer one 7.3 miles.

We had 52 runners this year, which was slightly up on last year and all the prize winners came from Baildon Runners. Dan Cobb took first place with an actual time 9 seconds under his estimated time on the short course. Nicola Steffen was second, 21 seconds under, also on the short course and Danny Miles was third, 22 seconds over, on the long course. Alex Watkins took the booby prize with a time 17 minutes 42 seconds under on the short course. To be fair to her, she had confused the 5 miles distance with 5 kilometres when estimating her time. Ben Watson was

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disqualified for taking the wrong route back and arriving behind the timekeepers, initially unnoticed. The quality of the sketched map probably did not help and it was remarkable that everyone else found their way round OK.

Afterwards, an enjoyable evening was spent in the bar, with free food being served up by Sue Coates, who once again receives a big vote of thanks for her efforts.

My thanks also go to Malcolm Sharp and Denise Johnson for their help in recording the times and finishing places at the end. We also had help from a Saltaire Striders member, whose name I did not get, but who also deserves our thanks.

THURSDAY NIGHT RUNNING GROUPS

by Sue Coates

Below is a list of the volunteers to lead the Thursday night groups D and E:

Date	Group D	Group E
16/10/14	Phil Worsley	Carolyn Hargreaves
23/10/14	Linda Carey	Dave Lonsdale
30/10/14	Paul Baildon	Alan Clements
06/11/14	Richard Barnes	Sue Coates
13/11/14	Geoff Perigo	Jackie Walters
20/11/14	John Crabtree	Sally Gavaghan
27/11/14	Phil Worsley	Carolyn Hargreaves

If any of the above dates are not convenient to you and you can't get in touch with someone to swap with, just let me know and I will sort it out, it won't be a problem.

SUNDAY SESSIONS

by Lizzie Smith

Due to the Summer Championships there will be a limited number of led Sunday sessions over the next couple of months. Please see the rota below.

Date	Leader	Date	Leader
19 October 2014	Dave Lonsdale	2 November 2014	Carolyn Hargreaves
26 October 2014	Wistow 10K / Bradford ½ Marathon	9 November 2014	Dan Cobb

SUMMER CHAMPIONSHIP

by Alan Clements

WELL DONE SALLY

Only two events in the Summer Championship in September, with no entrants for the Warrington Half, but the Spennings Greenway 10K produced another 36 points for Sally Gavaghan. This gives her six maximum scores and secures her the Second Division title. It also guarantees at least a share of the overall Championship. Behind Sally in that Division, Sarah Terry is in second place with 144 points. However, Sarah has six races counting and could still be

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overtaken by a number of others, including: Joanne Bloor, Karen Baildon, Elinor Newhouse, Geraldine Ray and Helen Foster who have all completed 4 races and could still count with another 2.



In the Premier Division Debbie Bland is on 204 points, ahead of Barbara Lee on 190 and Paul Baildon on 170, but Paul has only completed five races so far.

In the First Division, Age Graded PBs were recorded at the Spen Greenway by Jackie Walters, Carolyn Hargreaves and Liz Caven. This moves Liz back to the top of the Division, but only four points clear of Neil Fairburn and nine ahead of Nigel Shaw. Carolyn Hargreaves and Jackie Walters move closer to the top three and can still push for a podium place in the final month.

We have received a query regarding the use of gun times for the Abbey Eccup 10 miles. The Abbey website described the chip timing as a trial and the chip times were still being processed. Abbey's prize list, the Yorkshire Championship results and RunBritain have all used the gun times and we felt it was correct for us to do so also. This is an exception to our normal practice of using chip times.

This report reflects the position as at the end of last month. The full updated tables can be found on the website and have also been posted in the Rugby clubhouse and changing rooms.

SUMMER CHAMPIONSHIP RACES 2014

The remaining races in the Summer Championship are as follows.

<u>Date</u>	<u>Event</u>	<u>Distance</u>
26 October	Wistow (Selby)	10K
26 October	Bradford	½ Marathon

AGE CATEGORY RECORDS

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

RESULTS ROUNDUP – SEPTEMBER 2014

by Phil Bland

No signs of any let up in the action during September with an astonishing variety of racing going on from conventional road racing, fell races and Triathalons to "Tough Mudders" (basically just an excuse to get dirty and wet very quickly!).

The month kicked off on the 3rd with the well established **Ilkley Incline** – basically a one mile blast up a steep hill to Keighley gate climbing 560ft in the process. **Neil Fairburn** was our sole representative, managing the assault in **11 mins 20 secs**. There were several fine performances on the night including a new ladies record set by Emma Clayton in 7:49 just two seconds behind race winner Jack Wood.

