

BAILDON RUNNERS NEWSLETTER

November 2015

FROM THE EDITOR

Jackie Walters

Welcome to the November edition of your Newsletter. If you have any articles for the Newsletter, ideas for the new Magazine or would like to write a regular feature, please email the Club. We look forward to hearing from you.

This newsletter has been brought to you by John Cawley, Shelagh Hopkinson, Denise Bailey, Ian Ferris, Geoff Perigo and Dave Lonsdale. Thank you for your contributions. Please send contributions for the next Newsletter to news@baildonrunners.co.uk **no later than Wednesday 30 December 2015**. To account for holidays, the December Newsletter will be issued after the New Year, around 5 January 2016.

Enjoy Christmas and the Club Christmas party if you are going!

CHRISTMAS DAY PARK RUN

For well-organised cooks or those leaving the cooking to someone else, or even skipping Christmas dinner altogether, there is a Parkrun in Lister Park on Christmas Day, 9.00am as usual - work up an appetite for those festive meals!

For all Parkruns in the winter months when conditions may be icy, Course Director Linda reminds runners to check before setting off, the Bradford Parkrun page or twitter-feed, which is where she will post any cancellation. Linda will always let you know as early as possible on a Saturday morning.

RUNNER OF THE MONTH

The October award went to Liz Caven for her first marathon in Chester, which dedication to her training goals led her to complete in the brilliant time of 3hrs 43mins. Well done Liz and a well-deserved bottle of wine.



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.

Membership

We are pleased to welcome 3 new first claim members Helen Christie, Donna Kaznowski and Jill Buddle.

A reminder to new members to check the club website baildonrunners@yahoo.co.uk. For updates on activities.

The club organises several regular sessions a week:

- Saturday Beginners, with Coach/Run Leaders- 10.00am, meet Titus Salt School car park. The group ranges from absolute beginners to experienced runners. Designed to suit all paces. (see Denise's article below)
- Tuesday hill or fast flat training, with Coach/Run Leaders - 6.30pm, meet Jenny Lane car park Baildon Rugby Club. Once a month this moves to Keighley for track training.
- Thursday Group Runs each with a leader – 7.00pm, meet Baildon Rugby Club. Off road in summer, on road winter. The E run is a distance of up to 5 miles and a good step up for beginners. Runs A-D are between 7 -8.5 miles. Runners group according to their pace, A being the fastest, D more steady.
- Wednesday OGOBs – 9.30am, meets Roberts Park Bandstand (but moves to Baildon Rugby Club in spring). Led by Denise and Don Johnson, welcomes anyone free that day, runs 5 miles and waits for everyone!
- Sunday run with a leader - 10.00am Titus Salt School car park, 7-8 miles, mainly off road, all welcome.

Saturday Mornings in Roberts Park *by Denise Bailey*

I have been asked to write about the Saturday morning Beginners Group for the Newsletter. I'm not entirely sure why I've been asked – probably because I usually turn up rather than because of my running prowess!

The word 'beginner' in relation to this group is used in its very loosest sense. I have sympathy for anyone who comes along expecting to find a few couch potatoes hoping to reduce their diabetes risk only to be presented instead with a group of seasoned runners, some of whom will be recovering after their latest half-marathon or training for the next. It might explain why some new people are never seen again. But I for one went back for more and 4 years on I'm still a 'beginner'.

After meeting in the car park at Titus Salt School we head to Roberts Park where we are required by Ian our coach, to perform a "dynamic" warm-up. (It should be pointed out to anyone contemplating joining us, that for this bit at least, it is best to leave your dignity at home. However if performing unusual movements in a public place is your thing, then this is the group for you).

This humiliation over, we can get on with the main business of the run. You can put as much or as little effort into this as you like so long as you make sure that when you have done your 2½ miles, you have something left in reserve for the sprinting that follows.

This is perhaps the most challenging part, at least for Ian. He is sometimes required to blow his whistle very loudly to bring order to the proceedings! For the rest of us, the challenge is more in how to sustain running at speed for "7 or 8" minutes according to Ian's watch. (That's 12 minutes measured in real time).

All energies spent we finish with a stretch-out and you are free to go, if you want to. Alternatively, you can go to The Half Moon Cafe for some post-running analysis. (*Ahem!*)

Personally I find that the running is not always necessary for this part - I myself have been known to show up only for the coffee and have still managed to feel quite a sense of achievement afterwards! Though that could just be the effect of the caffeine.

