

BAILDON RUNNERS NEWSLETTER

February 2016

FROM THE EDITOR

Jackie Walters

This newsletter has been brought to you by John Cawley, Ian Ferris, Jennie Guard, Denise Johnson and Dave Lonsdale.

Please send contributions for the next newsletter to baildonrunners@yahoo.co.uk by **31 March**.

RUNNER OF THE MONTH

December's winner was Michael Malyon for two fantastic achievements: 12th out of 797 in a time of 44.08 in the Chevin Chase on flood –hit Boxing Day and a great performance in the WYXC. Well done Michael and enjoy the 2 bottles of beer!

The January award will be presented as usual on Thursday evening before the club runs.

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 our new first claim member Sarah Anderton. The club now has 193 members.

BAILDON RUNNERS ANNUAL GENERAL MEETING

by Ian Ferris

This is mostly a repeat of the article from last month's newsletter, a reminder that the 2016 AGM will be held at Baildon Rugby Club on **Thursday 17 March at 8.30pm**. We encourage you all to attend and need 20% of (first claim) members for a quorum. If we don't have 20% it will be a long night while you all "phone a friend"!

As you have come to expect there will be a shorter run on the night and we will seek to provide food and drink as an added incentive to attend your AGM.

We will table at least two items at the AGM: membership fees and (minor) club constitution changes. If you have any matters you wish to raise formally at the AGM these must be received at the absolute latest by 8.30pm on 3rd March Email baildonrunners@yahoo.co.uk and start the subject line with "AGM". If anyone particularly wants to read the minutes from last year in advance then please also send an email.

We would very much welcome anyone who'd like to join the committee so if you have a specific role in mind or want to know more just ask any committee member. See you all on 17 March!

PS. Why not renew your membership at the meeting to avoid forgetting?

SPORTSSHOES DISCOUNT CODE

The discount code for March is RKG1, redeemable until 1 April.

BAILDON BOUNDARY WAY RECCE *by Jackie Walters and Jennie Guard*

Full recce of the BBW route -Sunday 6 March 10.00 am, meet at Jenny Lane car park.

Jennie, Carolyn and others will be leading a recce run of the full 2016 BBW route, 13.4 miles. Anyone is welcome to take part including members of other clubs or runners who have entered the race. This is a good opportunity for marshals to check out the route, which is new for 2016. The route description is on the Club website under Baildon Boundary Way.

If you don't want to do the full distance you could devise your own shorter route home or to your car, e.g. cut back up to Baildon from the canal at Buck Bridge or Salts Mill, (but please let the leader know if you leave the group!)

Recce of BBW start - Apperley Lane (4.5 miles) Saturday 26 March 10.00am, meet at Jenny Lane Car park

A social run as an alternative to the Saturday morning Beginners session, (which will still go ahead). Most of the marshals on this part of the route are Saturday morning runners so a good opportunity to check out your positions. We will follow the route as far as the George and Dragon Inn Apperley Lane, perhaps stop for coffee there or at the Bridge Café and then return from Apperley Bridge station to Saltaire. You could leave some cars in Saltaire and share lifts if you want to avoid running back up the hill to Baildon.

All welcome, please let Sally Gavaghan or I know if you plan to come, either at a Saturday session or email: Jacquelinewalters9@gmail.com.

Finally we would still welcome more marshals. We have covered all the positions but some of the trickier parts of the route would benefit from an additional marshal and we need more reserves. Marshalling can be great fun (honest!) so please let Jackie or Geoff know if you would like to make this contribution.

OGOBS EASTER HANDICAP RACE

Denise Johnson

OGOBS are once again holding a sporting event in Roberts Park. This time it is the Golden Egg Challenge and what runner does not like racing for chocolate. The Challenge takes place on Wednesday 23 March starting at 9.30am at the bandstand.

It will be the same course as the Christmas handicap which is an out and back 5-mile route along the canal. This time it should be a closer race as I now have a lot of times from the Christmas handicap. For anyone that has not run a handicap race I try work out your time over 5 miles and the slowest sets off first and the fastest goes last. Then it's a case of chasing the people in front and trying to get past the post first.

