

BAILDON RUNNERS NEWSLETTER

March 2016

FROM THE EDITOR

Jackie Walters

This newsletter has been brought to you by Rachel Amner, Linda Carey, John Cawley, Dan Cobb, Ian Ferris, Denise Johnson, Dave Lonsdale, Geraldine Ray and Emma Stoney. Please send contributions for the next newsletter to baildonrunners@yahoo.co.uk. by **29 April**.

RUNNER OF THE MONTH

January's winner was Jennie Stephenson for her role in setting up the junior parkrun in Roberts Park, well done Jennie. February's winner was Pete Gallagher for a 10k personal best at Dewsbury and his first sub-40 time of 39:44, a superb improvement.



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

NEW MEMBERS

Dave Lonsdale

Please welcome this month 2 new first claim members Maureen Watkinson and James Wright, welcome Maureen and James. Our membership now stands at 195.

BAILDON RUNNERS ANNUAL GENERAL MEETING

by Ian Ferris

Thank you to all those who attended the recent club AGM and helped ensure we were comfortably above the quorum we needed. For those who missed it we gave a review of the past year (it's amazing how much the club and its members achieved), shared our thoughts and plans for the running year ahead and presented the WYWL trophies.

The main change voted for was to increase the membership fees by a small amount but to give existing members the option to renew at the current price until the end of April. Please help the club and yourselves by paying promptly as we need to pay £13 of each fee plus a £100 fixed amount to England Athletics.

Stepping down from the committee are Geoff Perigo, Lizzie Smith and Jeremy Smith. We thank them for their valuable help and guidance, in some cases over several years. Stepping up to join the committee is Ben Watson who will look after our new website which will go live after the Baildon Boundary Way.

In accordance with the club constitution, I have also stood down from the committee and we are looking for a new club secretary as there were no volunteers at the AGM nor in response to various email requests.

We now have a record 195 members and we hope the majority of you will choose to renew with what is the best, the most friendly and still the cheapest club in the area.

SPORTSHOES DISCOUNT CODE

The discount code for April is YGS7 redeemable until 1 May.

DALES TRIP SAVE THE DATE!

by Geraldine Ray

As Spring approaches it will soon be time for the annual Baildon Runners Dales trip. For those who haven't been before, we will be meeting in Baildon at 6.00pm for transport to Grassington. There will be a choice of running or walking routes in the beautiful Dales countryside, followed by a meal and a few well-earned beers before heading home at 11pm.

Full details will be sent out in April so keep an eye out for the email and save the date Friday 3rd June!

OGOBS EASTER HANDICAP RACE

Denise Johnson

To celebrate OGOBS turning 2 year old in March I thought it time to put on another fun event. Not sure how I dream these names up but came up with the "Golden Egg Challenge".

The date was set for 23rd March only 3 days after the East Hull 20 so I was happy to be photographer for the morning, with Don at the halfway point and Jim Wheldon, Bob Coles and Dave Lonsdale timekeeping.

We did have 20 entries but injury and illness struck the week before so we finished up with 13 runners. Over the 2 years we have grown from just a few turning up each week to double figures now most Wednesdays.

Once again this race was over 5.2 miles on the canal with the slowest going off first and the scratch man (Quentin) going off last. First to leave the park was Dave Noble followed 10 minutes later by Ellie Newhouse and a further minute behind Ellie was Linda Carey. Finally after 28 minutes we set off Emma Stoney followed by Ben Watson and finally Quentin.

The Easter Bunny (Don) was standing at the half way point with a bucket of eggs and jelly babies. The runners had to grab one and eat it or face a penalty of one minute added to their time. Everyone went for the option of the chocolate egg or jelly baby.

Dave Noble was first to turn for home but Ellie and Linda were hot on his heels. When you are standing there it seems the last runners have no chance of catching anyone up but this was not the case by the finish.

I jogged out onto the canal to take my photographs to be met by Linda Carey in the lead with half a mile to go. I shouted to her, "You are well ahead", only seconds later to spot Emma Stoney in the distance going like a train and catching Linda with every stride. It was cat and mouse all the way to the finish with Linda winning by 10 seconds. Third across the line was Pudsey Pacer Dave Burdon. In the next few minutes most of the runners could be seen crossing the bridge so the timings had worked out very well.

