



FROM THE EDITOR
by Lizzie Smith



Merry Christmas
and a
Happy New Year

Welcome to the December edition of your Newsletter.

I hope that the bad weather has not been putting you off running so that you can eat as much Christmas pud as you like!

I hope that Santa brings you all that you wish for and that you enjoy the Christmas holiday with your family and friends.

Cheers and farewell to 2014 and here's to good running in 2015!

Enjoy!



CONTRIBUTIONS TO THE NEWSLETTER
by Lizzie Smith

This newsletter has been brought to you by Phil Bland, Kevin Brain, Alan Clements, Sue Coates, Geoff and Jane Kay, Tracy Robinson and Lizzie Smith. Thank you for your contributions.

The December Newsletter will consist of a roundup of 2014. If you have a contribution to make to this, please send to news@baildonrunners.co.uk **no later than Monday 12 January 2015.**

Thanks

NEW MEMBERS

We have five new members to report this month: Richard Depledge, Stephanie Jenner, Tara Phillips, Sarah-Jane Templeman. Welcome to you all.

SPORTSHOES.COM CONCESSION

Sportsshoes.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 December is RUNDEC14 and entitles you to 10% off and free standard P&P. A new code will be supplied for January. 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 sportsshoes.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: Tracy Robinson

Role on the Committee: Assistant Social Secretary soon to step into the shoes of Treasurer.

Job: Finance Director for Sleeper Bus Company in the Music / Theatre Industry.

When did you start running? By default at 19. I was a 100m sprinter at school and never thought I could run any distance until one night having missed my bus home from my friends who lived, fortunately, at the top of Carr Lane I decided to run home as I couldn't afford a taxi. So on a bag of chips, 3 chocolate biscuits and a cup of tea I ran the 3 miles home to Eccleshill out of fear that my parents would go mad if they found out I hadn't taken transport home. I then joined Eccleshill Runners and that's how my running began.

Length of time at the Club: Since May 2010.

Why do you run? I Love being outdoors as it makes you feel free.

Least favourite aspect of running? Injury ☹️

First Race: Harrogate 10K

Favourite race(s): Not done many races but hoping to change that. I do enjoy the winter league as I much prefer off road to road running. 10K to half marathon distance.

Greatest Running Feat: T/he hardest thing I have ever done was a two day fell running course in Ambleside, running 11 & 13 miles, 2000ft to 3000ft ascent. Day 1: Wansfell Pike, Trout Beck, Skelghyll, Ambleside, Liliyfarn, Loughrigg Tarn, Intake Wood, Loughrigg Terr, Rydal Cave, Stepping Stones, Rothery Park. Day 2: Sweden Bridge, LowPike, High Pike, Dove Cragg, Heart Cragg, Fairfield, Great Rigg, Heron Pike, Nab Scar, Rydall Hall & Coffin Lane. Every muscle burned as I sat in the car wondering how I was going to make the two hour drive home, maybe it was the red wine and Dominoe's pizza that awaited me.

Other Sports / hobbies: I got my day skipper back in 2009 after thinking I would like to do the clipper round the world yacht race to quickly find that maybe hard core sailing on a 60ft racing yacht wasn't the thrill I was looking for. I am now happy being a fair-weather sailor, preferring the Mediterranean on friends Yachts dropping anchor and lazing the day away pootling along from bay to bay.

I love birds of prey and have done a bit of falconry. Climbing, I have yet to do an outdoor climb but it's on my bucket list.

I also enjoy drawing and painting. I enjoyed my time at Bingley Theatre scenery painting with some set design, just wish I had more time to do some more.

Super power you would most like to have? Invisible cloak

Tell us something interesting about yourself: I'm just normal really, however, I can be a bit dippy at times. One time I jumped out of the back of our Silver Car as we pulled up outside the shop to get the Sunday papers then not noticing



my husband had pulled forward while waiting for me and another silver car had pulled up and parked behind which I then subsequently jumped into, to be greeted by a very surprised looking couple sat in the front!! Maybe that's when I could have done with my invisible cloak!

CHRISTMAS PARTY

by Lizzie Smith

I'm sure that those of you who attended the Christmas party on 5 December will agree that it was a good night. If you couldn't make it, you missed a treat!

As usual we presented our Annual Awards to well-deserved winners:

Best Newcomer

The Best Newcomer Award is for a Member who joined the Club after September 2013 and who has shone over the last 15 months.

