

BAILDON RUNNERS NEWSLETTER

April 2016

FROM THE EDITOR

Jackie Walters

This newsletter has been brought to you by John Cawley, Ian Ferris, Denise Johnson, Dave Lonsdale, Geraldine Ray and Jim Wheldon. Please send contributions for the next newsletter to baildonrunners@yahoo.co.uk. By **30 May**.

RUNNER OF THE MONTH

March's winner was Sally Gavaghan for a personal best of 54:47 and 1st Female 60 at Bradford 10k. Sally was presented with a bottle of wine at the Thursday run session, congratulations on a superb run Sally!

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 new first claim members Lynn Moorhouse, Piero Tozzi, Liza Stead and Michelle Woodrow, a big welcome to all.

SUMMER CHAMPIONSHIPS 2016

by Jim Wheldon

After 3 races, 2015 Premier Division champion Jim Wheldon is off to a flying start in the Premier Division, hotly pursued by the newly promoted Sally Gavaghan and Elinor Newhouse. In Division 1 Mark Delaney has 3 wins out of 3 and is closely followed by Donna Kaznowski, newly promoted to this division. Susanna Walters is also off to a great start in Division 2.

Provisional results after Bradford, Thirsk and Vale of York:

Premier Division :	1st	Jim Wheldon	3 races	108 points
	2nd	Sally Gavaghan	2 races	67 points
	3rd	Elinor Newhouse	2 races	42 points
1st Division	1st	Mark Delaney	3 races	98 points
	2nd	Donna Kaznowski	2 races	49 points
	3rd	Geraldine Ray/Robin Graham	1 race	25 points
2nd Division	1st	Susanna Walters	3 races	86 points
	2nd	John Colwell	1 race	35 points
	3rd	Sarah Terry	1 race	32 points

Next races are the John Carr 5k series and the Leeds Half Marathon, so a potential 144 points up for grabs! Comprehensive results will follow on the club website in due course.

DALES TRIP SAVE THE DATE!

by Geraldine Ray

Following on from previous years success I am pleased to say that we have arranged another Dales Trip on Friday 3rd June, this year to the Devonshire in Grassington.

For those who are new to the Club or who have not attended before, we will travel to Grassington by coach, go for a scenic out and back run (or walk) along the river, followed by a well-earned meal and a few beers at the Devonshire before heading back to Baildon at 11pm. We normally get members of all abilities signing up for this trip from walkers to some of our best runners, so don't be concerned that you won't have anyone to run / walk with, no one will be left on their own.

The cost of the trip will remain the same as last year at the bargain price of £20 pp to include two courses and transport. Places are limited to 40 so book soon if you would like a place. Please look out for the email with details of how to book and menu choices.

SPRING MARATHONS

Karen Butler completed her first marathon at Manchester on 10 April in a time of 4.46.21 and raised money for her good cause, supporting a local youngster. You can still donate by contacting Karen.

Jackie Walters was struck by illness just before the Manchester marathon but instead completed the Milton Keynes marathon on 2 May, in a time of 4.59.07. Jackie ran 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 completed the London Marathon 24 April, her fifth, in a time of 3.57.28.

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

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

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

Darren Jukes (3.40.41) Dave Long (3.53.01), Malcolm Malyon (2.52.01), Lorne McNeill (3.19.18), Emma Stoney (03.19.34), Richard Sykes (5.02.31), Clive Turner (3.33.10) and Ben Watson (3.24.05) also completed London, Pete Gallagher completed Manchester (4.35.24) and Alison Boyle Rotterdam, (3.19.32). Well done everyone !

OGOBS SUMMER HANDICAP

by Denise Johnson

Following on from the success of the Christmas and Easter events OGOBS is hosting a 5 mile summer handicap on 13th July 6:45 (for a 7pm start for the first runner) at Roberts Park. All welcome! Details will be posted on the website nearer the time.