To finish off a brilliant morning I had bought some prizes these were awarded to:

The Golden Egg	Linda Carey
The Golden Bunny	Dave Noble for services to the club with his coaching and never giving up
Mini Eggs	Emma Stoney for coming 2nd
Mini Eggs	Quentin Lewis for fastest time of the day
Mini Eggs	Dave Burdon for coming 3rd
Mini Eggs	Suzanne Haigh for bringing her two little dogs -they annoy the life out of Rafferty

When you are putting on an event the best part is you get to choose who gets the prizes. It's all taken in good fun. The rest of us got to eat cakes baked by Alyson Lewis and Barbara Lee. It just has to be said I could not have been happier for Linda as she was over the moon to, "win her first race ever ". At this point over to Linda herself.

HOW THE FOX FEELS

Linda Carey

It was with great determination that I set off third in the handicap. Several months of reduced activity after my accident last October have had an impact on my speed and stamina so when Denise Johnson requested my 5 mile time I "guesstimated" 50 minutes which in fact turned out to be spot on. The conditions were perfect as I set off and spotted Ellie in the distance. It took me a long time to catch her up and after that I didn't look back once in the race for fear of who was creeping up on me. As I got to Three Rise Locks I was dismayed to see Don Johnson waiting at the top rather than the bottom but the compulsory jelly baby we had to eat gave me the energy to contemplate the return. I overtook Dave Noble, dodged a couple of aggressive geese and then set my sights on the return leg. At this point I started meeting my pursuers on the canal bank and was able to size up the opposition and get an idea of what my return journey would entail. I met Emma Stoney way back down the canal going at a frightening pace and a few minutes later Quentin. They seemed a long way back and I started to think I could actually win the egg. I carried on never once looking back and avoiding any interaction with other dog walkers and cyclists to save my breath. When I got to the end of the canal Denise was waiting with the camera and words of encouragement. I relaxed when she said, " You're fine. There's no one in sight," and actually slowed down until she added, "Oh no, there's Emma!" I then got back in to gear and sprinted across the bridge and along the final stretch with Emma in hot pursuit. My joy at finishing first was immense and I'd like to thank Denise for staging such a fun, if knackered event.



Results (in brackets the number of minutes behind the starter Dave Noble)

Linda Carey	50.46 (11)
Emma Stoney	33.56 (28)
Dave Burdon	37.23 (25)
Quentin Lewis	31.05 (32)
Barbara Lee	42.23 (21)
Ellie Newhouse	53.23 (10)
Alyson Lewis	44.42 (19)
Ben Watson	35.14 (29)
Sylvia Ross	48.15 (16)
Tina Dickinson	49.26 (15)
Ian Hartman	47.20 (19)
Suzanne Haigh	50.56 (16)
Dave Noble	70.55 (scratch)

SPRING MARATHON SEASON

A number of members are running Marathons, raising money at the same time. We would be grateful if you could share these links with family, friends and colleagues to help them raise money for their chosen good causes.

Karen Butler and Jackie Walters, both marathon first timers are running the Manchester Marathon 10 April

Karen is raising funds to support a young person who lives in Baildon and attends a local school. Her work has just sponsored his wheelchair. He will be having a big operation soon and will need ongoing support.

Contact: Karenbutler1012@gmail.com or mobile 07788427355.

Jackie is running for Nivolumab for Mark Nurthern – to enable a family friend, father of two young children and suffering from cancer to benefit from a new immune therapy treatment. <https://www.gofundme.com/u4f6bw9g>

Denise Johnson, London Marathon 24 April

Denise is running for Headway - the association, supporting people with brain injury.

https://www.justgiving.com/Denise-Johnson2?utm_medium=email&utm_source=ExactTarget&utm_campaign=20160330_70371

WEST YORKSHIRE WINTER LEAGUE PRESENTATION NIGHT

Dan Cobb

So after another gruelling but wonderfully successful Winter League season a crack squad of Baildon Runners headed into Leeds for the presentation night to do what we do just as successfully as running...Partying!