The winner this year was Kirsty Allen. Kirsty had only been a member for a short time and she was taking part and counting for the Ladies West Yorkshire Winter League Team. Due to her performance she got picked for the WYWL v PECO relays. She also bagged an Age Group 10K record along the way by improving her 10K PB from 46:48 to 44:03.

Congratulations Kirsty.

Most Improved Runner

The Most Improved category is for any member of the Club who has significantly improved their performances over the last twelve months.

This accolade was awarded to Paul Thomas who completed the Kielder Marathon in under 4 hours after, previously, having done no running at all. This is an impressive time for anyone, let alone a complete beginner. Paul also showed complete dedication to his training, overcoming a difficult injury along the way.

Congratulations Paul.

Outstanding Performance

The Outstanding Performance Award is for a Member who has taken part in an event or put in a performance that is all round outstanding. This could be a one off event or a monumental achievement over the past year.

The winner this year was Michelle Morris who is not shy about taking on a challenge! Imagine running the City to Summit race which is a marathon up Ben Nevis after you have swum 2.4 miles in the Firth of Forth and cycled 112 miles to Glencoe. This is an incredible achievement and I feel tired just thinking about it!!

This race is not taking place in 2015 so Michelle has had to sign up for the Marathon des Sables which is 156 miles over 6 days across the Sahara Desert.

A huge congratulations to Michelle.



Turpin Trophy

For the sake of people new to the Club, Dave Turpin was a member when Baildon Runners first started. He helped to put together the winter League, and along with Malcolm mapped out most of the routes we do today, but sadly Dave died in his early 50s. This Trophy is in Dave's Memory.

The Dave Turpin Trophy is nominated for by the Club as a whole. To anyone who has worked hard behind the scenes over a number of years, for the benefit of the Club. This year the Award goes to Dave Lonsdale.

Dave has quietly made a massive contribution over a period of five years to the smooth running of the Club in his role as Treasurer and Membership Secretary. We have an increasing membership to deal with. Hardly a week goes by when he is not registering a new member or three. This process is being run really efficiently and this is a credit to Dave's dedication.

Dave could not be with us and he forwarded a few words for us to read out which are summarised below:

"I have had a fantastic time being a member of our Club since 2006. I have tried to give something back to the Club for being so welcoming to me. Joining our Club is easily one of the best ever decisions I have made and all the great people that I can genuinely call friends are tremendously important to me.

I really wish I could be with you tonight but I will just have to find something else to do in New York. Thank you ever so much, have a fantastic evening and I hope to see you all soon, including all our fab Gathering Winter Fools teams on the 13th December".

Summer Championship

The Summer Championship consists of 20 races over the summer months with the best to score. There are three divisions and the first three runners are awarded a trophy.

Second Division

3rd place with 154 points, Geraldine Ray
2nd place with 181 points, Ellinor Newhouse
1st place with 216 points, Sally Gavaghan

First Division

3rd place with 188 points, Neil Fairburn
2nd place with 191 points, Liz Caven
1st place with 193 points, Nigel Shaw

Premier Division

3rd place with 190 points, Barbara Lee
2nd place with 206 points, Paul Baildon
1st place with 214 points, Debbie Bland

Highest Points Scorer

The trophy for the member with the highest points score went to Sally Gavaghan with a fantastic 216 points.



Memento for those completing a minimum of 6 events who have not won one of the other summer championship trophies:

Trophies were presented to Phil Bland, John Cawley, John Crabtree, Carolyn Hargreaves, Gareth Holme, Don Johnson, Rebecca Langdon, Dave Lonsdale, Geoff Perigo, Sarah Terry, Jenny Stephenson, Jackie Walters and Ben Watson.

It has been a busy year for awards and we had another couple to award.

AA Summer Challenge

The Summer Challenge is an off road challenge consisting of 21 races ranging from the Bunny Runs to the gruelling 15 mile Goodsheperd.

Baildon was well represented and came 1st team with 117,225 points. The second team, Saltaire Striders, scored 54,680. Debbie Bland came 1st Lady and overall winner with 6,802 points and Ian Hartman came 2nd with 6,355 points. The top 12 places were taken by Baildon runners with the exception of one cheeky Queensbury runner in the middle.

