## 

## Looking to the Future

by Lizzie Rhodes

Hello and welcome from your new Editor! There have been a few changes to the Newsletter. Mainly, Age Grad Records and Results will now be displayed solely on the website.

If you have any feedback, please let me know by emailing [news@baildonrunners.co.uk](mailto:news@baildonrunners.co.uk) and I will do my best to incorporate into a future Newsletter.

Thanks

*Full Bronte 5 Miles, Haworth, 6 June 2014. Well done everyone!*

## Contributions to the Newsletter

by Lizzie Rhodes

This newsletter has been brought to you thanks to Phil Bland, Kevin Brain, Liz Caven, Alan Clements, Sue Coates, Colin Davidson, Geoff Perigo and Lizzie Rhodes.

Do you have an item that may be of interest to your fellow Members? You don’t need to worry about style, spelling or grammar, I will edit/amend if necessary.

Please send your contributions to [news@baildonrunners.co.uk](mailto:news@baildonrunners.co.uk) **no later than Monday 7 July 2014**.

Thanks.

## NEW MEMBERS

We have four new members to report this month, Lucy Crowther, Tony Deacon, Robin Graham and Andrew Price.

A warm welcome to you all!

**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.

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**Name:**   Alan Clements

**Role on the Committee:** Secretary

**Job:** Boundary Way Race Director, Joint Club Liaison. Giving the rest of the committee grief, by not meeting deadlines.

**When did you start running?** At school in the 60s, but did not take it up again till joining Baildon Runners in 1992.

**Length of time at the Club:** 22 years

**Why do you run?** Partly to keep fit, but also because I have always enjoyed the great camaraderie at Baildon Runners.

**Least favourite aspect of running?** Getting injured.

**First Race:** A 10K from Baildon Leisure centre, going up the tramway and around Shipley Glen. Ceased to exist a long time ago.

**Favourite race(s):** Any of the off-road relays.

**Greatest Running Feat:** Completing the Durham Dales 100 miles in 1999, in just over 33 hours. (Probably more walking than running)

**Other Sports / hobbies:** Crown Green Bowling and Table Tennis (just to work up a thirst)

**Super power you would most like to have?** To be able to run like Quentin.

**Tell us something interesting about yourself:** Having to think about this question made me realise that there is nothing interesting about me. So the most interesting thing about me is that I am the most boring person in Baildon Runners. Perhaps I should take a leaf out of Spitting Image’s book, when they parodied Steve Davis, and adopt the nickname Alan “Interesting” Clements.

**RUNNER OF THE MONTH**



Runner of the Month for April was Anna Smith for completing the 3 Peaks fell race in 5 hours 7 minutes. Anna’s prize was a bottle of wine.

WELL DONE!!

## http://topnews.in/sports/files/World-Cup_14.jpgBAILDON RUNNERS’ 30th ANNIVERSARY FUN DAY

by Liz Caven

England start their World Cup campaign on 14 June and Baildon Runners “kick off” their 30th Anniversary celebrations with a football-themed family fun day on Sunday 22 June!  If you haven’t already confirmed your attendance, then maybe some of these enticing activities might encourage you to do so!

* BBQ and bar
* Inflatable fun
* Table football, hunt the football, football obstacle courses
* Penalty shoot-out and cross bar challenge
* World cup quiz
* Relay races…..to name but a few!

And as our event is taking place in the middle of the British summertime, then the weather is going to be fantastic no doubt! All we ask is that you bring your own picnic blanket or outdoor seating and perhaps provide a few football themed/decorated cakes or biscuits for a tempting treat to keep our energy levels up.  Fancy dress is optional. On arrival we’ll each be allocated to a country from World Cup groups A – D, so if you have a strong desire to represent Australia for example, get your corked hat and boomerang ready – you never know, there may be a prize!