The staff struggle to serve us all with cake and hot drinks simultaneously, but they are always friendly and tolerant of us completely re-arranging the furniture, steaming up the windows and treading in mud and other unspeakable stuff on our shoes!

So that is my account of the Saturday morning training sessions. I guess if you asked any one of us to write something we would all come up with something different. Perhaps others would mention that it's an opportunity to get out in all weathers and see some beautiful countryside in good company. It is that too of course. There's something for everyone so long as you like running – a little bit!

Summer Championship *by Ian Ferris*

Its 4PM, it's dark, it's raining, it's cold and, as you will know by now, another year of the Summer Championship has been and gone.

The Premier Division had 3 clear front-runners with Jim Wheldon coming out on top with 195 points ahead of Nigel Shaw (185 points) and Ben Watson (184 points).

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In the First Division Jackie Walters led from the off with a perfect 36 points and never faltered to record 191 points. In second place was Sally Gavaghan (160) and third Elinor Newhouse (159)

The Second Division saw just 5 runners complete 6 races and unsurprisingly they claimed the top 5 places. Lee Kaznowski led the pack with 195 points followed by Mark Delaney (175) and Karen Baildon (163)

Congratulations to Jim, Jackie and Lee.

21 runners took place in 6 or more races making them eligible for a trophy which we will present at the Christmas party.

In just 4-5 months it starts all over again with the 2016 championship. Many of the races will be the same as 2015 but we are open to suggestions for any alternatives you may have and will consider local races in the range of 5K to half marathon.

Baildon Boundary Way More Marshals Needed

by Jackie Walters

We still need more marshals for the Baildon Boundary Way, taking place on Sunday 3 April. Marshals are needed around the 13-mile course as well as to help at Baildon Rugby Club - to give out numbers, t-shirts, prizes, organise the start and finish and to prepare and serve food - plenty of choice if you have a preference.

I have sent out a draft list of responsibilities to last year's marshals, hoping you can take the same positions, please confirm if you haven't already done so. I will allocate the new volunteers to a role once I have heard from you all. We have a policy that members only get to compete in the race if we have sufficient marshals so please volunteer if you can so that we can also field some Baildon Runners!

We also need people to mark out the course on the afternoon before. If you can support in any way please contact Jackie Walters: email Jacquelinewalters9@gmail.com

Long Distance Walkers Association Events

by Shelagh Hopkinson

I love entering races; the fantastic atmosphere of a group of people going out to get wet, cold, tired together in a way that looks faintly bonkers to the general public fills me with joy. However, what doesn't please me at all is the eye-watering prices that are charged for some of these events.

The events I love are usually off-road trail races, organised by enthusiastic volunteers – so no expensive salaries to pay. There are lots organised by groups such as Rotary clubs and The Scouts – Rombolds Stride is a popular example.

However many of you may not be aware of many fantastic events organised by The Long Distance Walkers Association (LDWA). Their events are cheap, cheerful, well catered and fun. There are events every weekend. They are a joy for slow runners such as myself as the cut off times are so generous, but also welcome fast runners (occasionally an event will state if there is a "too fast" cut off – so you don't get to a check point before it opens).

My own walking club organises a few of these challenges each year, the next one being the Regular Irregular on 12th December. There is a choice of distances 23, 19, 15, 11, 7 or 4 miles – designed as 3 different loops so that you can decide how far you want to go during the event. There is tea and toast provided at the start, checkpoints with refreshments en route and a 2 course hot meal when you finish. You get a certificate with your time and a badge as

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you leave. All this for £7 (£9 if you enter on the day)and we still make a profit!! You can see why I wince at some of the prices of commercial events.

Please come and try an LDWA event, you won't be disappointed. Take a look on the website https://www.ldwa.org.uk/challenge_events/events_list.php for a list of upcoming challenges and if you want to know more you can always ask me. I look forward to seeing you out on the hills.

Dragon Boat Race *by Jackie Walters*

After enjoying watching last year's event some of the Saturday runners proposed that we enter a team in the 2016 Dragon Boat Festival which takes place on Saturday 7 May on the River Aire, Roberts Park and raises funds for the Lord Mayor's appeal. (See Website <http://www.lmabradforddbf.co.uk/>)

Dragon Boating which started in China some 2,000 years ago involves crews of up to 17 people, (16 paddlers and a drummer) paddling in unison to get their boat down a course as fast as possible.