Yorkshire Vets Cross Country Championships

This year we had a great turn out for the Vets Cross Country Championships. Quentin Lewis came 5th overall and collected Gold for his age category. Chris Burk, Paul Baildon, Chris Longstaff, and Ian Ferris took Bronze for the men's 40-49 team. Debbie Bland and Sue Coates took Gold for their age categories. Debbie Bland, Barbara Lee, and Denise Johnson Took Gold in the Ladies 55+ team and Sue Coates and Elinor Newhouse joined them to take the Trophy 55+ all to count.

The Winner's Shield will be kept in the trophy cabinet, which is located in the Rugby Clubhouse.

Honorary Life Membership

Alan Clements also announced that the Club was awarding Jim Parrish with Honorary Life Membership.

Jim is the Club's oldest member at 78 years old. Until recently Jim was attending Saturday morning sessions and last year he completed 8 Summer Championship races as well as running the London Marathon. Jim has always been an icon for us younger members to look up to, knowing that we still had a lot of years to come until we reached Jim's age and keeping our fingers crossed that we would still be running.

Earlier this year, Jim reached up to bring a box down from the loft and felt a sharp pain in his leg. He was taken to hospital, where they initially thought it was due to severe wear and tear in his knee, caused by years of running. However, they have since ruled this out, although they do not know the actual cause. There are consultants from four BRI Departments, who are carrying out various tests, but so far have only been able to rule things out, not establish the cause. Jim is suffering great pain throughout his body and can only walk with the help of a Zimmer frame, when things aren't too bad, otherwise he requires a wheelchair.

Jim has been one of the unsung heroes of the Club. Jim came forward a few years ago to act as auditor for our accounts. Jim had some experience in this area and, over a number of years, not only audited the accounts but also gave valuable advice to the various treasurers he worked with. Jim was also keen to help others get into running and trained with several friends and relatives who wanted to give running a try. He has introduced many new members to our Club over the years.

In recognition of his work, the Committee have decided to offer Jim Honorary Life membership of Baildon Runners.



December 2014

Since the party, Alan has visited Jim to present him with his certificate and to pass on all of your good wishes. Jim was delighted with this and asked for his thanks to be passed on to all of you. I am pleased to say that Jim is showing some signs of improvement, albeit only slightly. The medication has reduced the pain and physio treatment is helping him to walk with the aid of sticks, rather than having to rely on a zimmer all of the time. Hopefully, this improvement will continue and Jim will be able to get back out and about again soon.

Thanks to Sue Coates

Sue was extremely surprised to learn that we had been doing a collection for her behind the scenes. Thanks to all those who contributed.

Sue works very hard for the Club, organising events such as the Carnival Canter which she instigated a number of years ago. Even when the Carnival was cancelled Sue was determined that the Canter would still take place and worked diligently to make sure it was a success.

Look at all the shiny new kit the Club now has. We wouldn't have any of this without Sue's work with the supplier behind the scenes. Sue hasn't been able to get anything else in the boot of her car for the past few months as she has had a large box of kit! I hope everyone has collected theirs now!!

How could I forget the many hours Sue has spent in the kitchen at the Baildon Boundary Way, arriving early in the morning and not finishing until mid-afternoon to ensure that tired runners and their supporters are fed with bacon butties and the like. This is hard graft, but Sue does it, as with everything, with a smile on her face.

We presented a few gifts to Sue as a token of our appreciation.

Marathon Draw

Finally, we drew the names for the Club Marathon places. The Club has been allocated 3 places for the 2015. One place would go to a member who had been rejected in the ballot but had not taken part in the race before. The remaining two places go to members who had also been rejected in the ballot but had taken part before.

The first place went to Jane Chapman and the following two places were allocated to Richard Sykes and Jules Potter.

Congratulations (is that the right term??!) and good luck to all of you.

RUNNER OF THE MONTH

Runner of the Month for October was Paul Thomas. Paul 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.





ALAN CLEMENTS GETS AROUND!

by Geoff and Jane Kay

Baldon Runners get everywhere. Despite being thousands of miles away on holiday in India we still managed to bump into Alan Clements!

DIARY OF A RELUCTANT CLUB RUNNER - THE FIRST SHALL BE LAST AND THE LAST SHALL BE FIRST

by Kevin Brain

I'm back. I escaped from Sunderland at last. Regular readers (that will be my mum then) of this irregular column will know what terrors I suffered there.