SPORTSSHOES DISCOUNT CODE

The discount code for May has been forwarded to members.

RETIRING COMMITTEE MEMBERS

The committee would like to acknowledge the valuable contribution over many years of two recently retired committee members. Geoff Perigo and Lizzie Smith.

Geoff set up the club website and took responsibility for its maintenance and content, including the club calendar, Thursday routes and Thursday away nights. Over the years Geoff has also led on the summer championship, winter league travel arrangements and Runner of the Month, and has helped to arrange Christmas parties, Dales trips, and the no watch nights with Saltaire Striders. More recently Geoff played a lead role in the Baildon Boundary Way as co-Chief Marshal and devised the route directions for the 2016 route.

Lizzie made a major contribution in providing an effective structure for the committee, to enable us to be much more efficient and effective, scheduling meetings, agendas and papers and taking minutes of meetings. Lizzie also did a great job with the newsletter over several years.

It was only when these tasks had to be shared that we really appreciated how much they had done behind the scenes to ensure all the club activities ran smoothly. A big thank you to Geoff and Lizzie, you are being missed!

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.

3 May	Wombwell 10k(nr. Barnsley)
4 May	John Carr 5k (SC race) Morecambe Half Marathon
8 May	Ravenscar Coastal Half Marathon
8 May	Leeds Half Marathon Knaresborough 7 mile trail race
11 May	John Carr 5k (SC race)
14 May	Over the Odda 10k(Hawksworth) Windermere Marathon Penistone Boundary 15 miles

BAILDON RUNNERS NEWSLETTER

April 2016

	Great Manchester 10k
15 May	Ripon 10 miles
18 May	John Carr 5k (SC race)
2 June	Apperley Bridge Canter 10K
	Liverpool Rock n Roll Marathon & Half Marathon
	Melmerby 10k (nr. Ripon)
	Ilkley 6.9 miles Trail
	Blackpool Promenade 10 miles
	Jane Tomlinson's Hull 10K
8 June	Otley 10 miles
9 June	Bronte 5m
11 June	Settle Saunter 9,12, 16, Or 27 miles
	Jane Tomlinson's Pennine 10K (Burnley)
26 June	Humber Bridge Half Marathon
3 July	Eccup 10 miles
	Jane Tomlinson's Leeds 10K
10 July	Kilburn Feast 7 miles (nr Thirsk)
17 July	Windmill Half Marathon (Lytham St. Annes)
24 July	Saltaire Shaker 15k
24 July	Great Yorkshire Run 10k (formerly Harrogate 10k)
31 July	James Herriot Country Trail
	Wagon & Horses 10 miles (Lancaster)
14 August	Askern 10 miles
	Wagon & Horses Half Marathon (Lancaster)
	Burnsall 10 miles
	Honley 10k (nr. Holmfirth)
	Fleetwood Half Marathon
21 August	Escrick 10K (nr. York)

BAILDON RUNNERS NEWSLETTER

April 2016

Leeds Country Way Relay

Blackpool Hilton Half Marathon

4 September Wetherby 10K

4 September Garstang Half Marathon

11 September Great North Run

English Half Marathon (Warrington)

Lancaster Castle Half Marathon

Lancaster Castle 10K

18 September Hull Marathon

Yorkshire Vets Cross Country
Championships (Nunroyd Park,
Guiseley)

Great Yorkshire 10K (Sheffield)

Burnley Fire 10K

Cusworth 10K

9 October Plusnet Yorkshire Marathon (York)

Withins Skyline 12K, 300m ascent
(Penistone Hill Country Park,
nr Haworth)

Woodland Challenge 6 miles approx.
(Huddersfield)

30 October Bradford Half Marathon

Pain Barrier 10K (Tong)

Wadsworth Half Trog 9.25 miles
(Hebden Bridge)

Leeds Abbey Dash 10K



BAILDON RUNNERS NEWSLETTER

April 2016

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
Alison Boyle	F35	Marathon	10 April
Jim Wheldon	M60	10 miles	17 April
Michael Malyon	M23	Marathon	24 April
Jackie Walters	F65	Marathon	2 May

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.