The fun starts at 2.00 pm at Baildon Rugby Club and we look forward to seeing you all there.  Email [baildonrunners@yahoo.co.uk](mailto:baildonrunners@yahoo.co.uk) to confirm your attendance and then you can start planning your costume.

Thanks

## BAILDON CANTER SATURDAY 12th JULY 2014

by Sue Coates

Hi everyone, it’s that time of year again when I need to ask for volunteers to help with the Canter.

We have a lot of new people in the club this year, so just to give you an idea of what the canter is about I will explain how it all started...

C:\Users\earhodes\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FOOY69I3\MC900383632[1].wmfNine years ago the Rugby Club took over the running of the Baildon Carnival and I thought it would be a good idea to have a race so the community could see we had a Running Club and not just a Rugby and Cricket Club.  So, with the help of a handful of friends from Baildon, Keighley and Idle, we got together to hold a race up to the trig point on the moors and back.  Well, you can imagine how we felt when at 10 minutes to the start we had just three runners signed up for the race!  I was feeling very worried, but then with 5 minutes to go I could see walking towards us runners in Baildon vests and some in Keighley vests. It’s a true saying at times like this, it’s who you know not what you know!

So the race went ahead with 16 runners and I might add the first lady was an international fell runner, as I say it’s who you know (wink, wink). The following year we added a junior race and only one little boy turned up to enter, so his Daddy (Andrew Travis) ran round the course with him, and as we all know you can only race who turns up on the day, so the young man won his race and got a prize.

Since then we have grown more popular and we have in excess of 40 runners in the senior race and even more in the junior race.

I can’t tell you how good it makes me feel when I see those youngsters on the start line, some in club vests and their serious running shoes, and some in their fairy dresses and little sandals.

Now that the race has grown and become one of our main club events, your help is greatly needed to marshal, hand spot prizes out, help with the scoring, put gazebos up, help with the children, and lots more.

So please, if you can spare a couple of hours on 12th July, email me at  or text/ring.

## DIARY OF A RELUCTANT CLUB RUNNER

*By Kevin Brain*

Back again. Since the last article, like a convict tunnelling under the prison wall, spring has Sprung. I’ve gone viral; luckily, the rash will clear up in a few days. I’m trending in the Twattersphere (I think that’s what they call it). Here are some twatters in response to the last article: *“whatever you do don’t elect him to the committee”* #the committee; *“please don’t renew his membership*” #everyone at Baildon Runners; and *“honestly I’m clean, I’ve never taken anything in my life”* #bionic Ben (see previous article if this does not make sense. It still won’t make sense but I can count you as another reader).

Now to serious running matters and my round up of the past couple of months. As Spring arrived, the WYWL relays brought the curtain down on the winter season. Surprisingly, I had not been selected for one of the 350 WYWL teams entered to run against PECO teams. Instead, I was in the Baildon A elite team, alongside Shelagh Hopkinson and Colin Davidson. With a combined age of 4,756 years it was little surprise to hear us being referred to in awed tones as the Dream Team. Our plan was simple: beat Baildon B. This called for Shelagh to break Quentin, who was running with Baildon B alongside Gareth Home Alone, whose parents had gone on vacation and mistakenly left him behind, and Paul Bailsgone, who was returning after a nasty accident straddling a fence.

Shelagh was to keep the pressure on early by sitting on Quentin’s shoulder. With a half mile to go she was to kick hard. Quentin was clearly worried. He set off like a hare, though that could be because of the 6 greyhounds we sent after him. Shelagh tried hard to sit on his shoulder but fell off when he turned sharp right. She got up and chased, eventually catching Quentin 3 days later in a Tesco car park. She kicked hard. I hear Quentin is still limping. Colin followed Shelagh. Could he keep up the blistering pace? Yes, by God, yes he could. We were on for a course record. A place in history beckoned as it grew dark. I waited eagerly. By the time he got back I had grown a beard so I looked like a hardened fell runner and promptly fell. We smashed the course record. By the time I got home my 7 and 9 year old kids had grown up and left home and Gail had remarried.