Obviously we were ultra-proud to collect the 2nd Overall team trophy, which was no less than we deserved for top quality running throughout the season. The other fabulous awards collected on the night were:

Chris Burke - 3rd M45

Rob Myers - 2nd M60

Kirsty Allen - 1st F40

Donna Kaznowski - Paul Dowson Shield (Most improved female) -

Sadly not all our individual prize-winners could be there but for those of us who never win anything, we didn't mind hogging the limelight for a few moments with Jim Wheldon even posing for photos when collecting Rob Myers' award!!

The night was fantastic, improved by the fact that they called out all the separate age categories in batches rather than individually, so sped things up somewhat i.e. more drinking time! Also with being the Winter League they had to put some sort of obstacle in our way, so rather than the usual mud and hills we had to try and eat pizza and salad with a spoon, not an easy feat I can assure you!

The Adelphi pub was a very cosy and charismatic venue, I sincerely hope we'll be back next year to scoop up even more awards. Thanks again for all your effort and determination this season.



BAILDON BOUNDARY WAY 2016

Emma Stoney

The Baildon Boundary Way 2016 was a huge success. Entries for this year's race filled fast, which will mean the club will have made a healthy profit from our biggest annual event. Despite having to alter the course due to the Boxing Day floods, it all ran very smoothly with many runners reporting that they had enjoyed the alternative route (they must be the same breed as Quentin, who devised the 2016 route and threw in some extra hills!). The team that put in all the hours work ahead of the day deserve my huge thanks, as well as all

the other members who marshalled. It was great to see some outstanding performances from our own club in the results, in particular Kirsty Allen who became the first ever Baildon Runner to win our own race!

WORLD ICE SWIMMING CHAMPIONSHIP IN ESTONIA

Rachel Amner

And now for something completely different! While most of the club have been training over the winter for events such as the Winter League, the Winter Championship, or eating cake in a Saltaire café after the Saturday morning run sessions, I've instead been training for the Ice Swimming World Cup.

Having blithely said back in October, "Estonia in February, swimming, how fun", and having booked my flight to Tallinn, the reality suddenly hit me that I was actually going to have to do some training and actually have to do the event. I was really nervous as I'd never swum in water for any length of time below 6 degrees C. And before any of you ask, no neoprene or wetsuits allowed, just a swimming cozzie, goggles and a swimming cap!

My main problem was that the water in lakes and rivers round Yorkshire, was too warm, as they hovered around 5-6 degrees C! So I had to come up with a different acclimatisation plan. As experienced cold water swimmers know, it's not just the swimming in cold water that is potentially dangerous, it's the warming up afterwards as cold blood from your hands and feet heads back to your heart. So acclimatisation training is very important. Also important is practising having all your warm clothes ready on the side, in the order you need to put them on, as you only have about a minute to get changed before your body starts shivering uncontrollably.

Just weeks before the event, Dave Lonsdale bumped into another Baildon Runner, Mel West at a parkrun, who mentioned that she was just about to head out to Tallinn for a few weeks for work. So she became my local contact for just how cold the event was going to be – air temperature minus 20ish a couple of weeks earlier, brrrrr!

On the Saturday morning of the World Cup I was terrified, but equally glad that I'd entered into a relay race because there was no way I could bottle out and let my team mates down. The sand on the beach outside the venue was frozen solid, and there was thick snow. There was also gaffa tape all over the ladders into the harbour where the races were to be held, to prevent swimmers hands freezing onto the rungs. However, once the horn sounded, there was no way I wasn't climbing down the ladder and in to the water and swimming! The actual swim wasn't as bad as I thought, it was so cold, my body numbed straight away, but after only 10m across, my hands and feet were painfully pins and needles. We didn't win our relay race, but I can now proudly say I've represented Yorkshire and GBR in a World Cup event! And thank you for asking, the water temperature on race day was 0.8 degrees C!

Thank you to Mel for coming to cheer us on in the afternoon when Team Yorkshire won 1 gold, 3 silvers, and 2 bronzes!