Bradford 10K - 13 March (republished, as that published last month was incomplete))

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

Bunny Run 3 miles, 328ft ascent (Haworth) 29 March

48 th	Lee Kaznowski	20:02
58 th	Malcolm McMillan	20:40
81 st	Andy Robinson	21:35
83 rd	Kevin Brain	21:38
100 th	Dan Cobb	22:39
125 th	Neil Fairburn	23:38
145 th	Catherine Milner	24:50
167 th	Rob Myers	25:43
178 th	Ian Hartman	26:13
200 th	John Crabtree	27:28
205 th	Matthew Dudley	27:57
217 th	Niamh Bryson	28:54
224 th	Carolyn Hargreaves	29:18
247 th	Sue Coates	31:44
267 th	Linda Carey	34:40
275	finishers (2 DNF).	

Radnor Ramble 27 miles, 6,000ft climb - 2 April

Mick Cooper 5:14:00
Unofficial timing.

Pendle 4.5 miles, 1,499ft ascent - 2 April

101st Neil Fairburn 52:20
172 finishers.

BAILDON RUNNERS NEWSLETTER

April 2016

Cross Flatts 5K parkrun - 2 April

56th Denise Johnson 25:34 1st F55
135 finishers.

Horton Park 5K parkrun - 2 April

16th Philip Jones 23:57 3rd M55
45 finishers.

Lister Park 5K parkrun - 2 April

5th Lee Kaznowski 19:01 2nd M35
13TH Pete Gallagher 20:22 2nd M40
17th Ben Watson 21:02
19th Craig Blackwell 21:05
21st Paul Dennison 21:12 1st M55
28th John Buddle 22:09 2nd M50
36th Neil Fairburn 22:31 3rd M50
39th Jim Wheldon 22:44 3rd M60
40th Nigel Shaw 22:47
84th Melanie West 25:36 1st F40
91st Jim Goddard 25:49
135th Emma Long 27:14 3rd F35
156th Tara Phillips 27:56
168th Dave Shaw 28:16 1st M70
172nd Jill Buddle 28:22 2nd F50
205th Elinor Newhouse 30:50 2nd F65
256th Mercedes Watson 33:11
266th Shelagh Hopkinson 33:30 3rd F60
270th Sue Gallagher 33:38
287th Jenny Stephenson 34:55
348 finishers.

Baildon Boundary Way 13.4 miles - 3 April

28th Kirsty Allen 1:41:46 1st F35*
46th Andy Robinson 1:45:02
47th Ben Watson 1:45:07
144th Kevin Brain 2:04:00
221st Richard Barnes 2:16:55
281st Karen Baildon 2:29:58

* also first female overall
345 finishers.

Wakefield 10K - 3 April

63rd Pete Gallagher 39:25
1,649 finishers.

Bunny Run 3 miles, 328ft ascent (Haworth)

5 April

11th Michael Malyon 17:12
56th Malcolm McMillan 20:03
65th Andy Robinson 20:21
103rd Dan Cobb 22:00
162nd Neil Fairburn 24:38
177th Rob Myers 25:27
187th Philip Jones 25:47
193rd Matthew Dudley 26:05
195th Ian Hartman 26:08
210th Rick Nottidge 26:56
217th John Crabtree 27:17
232nd Carolyn Hargreaves 28:36 3rd F60
235th Kate Walter 28:44
265th Linda Carey 32:57
278 finishers (5 DNF).

Taith Torfean 26 miles, 5,000ft climb - 9 April

Jacqueline Cooper 7:55:00
Mick Cooper 7:55:00
Unofficial timing (including pub stop!).

Horton Park 5K parkrun - 9 April

17th Richard Barnes 25:58 2nd M65
49 finishers.