Sorry for ruining the Christmas spirit with the title, what with its New Testament resonance. I mean, what has Christmas got to do with religion? Binge drinking, rampant consumerism and family arguments, followed by debt, depression and rising suicide rates in January. Not to mention trampling to death other shoppers in the rush to get your flat screen TV on Black Friday. Now that's what I call Christmas. Why do some people insist on ruining it with crazy talk of peace on earth and goodwill to all? (On reflection, I should have been a bit lighter when introducing the school Christmas assembly).

So Christmas, who cares about goodwill to all? Personally, I can't wait to empty my sack in the bedroom, though Gail always complains about the mess. All that wrapping paper thrown everywhere really annoys her. I've asked Santa for a personality, good looks and some running ability. I ask for this every year. I'm beginning to think he doesn't exist. I bet I get a sense of disappointment and a headache again. Come to think of it, that was what Gail said she got on our honeymoon.

Anyway where was I? Ah yes, running. In November I did my first "real" fell race. This is no disrespect to other fell races I have hobbled round, but this was my first in the Lake District - Dunnerdale, 5 miles, 1,800 feet, described as a minor classic by some bloke. What was his name? Josstick Inhaler? No. Just Failure? No, not that. Ah, got it, Joss, that was it, Joss Naylor; never heard of him.

A group of us went up to the Lakes to take on the fells. We were all really nervous. I'm not sure reading a chapter in my fell running book, the one called *death on the fells*, was the best preparation. I could tell how nervous I was because I had my first poo at 6.30 am. This wouldn't have been so bad but I didn't get up till 8.00 am. Gail was not happy.

When I got up, I looked out the window. The day was grey, wet and cold; time for another poo. The fells called us. I switched my mobile off. All too quickly the time ticked round to the race. We arrived at registration and got some funny looks from the teacher and pupils at the school. Wrong registration! On to race HQ where we were to register, have a kit check, another poo and then line up for the start.

We set off running up hill. Within 3 minutes my lungs were like balloons falling on to drawing pins, bursting. My calves seized up. I knew it was a mistake bring those baby cows. We hadn't even left the road yet that leads onto the fell. By the time we crested the first hill I was thinking I will never run a fell race again. Being short and stumpy legged, it appears, is not ideal for fell running. Not so much mountain goat more a sunken boat. I'm a wreck. Then the mist descended and visibility was reduced to 30 metres. I did what comes naturally in such poor visibility. I had another poo (just joking). The mist was a blessing because I couldn't see the next peak. I hobbled on, following



shapes in front. I ended up in sheep pen. Then, just as quickly as the mist descended it cleared and I was on a long descent. This bit I liked. I almost got carried away and broke into a run. I must have thought I could see a toilet. I looked across to where the path started climbing again and my legs turned to jelly.

There was another lung busting climb followed by the reassuring “descent of death”, good job I read that chapter in my fell book after all. What could possibly go wrong? Well I could sink waist high into a bog. I did, twice. I did what only a man can do when waist high in a bog (bet you have guessed already). I escaped from the bog and took on the final climb. Thankfully, this was a gentle rise and I careered down the opposite side at breakneck speed. I think I went over 3 mph at one point.

I hit the run-in to the finish, down through a short forest and then along a track to the registration hut. I give it all I'd got to look good for the waiting crowd. I got passed by a snail, (apparently his name was Brian). I smiled triumphantly and raised my arms as I hit the registration hut. A man was waving at me, two others were pointing. I waved back and cheered. They pointed more vigorously and shouted “this way”. I looked to the left where a large arrow pointed up a lane. The registration hut was not the finish. The finish was 400 meters away, up an incline and across a field. For some reason the only word I could think of to say to them was “b*****s”. They take it in good spirit and offer helpful encouragement by walking backwards in front of me to the finish line while telling me they finished an hour ago and have had hot pies and a pint already. The words “complete b*****s” falls out my mouth. Cruelly, the snail crossed the finish line before I do and had already changed into a lovely shell suit and was supping on a pint. I pushed him in. Sadly, he drowned in the pint but got out three times to have a pee first.

I spent the rest of the day playing pool and drinking beer. By the end of the night I was telling everyone how I conquered the fells and declaring my undying love of fell running. I did this whilst on my knees being sick. My love died as soon as I woke up in the morning and realised I had rigor mortis throughout my entire body. I also missed the snail.