No time to bask in glory though. No sooner had the winter league finished than the summer fell league and summer championships began. Before racing again I got a short break as a marshal in the Boundary Way. I took the part of marshal very seriously. I got a tin star, a Stetson and rounded up a posse. Sadly, I missed most of the race because I only arrived at High Noon. Luckily, the Boundary Way still managed to be a huge success without me.

I returned to running at the Bunny runs. On a warm spring- like night a host of runners went on a mad dash round Penistone hill but none found any rabbits. Those bunnies are fast. Gareth Home Alone, whose parents had still not made it back, shot round in a brilliant time, especially when you consider he had to keep stopping to lay booby traps for two hapless burglars.

Hot on the heels of the Bunny Runs was the Guiseley Gallop. You don’t have to be a horse to enter but if you are not, you have to run all the way round banging coconut shells together, otherwise you get disqualified. If you come first you are the whinnier and you get a lump of sugar and an apple. I got disqualified for breaking into a canter. Apparently, it is only at Apperley Bridge I can do the canter and this isn’t until May.

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May brings the first relay, the Calderdale Way. I run with Dan Cobb who once again draws the short straw. He likes drawing but only draws straws, strange boy! Stoically, he guides us around our leg. I’m not quite sure why we have a leg, surely a baton would do, but it is one of the shorter legs and fits into my back pack. After the Calderdale Way, I run in the Jack Bloor Ilkley fell race. In this race I have no legs. In fact, at one point, my legs disappeared completely. One minute they were underneath me moving, the next they had gone. I looked down to see that the whole of my lower body had disappeared. For a brief moment I thought I had been cut in two. My life flashed before me; it was really boring. Then I realised I hadn’t been cut in two. I was in a bog, sunk up to my waist. This is not running. I clawed myself out and for the next hour hobbled, staggered and crawled over Ilkley Moor. Hopefully, next year I’ll try running it instead.

Well, that about rounds things up. Before signing off, I want to appeal to the generous Baildon members on behalf of one of our most esteemed runners. Those of you who have met Quentin will have heard him talk about his wife, who he only ever refers to as Mrs Lewis. At first I thought he must have married a teacher and was never allowed to use her first name. But no, tragically, it appears that Mrs Lewis lost her first name shortly after marrying Quentin. She asked him to look after it but, being a man, he put it down somewhere on a drunken night out and forgot it. So we are launching an appeal. Just £5 each from every member will raise enough money to buy Mrs Lewis a first name and help regain her identity. Please send donations to Kevin’s Off Shore Tax Haven, PO Box 51, Barbados (and thanks to Quentin for using his tax knowledge to help me set this account up).

## AULD JOGGER’S BLOG

*By Colin Davidson*

Having recently purchased two pairs of off-road shoes because I couldn't decide which pair to go for, I surveyed the pile of muddy running shoes, in various states of decay heaped in the hallway. If running shoes were cheese mine now resemble a pyramid of well matured old Stilton. I can never throw away a running shoe just in case there are a few more miles left in it. I'm probably identifying with the shoes and wondering how many miles are left in me. I got to thinking about those early naive days when I thought running was such a simple sport. A pair of trainers, out the door and off you go. Anyway, zap, there is was. The Auld Jogger’s First Law of Running - the quality of your running bears an inverse relationship to the number of running shoes you possess. I don't know how many other laws of running there are to be discovered but I think I've made a pretty solid start with this one. Just to let you know I'm on the case and I'll keep you posted.

Disaster, hardly time to muddy my new shoes when I am struck down with plantar fasciitis. I've heard it spoken about in whispers but had no idea what it was or that it would happen to me. Now I know more about the connective tissue in my left foot than I really want to. The physio was doing a pretty good job but then I buggared it all up by walking the Dales Way. So I spend my time in front of the telly with a bag of ice and rolling a tennis ball under my foot. The good news is that cycling doesn't hurt. So heigh ho and the joys of the open road.