No prior experience is necessary as instructions are given on the day and flotation aids worn. The race is 175 metres of flat-out paddling. It is expected that each team will get 3 qualifying races. There is then a Grand Final based on best times in the qualifying races. The top 3 team captains receive a trophy from the Lord Mayor with medals for team members.

The cost is £500 per team of up to 20, (16 rowers, 1 drummer plus any reserves). In addition each team member has to set up a Just Giving page and raise a further £50 for the Lord Mayor's charities. This amounts to £80 per team member.

We would need to be sure that we could recruit a team – I don't want to pay £500 to secure a place before I have definite commitment from at least 17 people! So please let me know if you want to be part of a team. email Jacquelinewalters9@gmail.com

AGE CATEGORY RECORDS *John Cawley*

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, including one which went under the radar and another for which the results were very late in being published:

Name	Cat	Distance	Date
Sue Coates	F65	1 mile	4 August
Don Johnson	M60	800 metres	27 September
Debbie Watson	F35	25K	25 October
James Birkley	M40	25K	25 October
Paul Dennison	M55	10K	15 November

Particular congratulations to Debbie Watson and James Birkley for setting all time club records.

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RESULTS

John Cawley

Please continue to email your race results to results@baildonrunners.co.uk but 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.

Firstly, a few 'late' results:

Yorkshire Veterans Track & Field Championships (Cleckheaton) - 27 September

Ladies' 800 metres

5th Denise Johnson 3:50.5 1st F55

5 finishers.

Men's 800 metres

7th Don Johnson 2:59.5 2nd M60

10 finishers.

Ladies' 3000 metres

2nd Denise Johnson 14:43.4 1st F55

2 finishers.

Men's 5000 metres

7th Don Johnson 21:56.6 2nd M60

10 finishers.

Great Whernside 4 miles, 1,558ft climb - 24 October

31st Malcolm McMillan 39:33

59th Kevin Brain 43:22

71st Mick Cooper 45:02

97th Anna McMillan 49:26

112th Ian Hartman 51:59

132nd Jacqueline Cooper 55:47 3rd F40

136 finishers.

Ennerdale Trail 25K - 25 October

21st James Birkley 2:15:39

75th Debbie Watson 2:50:19

118 finishers.

Cop Hill 7 miles, 899ft climb (Meltham) - 1 November

48th Jim Wheldon 50:25 3rd M60

50th Kevin Brain 50:49

53rd Mick Cooper 52:02

79th Neil Fairburn 57:17

92nd Rob Myers 59:44

104th Jacqueline Cooper 1:04:22 2nd F45

114 finishers (1 DNF).

Burley Moor 11K - 7 November

112th Rob Myers 1:11:53

150 finishers.

Horton Park 5K parkrun - 7 November

11th Debbie Bland 24:31 1st F60*

* also second female overall

45 finishers.

Les Doungnes, Cubnezais (France) 5K parkrun

7 November

3rd Jim Barnett 21:25 1st MU35

7 finishers.

Lister Park 5K parkrun - 7 November

3rd Lee Kaznowski 19:26 2nd MU35

6th Ben Watson 20:24 2nd M35

20th John Buddle 21:36 3rd M50

59th Don Johnson 24:09 2nd M60

121st Ellie Clement 27:41

132nd Jill Buddle 28:08 2nd F50

144th Dave Shaw 28:26 1st M70

182nd Jane Clough 29:44

211th Denise Bailey 31:09

214th Shelagh Hopkinson 31:17 1st F60

266th Jenny Stephenson 37:22

287th Nicola Steffen 45:50

290 finishers.

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Sewerby 5K parkrun - 7 November

60th Geoff Kay 29:22 2nd M65
92 finishers.

Wadsworth Half Trog 9.3 miles, 1,400ft climb 8 November

16th Malcolm McMillan 1:31:07
31st Mick Cooper 1:39:12
39th Jim Wheldon 1:42:26 3rd M60
72nd Ian Hartman 2:07:18
76th Jim Goddard 2:16:28
80th Kate Walter 2:22:23
81 finishers.

Yorkshire Vets (Spenborough) - 8 November

Ladies

28th Denise Johnson 46:15
62 finishers.