The medal podium – maybe next year there'll be a medal round my neck!



Martin and I at the start of our relay, waving as our team is announced.



The Yorkshire flag fluttering proudly next to all the flags of the different countries represented.

PAULA RADCLIFFE

Rachel Amner

As some of you know, last year I worked at the London Marathon as a medical volunteer. So I was privileged at the start of my shift to be able to stand at the finish line and cheer on Paula Radcliffe, as she finished her last ever London Marathon.

Last month I met Paula again at the Manchester Swim/Run/Bike/Tri Expo, where she did a Q&A session. A lot of the people there were training for marathons and asked Paula for advice, particularly about preparing for the London Marathon.

Q: What advice do you have for someone running their first ever London Marathon?

A: Enjoy the experience, but don't set off too fast. The other runners and crowds will pull you along and you will run faster than you really want to for the first 5-10 miles. You really want to think of mile 20 being your half way point in the marathon, so pace yourself. The last 6 miles will be the hardest, mentally and physically, so be prepared for that.

Q: What should I eat during the marathon?

A: Practice different strategies when you train. It's important to eat enough carbohydrates the week before the marathon. It's also important to eat enough after the marathon, I remember sitting in an ice bath at the finish line of one marathon eating half a kilogram of cold pasta! It takes about 5 weeks for your body to readjust after a marathon, so listen to your body and rest/eat as needed.

Q: Do you listen to music when you run?

A: No, I like to listen to the world around me!

Q: How many miles did you do when you were training?

A: At my peak, the largest number of miles per week I did was 151.

Q: Do you still run?

A: Yes, but not really competitively now, more to help me have time to think things over, to de-stress, or just for fun.

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Rachel with Paula at the Manchester Swim/Run/BikeTri Expo.



Dave with Paula a week later at the Cardiff World Cup Half Marathon!

Dates of Forthcoming Races 2016

Every Saturday [Lister Park 5K parkrun](#) (Bradford),
morning at 9:00 [Hyde Park 5K parkrun](#) (Leeds),
[Horton Park 5k parkrun](#) (Bradford)
[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.

9 April Wensleydale Wander 12 miles or
22 miles (Leyburn, N. Yorks)

5 and 12 April Bunny Runs

10 April Manchester Marathon

19 April Bunny Run relays 1.5 m 200 ft ascent
teams of 3 , enter on night

24 April Blackpool Marathon

24 April Blackpool Half Marathon

24 April Virgin London Marathon

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24 April	Fountains 10k (Grantley nr Ripon)
1 May	Bluebell Trail 10.3 miles (West Vale, Stainland)
8 May	Leeds Half Marathon
11 September	Great North Run
9 October	Plusnet Yorkshire Marathon (York)

AGE CATEGORY RECORDS

Full details of all age category records can, as usual, be accessed on the club website, however the following is a list of the new records set since the last newsletter:

Name	Cat	Distance	Date
Michael Malyon	M23	20 miles	12 March
Jim Wheldon	M60	10K	13 March
Jacqueline Cooper	F40	100K	27 March

Particular congratulations to Jacqueline Cooper on her 100K record, which is an all time female record for the distance and actually betters the male record!

RESULTS

Please continue to email your race results to results@baildonrunners.co.uk but note there is no need to do this for parkrun events or summer championship races **unless** you are not shown in those results as a Baildon Runner, for example if you entered the race before joining the club. However, could second claim members please email **all** their results **including** parkruns.

For those of you who don't want to wait for the next newsletter, all Baildon Runners' parkrun results can be viewed shortly after the relevant Saturday at www.parkrun.com/results/consolidatedclub/?clubNum=1854.

Bolton Abbey Half Marathon - 27 February

11 th	Emma Stoney	1:44:48	1 st F35*
53 rd	Jane Chapman	2:19:37	
54 th	Hester Stefanuti	2:19:43	
55 th	Abi Gallucci	2:20:11	

* also second female overall

67 finishers.