The following weekend saw two big races well supported by our troops. The **Great North Run** saw thirteen of us trying to beat Mo Farah to the finish. The nearest we got was **Clive Turner's** fine **1hr 34:04** closely followed by **Ian Ferris** in **1:36:39** and **Danny Miles** in **1:38:31**. **Rebecca Langdon** led the ladies contingent in with a PB of **1:40:30**. There were excellent performances on a very warm day by **Jim Barnett (1:43:29)**, **John Cawley (1:45:37)**, **Dave Long (1:58:36)**, **Abbi Galluci**, **Hester Stefanuti** and **Jane Chapman (2:03:26)**, **Karen Baildon (2:06:38)**, **Phil Worsley (2:08:01)** and **Richard Sykes** in a battling **2:11:05**.

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Meanwhile, down at Sherburn Airfield five of us were taxiing for take-off in the well supported inaugural **Vale of York Half Marathon** – a flat, fast loop course. **Graham Driver** cruised home in **1:38:38** followed by **Debbie Bland (1st FV60) 1:42:49** with **Liz Caven** in hot pursuit (**1:44:30**), **Denise Johnson (1:48:27)** and yours truly in a forgettable **2:05:49**.

We can't leave this first weekend without mentioning **Andy Price's** excellent time at **Fountains parkrun** the previous day (**20:13**).

The next weekend saw a mix of races – road (Spennithorne Greenway 10k), Fell (Yorkshireman Marathon and Half and Triathlon (Nidderdale Sprint)).

The **Spennithorne Greenway 10k** is well established in our Summer Championship calendar and six Baidoneers went hunting for points to bolster their standings in the tables. **Ian Ferris** led us home in **42:16** with **Rebecca Langdon** not far behind in **45:26 (2nd FV35)**, **Liz Caven 47:14 (1st FV45)**, **Carolyn Hargreaves 55:18 (1st FV55)**, **Sally Gavaghan 56:21 (1st FV60)** and **Jackie Walters 57:46 (1st FV65)** – a remarkable four age category wins and a second place for our ladies with Sally wrapping up her Summer Championship campaign with an unbeatable sixth maximum points haul.

Much tougher terrain awaited our runners over at Haworth for the **Yorkshireman** off road marathon and half. With a well deserved reputation as a tough race. Three brave souls took on the Full marathon course – **Chris Longstaff** was first home in **4:36:39**, **Nigel Shaw** in **5:15:48** and **Michelle Morris** in **6:03:06**. The "Half" is a "long half" at 15 miles, with **Neil Fairburn** first home in **2:22:43** followed by **Debbie Bland (1st FV60) in 2:40:29**, **Helen Foster (2:52:34)**, **Sue Coates (2:57:46)** and **Linda Carey (3:15:20)**. Mention must be made of Debbie's fine run which was the fastest FV60 time in the race since 2004.

Inspired by our home-grown world and Olympic champions, the Brownlees, a growing number of our runners are taking to triathlon. **Emma Stoney** donned wetsuit in Pateley Bridge to tackle the **Nidderdale Sprint Triathlon**. This comprises a 400m swim, 20k bike race and finally a 5k run with plenty to lose in the all important transitions. Emma completed the course in a magnificent **1:17:03**.

The following weekend was a repeat performance of road, fell & tri – first up being the **Leeds Golden Mile** at Becketts Park track. A full on track mile is a tough ask for anyone and **Don Johnson** made a fine job of breaking the club MV60 mile record in **6:29**.

On the Sunday the **Kirkstall 7** was first up – a lovely mixed terrain race starting and finishing at Kirkstall Abbey. Not quite 7 miles (6.7). **Debbie Bland (52:24)** and **yours truly (1:02:53)** flew the flag for Baildon. There being no FV60 prize, Debbie had to take it to the youngsters and won the FV55 category instead!

Needing to get her sixth "counting" run in the Summer Fell League, Debbie hot footed over to Oxenhope for **Beefy's Nab** – a short but brutal 3 mile / 650ft blast up and down the hill overlooking Oxenhope. Debbie clocked **37:04** to take **1st FV60**, setting some sort of record for having won a FV55 & FV60 prize in different races on the same day! Debbie had **Neil Fairburn** for company – Neil making short work of the course in **28:54**.

Back in Wharfedale the girls in wetsuits were at it again! **Ilkley Triathlon** (500m swim, 14.5k Bike & 4.8k run) saw **Emma Stoney (1:10:44)**, **Nicola Empson (1:12:11)** and **Jenny Stephenson 1:41:08** all put in fine performances.