Looking back now on my fell race, I can see how running and Christmas have a lot in common. Both are a triumph of hope over experience. Whatever the reality, we inject Christmas with the hope of redemption; so too with running. Every new race I think I might just run well this time. Maybe this time I will be better. Maybe this time I won't feel like an elephant running through custard wearing wellies. And then the race begins and I'm packing my trunk and saying goodbye to the circus.

But no matter. As with Christmas, the value of running does not lie in the transient gifts of the here and now, the baubles of a best time or a higher place in a race just run, pleasurable as these may be.

We often get bothered, as runners, about times and positions and places in hierarchies but is this the right way to judge ourselves? Aristotle (who was a bugger for the bottle) would say that in order to know what we should honour (value) in running we should ask first “what is the purpose of running?” For some, it lies in racing, positions and times. For others, the purpose is in using our bodies in ways they were designed to be used, in overcoming ourselves or pitting ourselves against mountain or fell. For such runners wherever they finish in a race they have always won and lost. First and last, the places are interchangeable for when you race yourself the first shall be last and the last shall be first.

Happy Christmas one and all.





EVEN AULDER JOGGER'S BLOG

by Phil Bland

It's been a funny old month! Having just recovered from all the excitement of the Summer Championships and collected my Domestique's bonus from the Boss (volunteered me for the Gathering Winter Fools Relay!), I have been facing up to the awful fact that Winter League is upon us and I am going to have to bite the bullet and start some structured training for the London Marathon next April.

I had toyed with the idea of starting carbo loading and tapering five months early but a low growl (which I originally thought was Rooney the dog but turned out to be the Boss!) suggested otherwise.

So it came to pass that I found myself on the start line of the Barnsley 10k – a strange old race as it runs out of Royston – trying to persuade myself to treat it as a training run. The Boss gave me the customary pre-race lecture about "pride in the vest" and "not to embarrass her too much" etc. Fortified with this advice I found myself with 700 other lunatics steadily sinking into the mud that masqueraded as a park in Royston ready for the off.

It's a joyous course, starting off by running through one of the areas that Thatcher would have carpet bombed if she could have found enough carpets and then out past the coking plant which leaves you with the impression that most of the runners must have enjoyed a pretty bad curry the night before. Billed as a fast, flat PB course, it probably is if you are driving a Challenger tank. More cautious people have described it as "undulating", in much the same way as the Alps!

Not to be deterred I looked forward to the next eights Ks comfortable in the knowledge that we were to be timed by the latest timing technology – timing chips stuck on the race number and high tech gantries to ensure that not a second was lost in my supersonic race to the line, plus a little chit instantly giving me print out confirmation that I should have taken up darts instead of running.

After the customary volley of "encouragement" from the Boss on the run in (which she generously describes as "whipping in") I staggered over the line breathless and ready for my high tech print out giving me the bad news. Only to be greeted by a gruff "t'systems bugged lad – get thissen inside and a pie down yer". The Finish resembled "Black Friday" at Argos with folk fighting in lumps over bits of paper, none of which bore any resemblance to actual times run by anyone at the race. The timers had locked themselves in a small caravan which several runners suggested we set fire to to flush them out (they don't take prisoners in South Yorks!)

Finally, some two hours later a brave bloke strode purposefully into the Hall (someone said he was a veteran of the Battle of Orgreave) and proceeded to announce a set of results that didn't seem to come from this year's race at all!

After all that, the recce of Leg 1 of the Gathering Winter Fools Relay in dense fog seemed a picnic – but more of that next time! Happy Yuletide running folks.....

RESULTS ROUNDUP: OCTOBER 2014

by Phil Bland



November set off in fine style nearly 11 hours early! **Ben Watson** decided to fly off to Adelaide, South Australia, to steal a march on us all by being first Baidon Runner out of the blocks in the new month. Not sure what they were feeding him on the flight but he tackled the picturesque flat course along the River Torrens, full of jetlag, in a blistering **19:50** to surpass his recently set 19:58 PB at Bradford.