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Winter League – Pudsey - 28 February

Men			
5 th	Michael Malyon	296 pts	3 rd MU35
18 th	Chris Burke	283 pts	1 st M45
23 rd	Gareth Holme	278 pts	
25 th	Lee Kaznowski	276 pts	
35 th	Andy Robinson	266 pts	
49 th	Pete Gallagher	252 pts	
52 nd	Ben Watson	249 pts	
53 rd	Jim Barnett	248 pts	
61 st	Marc Forrest	240 pts	
67 th	Rob Martin	234 pts	
70 th	Paul Baildon	231 pts	
76 th	Craig Blackwell	225 pts	
85 th	Jim Wheldon	216 pts	2 nd M60
88 th	Mark Delaney	213 pts	
109 th	Steve Brown	192 pts	
110 th	Neil Fairburn	191 pts	
112 th	James Birkley	189 pts	
138 th	Rob Myers	163 pts	3 rd M60
150 th	Geoff Perigo	151 pts	
152 nd	Ian Hartman	149 pts	3 rd M65
156 th	John Cawley	145 pts	
170 finishers.			

Ladies

3 rd	Jennie Guard	298 pts	1 st FU35
5 th	Kirsty Allen	296 pts	3 rd F40
7 th	Emma Stoney	294 pts	3 rd F35
13 th	Catherine Milner	288 pts	
27 th	Donna Kaznowski	274 pts	
29 th	Alison Boyle	272 pts	
31 st	Michelle Morris	270 pts	
35 th	Liz Caven	266 pts	
37 th	Anna Smith*	264 pts	
38 th	Debbie Watson	263 pts	
58 th	Carolyn Hargreaves	243 pts	2 nd F60
62 nd	Sarah-Jane Templeman	239 pts	
76 th	Geraldine Ray	225 pts	
77 th	Denise Bailey	224 pts	

* representing Queensbury RC
81 finishers.

Team positions (out of 11)	Day	Cumulative
Ladies	2 nd	2 nd
Men	4 th	3 rd
Veterans	3 rd	2 nd
Overall	2 nd	2 nd

Transgrancanaria 52 miles, 16,000ft ascent

(Gran Canaria) - 5 March

265 th	Mick Cooper	14:32:49	*
403 rd	Jacqueline Cooper	16:36:58	#

* third male Brit out of 9

third female Brit out of 6

501 finishers (41 DNF).

Podium 5K (Barrowford) - 5 March

31 st	Michael Malyon	16:35
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40 finishers.

Horton Park 5K parkrun - 5 March

26 th	Denise Johnson	26:02	1 st F55*
35 th	Linda Carey	30:37	2 nd F55#
48 th	Neil Fairburn	36:32	

* also second female overall

also third female overall

58 finishers.

Lister Park 5K parkrun - 5 March

5 th	Lee Kaznowski	18:41	2 nd M35
10 th	Ben Watson	19:53	3 rd M35
12 th	Jim Barnett	20:02	
16 th	Kirsty Allen	20:18	1 st F40*
17 th	Rob Martin	20:28	1 st M55
18 th	Marc Forrest	20:31	2 nd M40
21 st	Pete Gallagher	20:51	3 rd M40
26 th	Paul Dennison	21:06	2 nd M55
37 th	Bob Shimmin	21:59	2 nd M60
41 st	Donna Kaznowski	22:17	1 st FU35#
83 rd	Philip Jones	24:22	3 rd M55
128 th	Melanie West	26:55	3 rd F40
136 th	Karen Baildon	27:15	
150 th	Dave Shaw	27:39	2 nd M70
161 st	Tara Philips	27:59	
191 st	Sarah-Jane Templeman	29:16	
229 th	Elinor Newhouse	31:19	2 nd F65
232 nd	Dave Lonsdale	31:21	
268 th	Shelagh Hopkinson	32:57	3 rd F60
278 th	Sue Gallagher	33:24	
307 th	Jenny Stephenson	34:45	
348 th	Rachel Amner	40:10	

* also first female overall

also third female overall

364 finishers.

Woodhouse Moor 5K parkrun - 5 March

41 st	Emma Stoney	20:18	1 st F35*
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* also third female overall

427 finishers.