Over at **Harewood** the Brownlees were staging their own triathlon event in partnership with McMillan Nurses Charity. **Karen Butler (2:17:07)** and **Sarah Terry (2:24:10)** tackled the 700m open water swim, 26k bike and 5.5k run in fine style whilst **Shelagh Hopkinson** completed the "Super Sprint" course (400m/13k/3k) in **1:27:06**.

Not to be outdone by the ladies, **Gareth Holme** completed the triumvirate of triathalons by taking the course apart at the **Fleetwood Sprint Tri** in **1:03:54** to finish 19th out of 256 competitors.

To complete a hectic weekend of racing, our racing sisters **Amanda Darbyshire** and **Melanie West** took to the trails of the **Stainland 10k** and posted **1:10:24 (Mel)** and **1:11:47 (Amanda)** winning in the process two of the brightest orange t-shirts you will ever see!

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Name drop prize has to go to **Rebecca Langdon** who took on Paula Radcliffe in the **Worcester 10k**, finishing in **47:06**. Paula was so intimidated she could only finish third in the race!

The last weekend of September was dominated by the **YVAA Cross Country** held this year at Nunroyd Park, Guiseley and hosted by Skyrac A.C. Always popular with the Yorkshire clubs, there was a good turnout on a warm humid day with the course mainly dry underfoot.

Baildon fielded a strong team in all categories and this paid off in the results and team prizes. In the **Men's 35-49** race, dominated by race winner Richard Harris (Rotherham) in 28:35, **Quentin Lewis** ran in **5th overall** but **1st MV35** in **29:30**. He was ably supported by **Chris Burke (33:45)**, **Paul Baildon (34:39)** and **Dan Cobb (36:19)** who took the prize for most impressive final sprint. **Chris Longstaff and Ian Ferris** fought out a close race with Chris just shading it in **37:23** from **Ian (37:26)**.

In the **50-69** race, due to a faulty timer, we had the largest dead heat in racing history with all runners recording 99:99! In terms of race position **Rob Martin** led us home (**40th**) with **Don Johnson (48th)**, **Jim Goddard (55th)**, **Ian Hartman (57th)** and **Dave Crane (58th)** all running well.

Eleven Baildon Belles contested the 2 lap short 5k course with **Emma Stoney** our flier in **17:53** followed by **Rebecca Langdon (20:00)** and **Debbie Bland (20:18)**. Good racing also from **Barbara Lee (20:36)**, **Natalie Bottomley (20:42)**, **Denise Johnson (21:06)**, **Helen Foster (22:02)**, **Sue Coates**, **Karen Baildon (22:41)**, **Tracey Robinson (23:37)** and **Ellie Newhouse (27:20)**.

Strongly represented in the prize list, we picked up three individual 1sts – **Quentin Lewis (1st MV35)**, **Debbie Bland (1st FV60)** and **Sue Coates (1st FV65)**.

In the team prizes the **FV55 ladies** picked up **1st** (3 & 5 to count) whilst the **FV35 team** picked up **2nd**. The **MV40-49** team took out **3rd** prize whilst the **MV60-69** team had a **4th**. A great team performance by **Baildon**
In other racing **Michelle Morris** tackled the rough tough stuff on the **Good Shepherd Fell Race** (15miles / 2000ft of ascent), coming home in **3:00:36**.

Closing the month off in style was **Jackie Walters** who ran the **Ealing Half Marathon** in **2:13:21**, setting a new **FV65** Club Age Group record in the process.

Finally on the **parkrun** scene our runners were at six different parkruns during September, our fastest male runner in the month being **Quentin Lewis (Bradford 17:38)** and fastest lady **Debbie Bland (Bradford 23:26)**. Special mention to **Ben Watson** who came within a whisker of running sub 20mins (**20:01**) at **Bradford**.

QUOTE OF THE MONTH

“Run when you can, walk if you have to, crawl if you must; just never give up.”

Dean Karnazes

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FORTHCOMING RACES

Mostly there is a hyperlink to a website or email address but where there isn't, this is usually because the entry form is not yet available.

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.

19 October [Woodland Challenge 6 miles approx.](#) (Huddersfield)

26 October Bradford Half Marathon (**SC event**)
(also 5K and 10K)

1 November Pain Barrier 10K (Tong)

2 November [Lancaster Half Marathon](#)

9 November [Wadsworth Half Trog 9.25 miles](#) (Hebden Bridge)

16 November [Leeds Abbey Dash 10K](#)

7 December [Guy's 10 miles](#) (Garstang)

21 December [Stoop 8K, 250m ascent](#) (Penistone Hill Country Park, nr Haworth)

31 December [Auld Lang Syne 9.6K, 300m ascent](#) (Penistone Hill Country Park, nr Haworth)



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

WEBSITE AND EMAIL ADDRESSES

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Results email:	results@baildonrunners.co.uk