This year we have a new twist instead of giving Jim Wheldon a high five at the turn round point Don will have a basket of small chocolate eggs and you have to grab one and eat it then set off back down the course.

Everyone welcome, just email denisejohnson16@hotmail.com with your predicted time for 5 miles. No cheating, I will be looking up times at Parkrun but you may get lucky! Hope to see you on the day.

AIRE VALLEY DEBRIS REMOVAL INITIATIVE

The network of volunteers who meet on Sundays to tackle the flood debris along the river Aire have a new email address: info@airedri.org.uk.

The group is working with the Aire Rivers Trust, Yorkshire Wildlife Trust and Bradford Council. They had a successful day on 14 February with excellent weather, a great turn out and some lovely cakes provided by a local landowner after a very productive session.

Planned for the next few Sundays are clear-ups at the 7 Arches Bridge in Hirst Wood, Buck Bridge and Ryeloaf Meadows. They are also planning a joint event with groups in Leeds. They have asked us to spread the word about the initiative and if possible join in to volunteer for a couple of hours. Dates and events are on on facebook and twitter: www.facebook.com/airedri; www.twitter.com/aire_dri

AGE CATEGORY RECORDS

John Cawley

Full details of all age category records can, as usual, be accessed on the club website. Unless I've missed someone, once again there doesn't seem to have been any new records set to report in this issue. This is the third consecutive quiet month, but no doubt things will liven up as the Summer Championship begins.

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, Baildon Runners' parkrun results can be viewed shortly after the relevant Saturday at www.parkrun.com/results/consolidatedclub/?clubNum=1854.

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Winter League – Temple Newsam - 31 January

Men			
6 th	Quentin Lewis	295 pts	2 nd M40
8 th	Michael Malyon	293 pts	
20 th	Lee Kaznowski	281 pts	
29 th	Chris Burke	272 pts	3 rd M45
39 th	Gareth Holme	262 pts	
55 th	Pete Gallagher	246 pts	
56 th	Ben Watson	245 pts	
58 th	Phil E Brown	243 pts	
67 th	Andy Robinson	234 pts	
71 st	Paul Baildon	230 pts	
77 th	Danny Miles	224 pts	
79 th	Marc Forrest	222 pts	
82 nd	Rob Martin	219 pts	
96 th	Mark Delaney	205 pts	
100 th	Dan Cobb	201 pts	
109 th	James Birkley	192 pts	
110 th	David Long	191 pts	
154 th	Steve Brown	147 pts	
174 th	Rob Myers	127 pts	3 rd M60
186 th	John Cawley	115 pts	
189 th	Geoff Perigo	112 pts	
209 th	Dave Lonsdale	92 pts	

211 finishers.

Ladies

5 th	Kirsty Allen	296 pts	3 rd F40
6 th	Jennie Guard	295 pts	1 st FU35
9 th	Emma Stoney	292 pts	
14 th	Anna Smith*	287 pts	1 st F50
20 th	Alison Boyle	281 pts	
23 rd	Catherine Milner	278 pts	
25 th	Donna Kaznowski	276 pts	
34 th	Liz Caven	267 pts	
47 th	Debbie Watson	254 pts	
51 st	Barbara Lee	250 pts	2 nd F60
68 th	Rebecca Langdon	233 pts	
70 th	Karen Baildon	231 pts	
76 th	Sue Coates	225 pts	1 st F65
81 st	Sally Gavaghan	220 pts	
86 th	Jackie Walters	215 pts	
87 th	Sarah-Jane Templeman	214 pts	
93 rd	Geraldine Ray	208 pts	
95 th	Susanna Walters	206 pts	

* representing Queensbury RC

98 finishers.

Team positions (out of 11)	Day	Cumulative
Ladies	2 nd	2 nd
Men	3 rd	3 rd
Veterans	1 st	2 nd
Overall	3 rd	2 nd

Rombalds Stride 23 miles - 6 February

112 th	Emma Stoney	4:33:00
192 nd	Steve Tindall	5:29:00
219 th	Philip Jones	5:51:00
220 th	Debbie Bland	5:51:00

402 finishers.