Not running, for me, usually means watching others run. So I go along to cheer on the Baildon Runners in the John Carr Series. Now that Sue Coates has magic in her voice. I'm standing with her near the finish when she hurls herself into the road. "Come on you can do it! Don't stop now. One last push!" And it works. A miracle. A jaded athlete who had looked on the verge of expiring bursts into life and is off like a rabbit out of a trap. I see this happen not just once but over and over. One poor woman, not a Baildon Runner, stops on the final run in looking as if she is about to be sick. When the voice reaches her she thinks better of it and sprints for the line. If this could be marketed Sue would make a fortune.

Well, since I can't run I've gone off in the van to sulk and cycle and guess what? This morning I fell off me bike. I think I'll phone Sue and ask her to shout some words of encouragement down the phone.

**DRIVE DE FRANCE**

*by Dave Lonsdale*

With the Tour de France arriving on our doorstep in the next few weeks, I was discussing this with Rach Amner (by the way on an unrelated theme please check out <http://www.justgiving.com/Rach-swims-to-France>) at the last Esholt race and she came up with a great suggestion of driving around the route sometime the weekend before and stopping off at a few places on route (or is that ‘en route’) to sample the local atmosphere/hospitality etc. If anyone fancies coming along then please contact either of us so we can organise something. For the footy fans, that weekend could see England in the last 16 action in the World Cup, however, the kick off time would be late evening so would not stop you joining our adventure!

**SUMMER AWAY NIGHTS**

*By Geoff Perigo*

Please see below a list of away nights where we do not start out from the Club.

**June**

26th      Bingley Away Night

**July**

10th      Ilkley Train trip

24th      Old Glen House to run reverse leg 3 of GWF relay

**August**

7th         Otley Chevin

## THURSDAY NIGHT RUNNING GROUPS

Below is a list of the volunteers to lead the Thursday night groups D and E:

**Date Group D Group E**

12/06/14 Sue Coates John Cawley

19/06/14 Carolyn Hargreaves Dave Lonsdale

26/06/14 Sue Coates Ian Ferris

03/07/14 Paul Baildon Phil Worsley

10/07/14 John Crabtree Jackie Walters

17/07/14 Richard Barnes Sally Gavaghan

24/07/14 Geoff Perigo Sue Coates

31/07/14 Carolyn Hargreaves John Cawley

I realise it is holiday time, if any of the above dates are not convenient to you and you can’t get in touch with someone to swap with, just let me know and I will sort it out, it won’t be a problem.

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## SUNDAY SESSIONS

by Lizzie Rhodes

Due to the Summer Championships there will a limited number of led Sunday sessions over the next couple of months. Please see the rota below.

**Date Leader**

8 June 2014 Kate Walters

15 June 2014 Shelagh Hopkinson

22 June 2014 Freckleton Half Marathon / Fun Day

29 June 2014 Leeds Country Way

6 July 2014 Le Tour Stage 2

13 July 2014 Harrogate 10K

27 July 2014 Dan Cobb

3 August 2014 Carolyn Hargreaves

10 August 2014 Askern 10 Miles / Birkenshaw 5 Miles

17 August 2014 Dave Lonsdale

## SUMMER CHAMPIONSHIP 2014

The remaining races in the Summer Championship are as follows (the parkrun dates will be notified in the next Newsletter):

**Date Event Distance** **Date Event Distance**

11 June [Otley](http://www.ukresults.net/forms/140611otley.pdf) 10 miles 14 September [Spen Greenway](http://bookitzone.com/chris_drake/9B2FFX) 10K

22 June Freckleton ½ Marathon 21 September [Warrington](http://www.q-buster.co.uk/index.php?rn=667&action=show_detail) ½ Marathon