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York 5K parkrun - 5 March

70th Jim Wheldon 22:32 1st M60
392 finishers.

Norton 9 miles - 6 March

122nd Alison Boyle 1:03:38
212th Debbie Bland 1:10:58 1st F60
220th Philip Jones 1:11:31
526 finishers.

Endurer Dash 10K (Obstacle course/Mud run)

Sherwood Pines, Notts - 6 March

143rd Rob Myers 1:16:31
668 finishers.

Keighley BigK "10K" (actually around 9.5K) - 6 March

26th Kirsty Allen 41:07 1st F40*
265th Jim Goddard 52:59
286th Geoff Perigo 53:47
373rd Kate Walter 57:07
586th Denise Bailey 1:02:14
588th Stacey Rushworth 1:02:28
594th Angela Pegg 1:03:35
829th Judith Wilson 1:13:18

* also first female overall
1,056 finishers.

Horton Park 5K parkrun - 5 March

14th Ian Hartman 26:28 1st M65
42 finishers.

Haworth Hobble 33 miles, 4,800ft ascent - 12 March

263rd Steve Tindall 7:53:09
267th Philip Jones 8:00:14
310 finishers.

Lister Park 5K parkrun - 12 March

2nd Lee Kaznowski 18:42 1st M35
9th Marc Forrest 19:54 3rd M40
11th Rob Martin 20:12 1st M55
15th Ben Watson 20:45 3rd M35
28th Donna Kaznowski 22:07
56th Gordon Slater 23:46
112th Melanie West 26:15 3rd F40
171st Jackie Walters 27:59 2nd F60
173rd Tara Phillips 28:03
189th Katherine Hornby 29:05
193rd Dave Lonsdale 29:15
287th Jenny Stephenson 35:11
317th Rachel Amner 37:50
363 finishers.

Roundhay Park 5K parkrun - 12 March

332nd Phil Bland 45:16
333rd Debbie Bland 45:18
347 finishers.

Spenneth 20 miles (Cleckheaton) - 13 March

8th Michael Malyon 2:05:13
58th Lorne McNeill 2:26:52
136th Nigel Shaw 2:47:10
206th Debbie Bland 3:07:20 2nd F60
254 finishers.

Silverstone Half Marathon - 13 March

4,821st Shelagh Hopkinson 2:16:37 3rd F60
6,712 finishers.

Bradford 10K - 13 March

34th Gareth Holme 38:48
63rd Paul Baildon 41:21
79th Danny Miles 42:02
84th Mark Delaney 42:09
119th Jim Wheldon 43:20 3rd M60
131st Donna Kaznowski 43:35
163rd Robin Graham 44:35
226th Neil Fairburn 46:34
354th Jim Goddard 50:01
422nd Geoff Perigo 51:47
426th Emma Long 51:54
517th Sally Gavaghan 54:47 1st F60
586th John Colwell 56:57
605th Karen Butler 57:37
737th Denise Bailey 1:01:37
771st Elinor Newhouse 1:02:07
788th Jenny Colwell 1:03:01
821st Jane Sturgess 1:04:48
824th Susanna Walters 1:04:52
852nd Stacey Rushworth 1:05:56
879th Sue Gallagher 1:07:26
970 finishers.

Harewood 10K - 13 March

50th Andrew Price 46:01
501st Rob Myers 53:37
1,193rd Angela Pegg 1:04:24
1,342nd Linda Carey 1:08:18
1,579 finishers.

Cartmel Lakeland 18K Challenge - 19 March

436th Linda Carey 2:41:37
480 finishers.

Dalby Forest (Pickering) 5K parkrun - 19 March

215th Jenny Stephenson 32:39
276 finishers.

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Horton Park 5K parkrun - 19 March

13th Richard Barnes 25:06 2nd M60
57 finishers.

Lister Park 5K parkrun - 19 March

11th Kirsty Allen 19:58 1st F40*
17th Ben Watson 20:43
41st Nigel Shaw 22:16
44th Marc Forrest 22:20
165th Jonathan Hornby 27:21
166th Katherine Hornby 27:22
175th John Colwell 27:38
176th Kate Walter 27:39 3rd F55
207th Jill Buddle 29:31
240th Shelagh Hopkinson 31:11 1st F60
323rd Richard Depledge 37:27
325th Rachel Amner 38:23
344th Elinor Newhouse 43:56 1st F65

* also second female overall

360 finishers.