Wadsworth Trog 19 miles, 3,650ft ascent - 6 February

68 th	Mick Cooper	3:52:10
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145 finishers (14 DNF).

Lister Park 5K parkrun - 6 February

6 th	Chris Burke	19:13	1 st M45
8 th	Ben Watson	19:43	
9 th	Lee Kaznowski	19:43	
21 st	Rob Martin	21:01	2 nd M55
55 th	Gordon Slater	22:58	
121 st	Melanie West	25:28	
161 st	Jim Goddard	26:38	
200 th	Dave Shaw	28:15	2 nd M70
220 th	Graham Driver	28:58	
243 rd	Karen Baildon	29:30	
259 th	Denise Bailey	30:03	
271 st	Dave Lonsdale	30:21	
279 th	Sarah-Jane Templeman	30:34	
325 th	Sue Gallagher	33:51	

399 finishers.

Woodhouse Moor 5K parkrun - 6 February

157 th	Denise Johnson	25:29	2 nd F55
194 th	Don Johnson	27:07	

392 finishers.

Dewsbury 10K - 7 February

149 th	Gareth Holme	39:26	
181 st	Pete Gallagher	39:44	
354 th	Anna Smith	44:16	2 nd F50
468 th	Don Johnson	45:30	

1,081 finishers.

Red Hot Toddy 10K (Todmorden) - 7 February

148 th	Kate Walter	1:01:48
177 th	Linda Carey	1:08:13

194 finishers.

St. Wilfrid's Muddy Boots 10K (Ripon) - 7 February

181 st	Rob Myers	54:45
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422 finishers (1 DSQ).

Anglezarke Amble 25 miles, 3,500ft climb

13 February

Philip Jones	6:10:00
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No positions/number of finishers published.

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Clermont Waterfront (Florida, USA) 5K parkrun

13 February

25th Ian Hartman 25:01 2nd M65
70 finishers.

Horton Park 5K parkrun - 13 February

6th Don Johnson 22:46 1st M60
30th Linda Carey 31:17 1st F55
53 finishers.

Lister Park 5K parkrun - 13 February

3rd Chris Burke 19:11 1st M45
7th Andy Robinson 20:00
8th Ben Watson 20:01 1st M35
20th Jim Barnett 21:16
21st Rob Martin 21:20 1st M55
34th John Buddle 22:18
97th Melanie West 25:40 2nd F40
138th Denise Johnson 26:59 2nd F55
153rd Steve Tindall 27:41
162nd Richard Lund 28:11
167th Sally Gavaghan 28:16 2nd F60
203rd Katherine Hornby 29:14
208th Dave Shaw 29:18 2nd M70
212th Jill Buddle 29:23
217th Denise Bailey 29:31
231st Sarah-Jane Templeman 30:04
248th Dave Lonsdale 30:39
265th Elinor Newhouse 31:38 1st F65
315th Shelagh Hopkinson 34:12
374 finishers.

St Peters 5K parkrun (Sydney, Australia) - 13 February

2nd Lee Kaznowski 18:34 1st M35
55th Donna Kaznowski 22:19
401 finishers.

Liversedge Half Marathon - 14 February

57th Phil E Brown 1:30:49
59th Kirsty Allen 1:31:07 3rd F40
77th Lorne McNeill 1:33:05
214th Robin Graham 1:46:38
344th Melanie West 1:59:30
397th Pete Gallagher 2:06:58
485 finishers.

Clumber Park 5K parkrun (Notts.) - 20 February

73rd Steve Tindall 26:38
193 finishers.

Horton Park 5K parkrun - 20 February

38th Ian Hartman 26:48 2nd M65
70th Denise Johnson 40:48 3rd F55
71st Don Johnson 40:50
80 finishers.

Huddersfield 5K parkrun - 20 February

81st Alice Buttle 22:34 1st FU35
561 finishers.