Men

43rd Phil E Brown 37:41
130 finishers.

Tour of Pendle 16.8 miles, 4,833ft climb

14 November

314th Andrew Price 2:50:25
422 finishers.

West Yorkshire Cross Country League Keighley

14 November

16th Michael Malyon 26:08
125th Ian Hartman 39:27 1st M65
129 finishers.

-Halifax 5K parkrun - 14 November

33rd Melanie West 25:47 2nd F40
87 finishers.

Horton Park 5K parkrun - 14 November

10th Neil Fairburn 23:11 3rd M50
49 finishers.

Huddersfield 5K parkrun - 14 November

93rd Alice Buttle 22:54
463 finishers.

Lister Park 5K parkrun - 14 November

4th Lee Kaznowski 19:09 1st MU35
7th Ben Watson 20:10 2nd M35
12th Pete Gallagher 20:39 2nd M40
49th Don Johnson 24:18 2nd M60
50th Col Morley 24:18
64th Rob Myers 25:09 3rd M60
82nd Jim Goddard 25:58
98th Kate Walter 26:40 2nd M55
106th Graham Driver 26:58
183rd Denise Bailey 30:19
221st Shelagh Hopkinson 32:25 3rd F60
230th Denise Johnson 33:18
248th Jenny Stephenson 35:54
249th Leanne West 36:02
277th Ellie Clement 45:44
285 finishers.

Roundhay Park 5K parkrun - 14 November

45th Debbie Bland 25:00 1st F60
194 finishers.

Woodhouse Moor 5K parkrun - 14 November

34th John Buddle 20:49 2nd M50
295 finishers.

Preston 10 miles - 15 November

249th Debbie Bland 1:23:05 1st F60
416 finishers.

Leeds Abbey Dash 10K - 15 November

667th Lee Kaznowski 38:59
954th Paul Dennison 40:54
1,353rd Pete Gallagher 43:13
1,896th Bob Shimmin 45:44
1,929th Don Johnson 45:50
2,346th John Cawley 47:23
2,663rd Stephen Brown 48:23
2,837th Donna Kaznowski 48:54
3,060th Denise Johnson 49:43
3,832nd Rebecca Langdon 52:16
3,863rd Steve Tindall 52:22
4,168th Dave Shaw 53:19
4,530th Martin Kieffer 54:29
6,063rd Geraldine Ray 59:35
6,152nd Jane Clough 59:53
6,787th Katherine Hornby 1:02:29
7,266th Neil Russell 1:04:39
7,452nd Elinor Newhouse 1:05:37
7,779th Sarah-Jane Templeman 1:07:28
7,781st Tara Phillips 1:07:29
7,926th Mei-Na Liao 1:08:17
8,219th Judith Wilson 1:10:26
9,033 finishers.

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Harriers v Cyclists 6 miles (Bingley) - 21 November

15 th	Quentin Lewis	40:37
57 th	Malcolm McMillan	45:08
59 th	Gareth Holme	45:14
80 th	Phil Davis	46:57
106 th	Marc Forrest	48:57
112 th	Kevin Brain	49:36
118 th	Andy Robinson	50:07
143 rd	Paul Baildon	51:39
144 th	Jim Wheldon	51:432 nd M60
186 th	Darren Jukes	54:48
217 th	Rob Myers	58:38
231 st	Ian Hartman	1:01:17
238 th	Jim Goddard	1:01:53
248 th	John Crabtree	1:03:12
256 th	Jacqueline Cooper	1:05:21
264 th	Karen Baildon	1:08:24
270 th	Kate Walter	1:10:07

278 finishers (2 DNF).

Halifax 5K parkrun - 21 November

11 th	Philip Jones	24:37	3 rd M55
54 th	Melanie West	53:52	

55 finishers.

Horton Park 5K parkrun - 21 November

9 th	Don Johnson	22:42	1 st M60
11 th	Alice Buttle	23:08	1 st FU35*
15 th	Denise Johnson	25:21	1 st F55

* also first female overall
43 finishers.

Jersey 5K parkrun - 21 November

5 th	Jim Barnett	21:31	3 rd MU35
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123 finishers.