Lister Park 5K parkrun - 9 April

4th Lee Kaznowski 18:33 1st M35
18th Kirsty Allen 20:08 1st F40*
25th Ben Watson 20:43
26th Jim Barnett 20:50
32nd John Buddle 21:16 3rd M50
38th Donna Kaznowski 21:58 2nd FU35#
40th Jim Wheldon 22:10 1st M60
82nd Neil Fairburn 23:50
93rd Philip Jones 24:30
113th Matthew Dudley 25:12
128th Denise Johnson 25:42 3rd F55
165th Tara Phillips 26:58
200th Sarah-Jane Templeman 28:13
206th Dave Shaw 28:21 1st M70
226th Jill Buddle 29:02
228th Denise Bailey 29:06
250th Elinor Newhouse 29:54 1st F65
264th Susanna Walters 30:34
273rd Shelagh Hopkinson 30:51 2nd F60
358th Richard Depledge 34:31
367th Jenny Stephenson 35:09

* also second female overall

also third female overall

446 finishers.

BAILDON RUNNERS NEWSLETTER

April 2016

Temple Newsam 5K parkrun - 9 April

39th Col Morley 25:07
153rd Catherine Blain 36:34
170 finishers.

Manchester Marathon - 10 April

6,703rd Pete Gallagher 4:35:24
7,335th Karen Butler 4:46:21
9,364 finishers.

Rotterdam Marathon - 10 April

1,544th Alison Boyle 3:19:32
12,798 finishers.

Sheffield Half Marathon - 10 April

5,661st Dave Lonsdale 2:40:13
5,948 finishers.

Bunny Run 3 miles, 328ft ascent (Haworth)

12 April

8th Michael Malyon 17:04
30th Lee Kaznowski 18:59
57th Malcolm McMillan 20:24
64th Ben Watson 20:45
83rd Dan Cobb 21:22
170th Rob Myers 26:14
175th Rick Nottidge 26:29
186th Ian Hartman 26:58
189th Donna Kaznowski 27:10
208th Carolyn Hargreaves 29:02
243 finishers (4 DNF).

Vale of York 10 miles 17 April

31st Lee Kaznowski 1:02:32
114th Mark Delaney 1:11:01
119th Jim Wheldon 1:11:14 3rd M60
146th Donna Kaznowski 1:13:04
569th Sarah-Jane Templeman 1:35:09
570th Tara Phillips 1:35:11
575th Sally Gavaghan 1:35:32
648th Susanna Walters 1:41:09
655th Elinor Newhouse 1:42:02 3rd F65
767 finishers.

Overgate 10K - 17 April

55th Neil Fairburn 48:42
127th Col Morley 54:54
322 finishers.

Horton Park 5K parkrun - 23 April

61st Linda Carey 41:33 3rd F55
68 finishers.

Hawkshead Trail Challenge 17K - 16 April

334th Linda Carey 2:17:44
409 finishers.

Horton Park 5K parkrun - 16 April

18th Ian Hartman 25:55 1st M65
57 finishers.

Lister Park 5K parkrun - 16 April

1st Lee Kaznowski 18:35
7th Jim Barnett 19:55
11th Ben Watson 20:25
13th Kirsty Allen 20:38 1st F40*
49th Gordon Slater 23:23
92nd Matthew Dudley 25:02
114th Richard Lund 25:49
115th Melanie West 25:49 3rd F40
162nd Kate Walter 27:06 3rd F55
214th Jill Buddle 28:27 3rd F50
263rd Denise Johnson 29:52
347th Sue Gallagher 33:17
401st Leanne West 36:12

* also first female overall

468 finishers.

The Spring in Lakeland 22 miles, 4,500ft climb

17 April

Jacqueline Cooper 7:30:00
Mick Cooper 7:30:00
Unofficial timing.