Lancaster 5K parkrun - 20 February

28th Robin Graham 23:48 3rd M45
227 finishers.

Lister Park 5K parkrun - 20 February

13th Ben Watson 20:02
15th Andy Robinson 20:09
19th Rob Martin 20:46 1st M55
37th John Buddle 22:20
38th Andrew Price 22:31
73rd Neil Fairburn 24:16
81st Col Morley 24:44
151st Richard Lund 27:23
164th Dave Shaw 28:00 1st M70
212th Jill Buddle 29:37
215th Denise Bailey 29:46
308th Jenny Stephenson 35:11
316th Catherine Blain 35:34
355 finishers.

Newbury 5K parkrun - 20 February

94th Philip Jones 24:39
420 finishers.

Skipton 5K parkrun - 20 February

45th Steve Watkins 26:11
142 finishers.

Woodhouse Moor 5K parkrun - 20 February

35th Emma Stoney 20:48 1st F35*
* also second female overall
423 finishers.

Great North West Half Marathon (Blackpool)

21 February

331st Paul Thomas 1:49:53
1,178 finishers.

Snake Lane 10 miles (Pocklington) - 21 February

465th Don Johnson 1:21:44
497th Denise Johnson 1:23:14
934 finishers.

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Ilkley Moor 5 miles, 1,316ft climb - 21 February

194th Andrew Price 1:05:32
229th Neil Fairburn 1:08:47
253rd Rob Myers 1:11:43
286th Michelle Morris 1:17:17
312 finishers (2 DNF).

Midgley Moor 5 miles, 1,250ft climb - 27 February

82nd Philip Jones 1:05:23
83rd Rob Myers 1:05:25
103 finishers.

Lister Park 5K parkrun - 27 February

16th Ben Watson 19:54 3rd M35
22nd Kirsty Allen 20:31 1st F40*
24th Jim Barnett 20:45
87th Marc Forrest 24:01
132nd Richard Barnes 25:45
138th Richard Lund 25:52
176th Steve Tindall 26:59
201st Dave Shaw 27:39 1st M70
245th Tara Phillips 28:46
341st Jenny Stephenson 33:18

* also second female overall
442 finishers.

Roundhay Park 5K parkrun - 27 February

87th Debbie Bland 24:52 1st F60
285 finishers.

Stanley Park 10K (Blackpool) – 27 February

93rd Denise Johnson 48:50 1st F55
289 finishers.

Harewood House Half Marathon - 28 February

97th Danny Miles 1:40:22
606th Karen Baildon 2:09:33
742nd Jackie Walters 2:16:52
749th Sue Coates 2:17:13
754th Sally Gavaghan 2:17:21
951st Susanna Walters 2:43:14
952nd Dave Lonsdale 2:43:15
987 finishers.

Huddersfield 10K – 28 February

89th Phil E Brown 45:09
232nd Debbie Bland 52:02 1st F60
572 finishers.

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.

13 March Spen 20 miles (Cleckheaton)
13 March WYWL v PECO
13 March Bradford Epilepsy Action 10k
20 March [East Hull 20 miles](#)
20 March [Trimpell 20 miles](#)
South Yorkshire Half Marathon
(Goldthorpe, nr. Rotherham)
13 March Sweatshop 10 miles (St. Annes)

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	Bradford 10K
19 March	Coniston 14 miles
20 March	Thirsk 10 miles
20 March	Garstang Gallop 10K
6 March	Keighley Big K 10K
27 March	Guiseley Gallop
3 April	Baildon Boundary Way KEEP THIS DATE FREE!
10 April	Manchester Marathon
24 April	Blackpool Marathon
24 April	Blackpool Half Marathon
24 April	Virgin London Marathon
9 April	Wensleydale Wander 12 miles or 22 miles (Leyburn, N. Yorks)
29 March, 5 and 12 April	3 x Bunny Runs
19th April	Bunny Run Relays 1.5 m 200 ft ascent teams of 3 , enter on night only
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)

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

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Jeremy Smith 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 Baidon Boundary Way Director

WEBSITE AND EMAIL ADDRESSES

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