December 2014

Back in the UK, **Dan Cobb**, **Rob Myers** and **Rach Anmer** took on the 10k “Tough Mudder” that is the **Pain Barrier**. Run over a 4x4 test track at Parkwood, Bradford, this is the sort of thing to test the resolve of anyone – but Baildoneers are made of tough stuff and **Dan** romped home in **1:07:49 (38th / 617)**, **Rob** clocked **1:16:37** to take out 4th MV50 whilst **Rach** turned in a gutsy **2:28:35** – respect!

On the same day a far more sensible proposition was the **Shepherds Skyline 10k** off roader out of Lumbutts, featuring 350 metres of ascent. **Linda Carey (1:32:23)** and **Kate Walter (1:22:46)** flew the Baildon flag to good effect.

To round off this weekend of suffering and pain four of our gallant crew ran the **Cop Hill Fell Race** out of Meltham on Sunday 2nd. This 7 miler traverses the Pennine fells around Meltham. **Jim Wheldon (51:13)** turned in a great performance with **Kevin Brain** only ten seconds behind in **51:23** and **Ian Hartman** not far behind him in **56:54**. **Denise Johnson** upheld the honour of the ladies in an impressive **64:23**.

On the same day, our road racers returned to the tarmac in the tough **Guy Fawkes 10** miler out of Ripley Castle. Featuring climbs such as the “Birstwith Brute” and “For Fawkes Sake” this popular race has a deserved reputation as a tough test. **Graham Driver**, **Robin Graham** and **Geoff Perigo** were our Baildoneers with **Debbie Bland** carrying the flag for the ladies. **Debbie** had unfinished business in this race – in four attempts she has come second in her age group, usually to her arch rival Aileen Baldwin from Stainland Lions. This was to be payback time and she romped home in **1:19:56** to beat Aileen by 1:30 and take out 1st FV60. **Robin (1:23:25)**, **Graham (1:25:39)** and **Geoff (1:32:28)** were close behind to complete an impressive Baildon performance motivated by one of the best goody bags in the calendar (full of chocolate bars!).



Sadly for Debbie, Aileen managed to gain revenge in the following week’s **Spennings Valley Grand Prix** race – a 5.2 miler mixed terrain starting at Spennings Valley Stadium. For some odd reason these races never seem to attract a Baildon following, though very popular with other clubs and only **Debbie** and **Jim Wheldon** turned up to fly the flag. However, both ran well with **Jim recording a very quick 38:51** and **Debbie home in 44:25** – not bad on such a varied terrain containing stiles and other assorted obstacles. Stainland took the honours in both Men’s and Women’s races but **Jim was credited with 2nd MV60** behind Peter Pyrah of Bingley.

Now you know that a fell race is tough when **Ian Hartman** says it’s tough! The **Wadsworth Half Trog** – 9.25 miles and 433 metres of climbing – brought this admission from Ian. However, it is in our Winter Fell League and six of our brave off roaders made the trip to try their hand on the fells. First home for Baildon in a very swift **1:41:08** (and 8th lady overall) was **Emma Stoney**, closely followed by **John Buddle in 1:41:23** whilst **Ian** was hunting them down in **1:47:48**. **Jim Goddard (1:57:36)**, **Kate Walter (2:32:54)** and **Linda Carey (2:33:15)** all had good races – the men’s winner being Ben Mounsey in 1:05:20 and Ladies’ Gayle Sugden in 1:23:29 (both Calder Valley Fell Runners).

The big race of the month occurred the following weekend (16th) – the hugely popular **Leeds Abbey Dash 10k**, rapidly becoming a blue ribbon event for top class runners from across the country. Nearly 9,500 runners turned up on the day to run from Leeds Town Hall to Kirkstall Abbey & back and amongst them were 18 of our finest in the Baildon vest. Top of the pile for Baildon was **Ben Watson** after his winter training “down under”, recording a terrific **41:13 PB** with **Clive Turner** and **Danny Miles** close behind in **42:13** and **42:39**. Runners under the 44 minute mark were **Ian Ferris (43:00)**, **John Buddle (43:01)**, and **Rebecca Langdon (43:55 PB)**. **Don Johnson (44:09)**, **Nigel Shaw(45:42)**, **John Cawley (47:06)** and **Barbara Lee (48:05)** all dipped below the 50 minute mark and there were fine runs by **Jo Miller (50:54)**, **Kath Thomas (50:58)**, **Jackie Walters (57:36)**, **Tracey Robinson (57:51)** and **Geraldine Ray (59:28)** to beat the hour. Completing a great performance by the Baildon contingent were **Elinor Newhouse (61:37 PB)**, **Katherine Holme (62:42)** and **Ian Connor (85:08)**. The runners they were all chasing were Matt Hynes (29:23) and Louise Damon (33:04).