Lister Park 5K parkrun - 21 November

3 rd	Lee Kaznowski	19:14	1 st MU35
5 th	Ben Watson	20:13	2 nd M35
21 st	John Buddle	21:48	
36 th	Anna Smith	23:19	1 st F50*
56 th	Donna Kaznowski	24:26	2 nd FU35
77 th	Steve Tindall	25:53	
134 th	Jill Buddle	28:43	2 nd F50
139 th	Dave Shaw	29:00	1 st M70
168 th	Tara Phillips	30:10	
202 nd	Stacey Rushworth	32:32	
226 th	Shelagh Hopkinson	33:56	1 st F60
227 th	Jenny Stephenson	34:07	

* also first female overall
293 finishers.

Clumber Park 5K parkrun - 28 November

4 th	Paul Dennison	19:49	1 st M55*
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* also third male overall
140 finishers.

Halifax 5K parkrun - 28 November

26 th	Melanie West	25:30	1 st F40
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67 finishers.

Horton Park 5K parkrun - 28 November

9 th	Don Johnson	22:56	3 rd M60
13 th	Philip Jones	23:15	2 nd M55
20 th	Col Morley	24:15	3 rd M40
21 st	Ian Hartman	24:16	1 st M65
29 th	Denise Johnson	26:16	1 st F55
57 th	Catherine Blain	36:13	

76 finishers.

Lister Park 5K parkrun - 28 November

3 rd	Lee Kaznowski	18:58	2 nd MU35
10 th	Ben Watson	20:08	1 st M35
20 th	Rob Martin	20:47	3 rd M50
34 th	John Buddle	21:47	
80 th	Rob Myers	24:23	2 nd M60
121 st	Geoff Perigo	26:16	
135 th	Kate Walter	27:00	2 nd F55
165 th	Jill Buddle	28:11	2 nd F50
193 rd	Karen Baildon	29:20	
209 th	Denise Bailey	30:14	
248 th	Shelagh Hopkinson	32:38	2 nd F60
284 th	Leanne West	35:35	
293 rd	Jenny Stephenson	36:36	

328 finishers.

Sewerby 5K parkrun - 28 November

65 th	Geoff Kay	29:04	2 nd M65
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103 finishers.

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Dates of Forthcoming Races 2016

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

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|-----------------|----------------------------------------------------------------------------------|
| 6 December 2015 | Lancaster Half Marathon |
| 6 December | Epilepsy Action Reindeer Stampede
Roberts Park |
| 6 December | Guy's 10 miles (Garstang) |
| 13 December | Winter League Dewsbury |
| 22 December? | Stoop 8K, 250m ascent (Penistone Hill
Country Park, nr Haworth) |
| 26 December | Chevin Chase 7 miles (Guseley)
RACE FULL |
| 27 December | Jolly Holly Jog 10K (Ripon) |
| 31 December | Auld Lang Syne 9.6K, 300m ascent
(Penistone Hill Country Park,
nr Haworth) |
| 1 January | Giant's Tooth 3 miles (Ogden) |
| 3 January | Winter League (Idle) |
| 3 January | Central Lancs Half Marathon
(Catforth, nr. Preston) |
| 10 January | Garstang 10K |
| 17 January 2016 | Brass Monkey Half Marathon (York) |
| 17 January | Inskip Half Marathon (nr. Preston) |
| 31 January | Winter League (Temple Newsam) |
| 31 January | Meltham 10K |
| 1 February | Dewsbury 10K |
| 14 February | Liversedge Half Marathon |
| 7 February | Muddy Boots 10K (Ripon) |

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- 14 February Wombwell 5 miles
- 21 February Great North West Half Marathon
(Blackpool)
- 28 February Huddersfield 10K
- 28 February Winter League (Pudsey)
- 13 March Spen 20 miles (Cleckheaton)
- 13 March WYWL v PECO
- 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)
- Bradford 10K
- 19 March Coniston 14 miles
- 20 March Thirsk 10 miles
- 20 March Garstang Gallop 10K
- 6 March Keighley Big K 10K
- 3 April Baidon 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)
- Guiseley Gallop 10K (approx)
- Bunny Run Relays 1.5 m 200 ft ascent
teams of 3 , enter on night only
- Fountains 10k (Grantley nr Ripon)
- Bluebell Trail 10.3 miles
(West Vale, Stainland)
- 8 May Leeds Half Marathon
- 11 September Great North Run
- 9 October Plusnet Yorkshire Marathon (York)

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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
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	Baildon Boundary Way Director

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