East Hull 20 miles - 20 March

302nd Denise Johnson 2:56:35
494 finishers.

Trimpell 20 miles (Lancaster) - 20 March

168th Ben Watson 2:33:25
244th Darren Jukes 2:42:02
319th David Long 2:51:40
718 finishers.

Thirsk 10 miles – 20 March

263rd Mark Delaney 1:13:13
274th Jim Wheldon 1:13:31
851st Dave Lonsdale 1:50:19
852nd Geraldine Ray 1:50:21
866th Susanna Walters 1:57:16
877 finishers.

IAAF/Cardiff University World Half Marathon Championships – 26 March

9,677th Shelagh Hopkinson 2:18:41
10,204th Dave Lonsdale 2:24:50
12,068 finishers.

Halifax 5K parkrun - 26 March

78th Richard Depledge 34:42
99 finishers.

Horton Park 5K parkrun - 26 March

23rd Ian Hartman 27:05 2nd M65
45 finishers.

Huddersfield 5K parkrun - 26 March

94th Alice Buttle 22:36 2nd FU35
605 finishers.

Lancaster 5K parkrun - 26 March

3rd Gareth Holme 19:42 2nd M35
211 finishers.

Lister Park 5K parkrun - 26 March

3rd Lee Kaznowski 18:37 1st M35
13th Kirsty Allen 20:05 1st F40*
14th Rob Martin 20:10 2nd M55
15th Marc Forrest 20:17 3rd M40
16th Ben Watson 20:30
34th Paul Dennison 21:35 3rd M55
90th Donna Kaznowski 24:51
132nd Denise Johnson 26:14 2nd F55
137th Richard Barnes 26:20
168th Kate Walter 27:41 3rd F55
237th Dave Shaw 30:05 1st M70

* also first female overall

400 finishers.

Wolverhampton 5K parkrun - 26 March

213th Geraldine Ray 29:45
296 finishers.

Canalathon 100K (Sowerby Bridge to Manchester & back) - 27 March

34th Jacqueline Cooper 12:49:08 2nd F40
39 finishers (24 DNF).

Guiseley Gallop 10K (approx) - 27 March

3rd Michael Malyon 38:37 3rd MU35
60th Rob Martin 45:52 2nd M55
78th Craig Blackwell 47:51
80th Andrew Price 48:06
136th Robin Graham 51:40
143rd Anna Smith 51:51 1st F50
151st Neil Fairburn 52:29
180th Gordon Slater 54:22
236th Debbie Bland 57:30 1st F60
238th John Crabtree 57:40
259th Melanie West 58:23
262nd Rob Myers 58:31
285th Matthew Dudley 1:00:20
311th Jim Goddard 1:02:06
338th Niamh Bryson 1:04:22
357th Sue Coates 1:06:22 1st F65
403rd Linda Carey 1:12:18
419th Shelagh Hopkinson 1:16:15
432 finishers.

Falesia Portugal 15th March 5k

Denise Johnson 2nd F55 24.14

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COMMITTEE MEMBERS

Ian Ferris	Club Coach, Beginners, Run England and BAN Rep
Vacant	Club Secretary
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
Ben Watson	Webmaster, Club Diary and Routes
Vacant	Minutes
Geraldine Ray	Social Secretary
Emma Stoney	Ladies' Relay Team Captain
Jim Wheldon	Summer Championship
Jackie Walters	Newsletter Editor, Leaders for D, E and Sunday runs

OTHER CONTACTS

Catherine Milner	Club Auditor
Richard Barnes	Garmin Routes
John Cawley	Club Records and Results
Alan Clements	Joint Club Liaison
Denise Johnson	Veterans
Anna Smith	Off-Road Leagues
Emma Stoney	Baildon Boundary Way Director

WEBSITE AND EMAIL ADDRESSES

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