On the same day eleven of our intrepid Baildoneers chose to do something totally different and race a load of cyclists up and down a steep hill from the Fishermans Pub between Saltaire and Bingley in the **Harriers v Cyclists race**. First home for Baildon was **Gareth Holme in 38th place (44:19)** with **Paul Baildon (46:57)**, **Chris Longstaffe (47:09)**, **Kevin Brain (48:33)** and **Jim Wheldon (49:34)** not far behind under the 50 mins. **Paul Thomas (52:38)** led a group of Baildoneers home under the hour mark – **Dave Long (53:31)**, **Ian Hartman (55:30)**, **Rob Myers (55:33)**, **Neil Fairburn (56:44)**, **Jim Goddard (57:21)** and **Michelle Morris (58:48)**. **Alyson Lewis (61:45)**, **Kate Walter (68:38)**, **Linda Carey (69:29)** and **Angela Pegg (79:49)** completed an impressive Baildon show.

Wrapping up the month's racing **Phil** and **Debbie Bland** ventured into the wilds of South Yorkshire to run the **Barnsley 10k** (out of Royston!) with Phil sliding in under the hour (**59:29**) and **Debbie running a strong 47:33** on a difficult course to take out **1st FV60** against some tough competition.

Once again this month the Baildon vest has featured in no less than eight different parkruns as far apart as Adelaide, South Australia and Clumber Park, with Bradford, Huddersfield, Skipton, Oakwell Hall, Pontefract and Fountains Abbey in the mix. Our fastest parkrunners of the month were **Ben Watson (19:50)** at **Adelaide Torrens** and **Jennie Guard (second claim Baildon) 19:53** at **Bradford, both on 1st November**.

Congrats to everyone on a great month's racing.

THURSDAY NIGHT RUNNING GROUPS

by Sue Coates

The list of Group D and E leaders will be announced via email in the New Year.

SUNDAY SESSIONS

by Lizzie Smith

Date	Leader	Date	Leader
28 December 2014	Dan Cobb	25 January 2015	Winter League
4 January 2015	Winter League	1 February 2015	Dave Lonsdale
11 January 2015	Kate Walter	8 February 2015	Winter League
18 January 2015	Kevin Brain	15 February	Geoff Perigo

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.		
26 December	Chevin Chase 7 miles (Guisley)	25 January	Winter League (Craven College)
31 December	Auld Lang Syne 9.6K, 300m ascent (Penistone Hill Country Park, nr Haworth)	25 January	Meltham (Tough) 10K
1 January	Giant's Tooth 3 miles (Ogden)	1 February	Dewsbury 10K
4 January	Winter League (Stainland)	8 February	Muddy Boots 10K (Ripon)
11 January	Garstang 10K	15 February	Liversedge Half Marathon
18 January	Brass Monkey Half Marathon (York)	22 February	Great North West Half Marathon (Blackpool)
	ENTRIES CLOSED	22 February	Huddersfield 10K
18 January	Inskip Half Marathon (nr. Preston)		

SAD NEWS

I am sorry to end this festive Newsletter with some sad news. Hamid Houman forwarded the information below:

“It's is with great sadness that I write to inform Baildon Runners that one of our staunch supporters of Baildon Boundary Way died last week in a freak accident in Cumbria.

Attached article from T&A describes the incident. Micheal and Val Padley run a B&B on Buck Lane, which is one of the many farm lands BBW route enters, for which every year I seek permission to use.

http://www.thetelegraphandargus.co.uk/news/11584675.Baildon_man_60_dies_after_being_trapped_by_milk_tanker_in_farm_accident/?ref=mr

For the past 10+ years, as Course Director, I have written to Michael Padley seeking permission to enter his land and every year he has willingly supported BBW and it's chosen charities. In honour of his support I have written to Mrs Padley enclosing a condolence card on behalf of all Baildon Runners expressing that our thoughts are very much with her at this sad time”.



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 Marshall
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

Website:	baildonrunners.co.uk
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Newsletter email:	news@baildonrunners.co.uk
Results email:	results@baildonrunners.co.uk