13 July [Eccup](https://racebest.com/#/races/eccup-10) 10 Miles 28 September Horsforth 10K

20 July [Harrogate](http://www.ukresults.net/forms/140720harrogate.pdf) 10K 12 September Wistow (Selby) 10K

? August [Bradford parkrun](http://www.parkrun.org.uk/bradford/) 5K ? October [Bradford parkrun](http://www.parkrun.org.uk/bradford/) 5K

10 August Askern 10 miles 26 October Bradford ½ Marathon

10 August Birkenshaw 5 miles

## SPORTSSHOES.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 you will need to key in at the checkout stage or quote over the phone. The code to use throughout June is members only and entitles you to 10% off and free standard P&P. A new code will be supplied for July. 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.

## AGE CATEGORY RECORDS

This information will now be accessed through the website at [www.baildonrunners.co.uk](http://www.baildonrunners.co.uk)

## RESULTS SERVICE

This service will now be reported on the website at [www.baildonrunners.co.uk](http://www.baildonrunners.co.uk).

Results will be picked up from the Championship races. However, if you have taken part in any other races you would like to be recorded or you notice any anomalies, please email [results@baildonrunners.co.uk](mailto:results@baildonrunners.co.uk).

## QUOTE OF THE MONTH

“By failing to prepare, you are preparing to fail”

*Benjamin Franklin*

## FORTHCOMING RACES

Mostly there is a hyperlink to a website or email address but where there isn’t, this is usually because the entry form is not yet available.

Every Saturday [Lister Park 5K parkrun](http://www.parkrun.org.uk/bradford/home) (Bradford), [Hyde Park 5K parkrun](http://www.parkrun.org.uk/leeds/home) (Leeds), [Roundhay Park 5K morning at 9:00 parkrun](http://www.parkrun.org.uk/roundhay/home) (Leeds), [Temple Newsam 5K parkrun](http://www.parkrun.org.uk/templenewsam/) (Leeds), [Cross Flatts Park 5K parkrun](http://www.parkrun.org.uk/crossflatts) (Beeston, Leeds)  
 All are free events, but you must pre‑register online by 6:00pm Friday, and take the barcode emailed to you.

Every Sunday [Otley Chevin Forest Park 3 miles](http://www.runsunday.com/)  
morning at 10:30 Free event, but you must pre‑register and take the barcode emailed to you.

11 June [Otley 10 miles](http://www.ukresults.net/forms/140611otley.pdf) (SC event) 22 June [Staveley Stampede 10K](http://www.ukresults.net/forms/140622staveley.pdf) (nr. Harrogate)

15 June [Castle Howard 10K](http://www.castlehowardtrailrace.org.uk/) 28 June [Leeds 5K Track Races](http://www.evensplits.co.uk/files/Track%205k%20Entry%20Form%202014.pdf)

21 June [Three Lakes Classic 15 miles](http://www.killamarshkestrels.co.uk/3LC2014/3LCTitle.html) 29 June [Round Sheffield 20K Trail Run](http://www.roundsheffieldrun.com/)

(Rother Valley)

22 June Freckleton Half Marathon 29 June [Penistone 10K](http://www.ukresults.net/forms/140629penistone.pdf)

(nr. Preston) (SC event) RACE FULL

22 June [Pudsey 10K](http://www.ukresults.net/forms/140622pudsey.pdf) 30 June [Humber Bridge Half Marathon](http://www.humber-half.org.uk/Entryform14(1).pdf)

22 June [Jane Tomlinson’s Pennine 10K](http://www.forallevents.co.uk/run-for-all/events/pennine-10k/)

(Burnley)

## 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 Rhodes | 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 |
| 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](http://baildonrunners.co.uk/) |
| General email: | [baildonrunners@yahoo.co.uk](mailto:baildonrunners@yahoo.co.uk) |
| Newsletter email: | [news@baildonrunners.co.uk](mailto:news@baildonrunners.co.uk) |
| Results email: | [results@baildonrunners.co.uk](mailto:results@baildonrunners.co.uk) |