BAILDON RUNNERS NEWSLETTER

April 2016

Lister Park 5K parkrun - 23 April

4 th	Lee Kaznowski	18:37	2 nd M35
9 th	Andy Robinson	19:36	
11 th	Kirsty Allen	19:42	1 st F40*
14 th	Andrew Price	21:07	
15 th	John Buddle	21:10	1 st M50
19 th	Donna Kaznowski	21:23	1 st FU35#
67 th	Jonathan Hornby	24:06	
90 th	Richard Lund	24:56	
113 th	Richard Barnes	25:45	1 st M65
166 th	Sarah-Jane Templeman	27:33	
168 th	Tara Phillips	27:34	
191 st	Jill Buddle	28:24	
202 nd	Denise Bailey	28:41	
203 rd	Dave Shaw	28:42	1 st M70
248 th	Geraldine Ray	30:33	
256 th	Elinor Newhouse	30:49	1 st F65
284 th	Jane Sturgess	32:10	
300 th	Sue Gallagher	32:37	
333 rd	Shelagh Hopkinson	34:36	3 rd F60

* also first female overall

also second female overall

406 finishers.

Bassetlaw Bask 27 miles - 24 April

Jacqueline Cooper	6:15:00
Mick Cooper	6:15:00

Unofficial timing.

London Marathon - 24 April

997 th	Michael Malyon	2:52:01
4,594 th	Lorne McNeill	3:19:18
4,638 th	Emma Stoney	3:19:34
5,334 th	Ben Watson	3:24:05
7,196 th	Clive Turner	3:33:10
8,719 th	Darren Jukes	3:40:41
11,941 st	David Long	3:53:01
13,350 th	Denise Johnson	3:57:28
29,613 th	Richard Sykes	5:02:31

39,108 finishers.

Dick Hudson's Fell Race 7 miles, 1,099ft climb 28 April

44 th	Andrew Price	1:05:39
51 st	Mick Cooper	1:09:02

66 finishers.

Three Peaks Race - 30 April

406 th	Malcolm McMillan	4:36:18
653 rd	Michelle Morris	5:15:09

703 finishers (97 DNF).

Horton Park 5K parkrun - 30 April

12 th	Ian Hartman	25:09	1 st M65
19 th	Denise Johnson	28:48	1 st F55

49 finishers.

Lister Park 5K parkrun - 30 April

13 th	Kirsty Allen	20:00	1 st F40*
57 th	Jonathan Hornby	23:04	
116 th	Richard Barnes	25:34	3 rd M65
141 st	Tara Phillips	26:31	
169 th	Kate Walter	27:37	1 st F55
176 th	Sally Gavaghan	27:49	2 nd F60
190 th	Denise Bailey	28:32	3 rd F50
219 th	Geraldine Ray	29:41	
234 th	Susanna Walters	30:05	
241 st	Elinor Newhouse	30:24	1 st F65
250 th	Shelagh Hopkinson	30:51	
254 th	Dave Lonsdale	31:00	
342 nd	Leanne West	35:40	
404 th	Jenny Stephenson	52:36	

* also second female overall

410 finishers.

Bluebell Trail 10.3 miles - 1 May

27 th	Jim Barnett	1:18:28	
70 th	Dan Cobb	1:27:11	
141 st	Neil Fairburn	1:36:07	
149 th	Alice Buttle	1:36:55	
219 th	Matthew Dudley	1:45:09	
307 th	Niamh Bryson	1:56:59	
319 th	Carolyn Hargreaves	1:58:43	2 nd F60

431 finishers (2 DNF).

Milton Keynes Marathon - 2 May

1,600 th	Jackie Walters	4:59:07	2 nd F65
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1,953 finishers.

BAILDON RUNNERS NEWSLETTER

April 2016

COMMITTEE MEMBERS

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
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
Jim Wheldon	Summer Championships
Ian Ferris	Club Coach

WEBSITE AND EMAIL ADDRESSES

Website:	baildonrunners.co.uk
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