

## ITU World Triathlon Grand Final Rotterdam

September 2017



This would be the third time I have represented Great Britain at Triathlon, the first in the European Championship 2011 in Pontevedra Spain, and again the Europeans in Alanya Turkey 2013. But this would be my first in the World Championships.

First I had to qualify, and this was at the Redcar Triathlon, about 11 weeks before Rotterdam, with a sea swim, a fast flowing bike leg and a run along the promenade.

Race day in Rotterdam rose cool but sunny, unlike the day before, when I watched the Elite race in cold rain and a lot of the bike course on cobbles.

After putting my bike and run gear into transition I tried to relax, but I had a few hours to wait till my start time of 2.00 pm.

The nerves started to build as it came time to put on my wet suit, I was in the 70/74 age group and the rest of the wave included 60/64, 65/69 age groups.

We were all called to the start zone and announced to the public, it was a great feeling hearing "Stuart Walton representing Great Britain".

We entered the water, an off shoot of one of Rotterdam's many canals. The start was in the water as opposed to the diving start by the Elite, The start hooter went and as usual, it

was every man for himself, with arms and legs thrashing, and getting hit on the head quite a few times. At the end of the swim it was out of the water and up a very steep metal gangplank, then a 500m run in wet suit and bare feet on cobbles to transition, not good with my dodgy Achilles tendon, on with the helmet and out on the bike with supporters shouting "GO GB, GO GB" ringing in my ears.

The course was quite technical with some fairly tight turns, but being Holland quite flat, apart from the bridges.

At the finish of the bike, I left my shoes clipped into my pedals, so another bare-foot run of 100m to rack my bike and get into my run shoes.

Getting into the run after a hard bike is an odd feeling but after a few hundred meters my legs woke up, the run course was then like Wakefield Park run, with plenty of people shouting Go GB, and plenty of encouragement from the locals. In the last km I was catching a Dutch competitor, and the GB supporters were shouting go on you can get him!! I overtook him with 200 to go with great cheers, then onto the blue carpet and into the finish with grandstands on both sides and GB flags and banners waving.

It was a great experience with all the support from GB supporters. I finish 20th in the World Championship, not too shabby.

*Stuart Walton*



My longest run of the year turned out to be one of the coldest. The course was a multi-lap loop starting and finishing at the Elsecar centre, mostly on the flat Trans Pennine Trail but including hilly bits through the park and round the reservoir. Some ice underfoot made life interesting. Various race distances were

running at the same time, and according to my watch I ran 13.41 miles, so rather more than the expected half marathon distance. Anyway, I was pleased to be just under two hours, and excellent cakes etc. were provided at the finish.

Half Marathon Results...

1st James Hartley M Hallamshire Harriers 1. 29.06

Kate Morris F Unattached 1. 41.22

Peter Ramsden M Denby Dale 1. 59.08

Last Finisher 2. 35.53

*Peter Ramsden*

## Pete's People

**Name:** Andy Kirby

**Occupation:** Semi-Retired Civil Engineer

**When did you join the Club?:** 1989

**How long have you been a runner?:** I started running in the late 1970's, mainly to keep fit to play rugby. Initially this was a couple of 3 or 4 mile runs each week, but gradually the number of runs and distance increased. My first race was the Bradford Marathon in 1982. A rugby playing friend of mine and I challenged each other to do the race, after a few beers one evening. I think we both regretted it the day after, but neither wanted to be the one to back down. We prepared well, upped our weekly mileage and did several long Sunday morning runs of 18-20 miles. I was really pleased to finish my first race in 3 hours 28 minutes.

**Do you prefer road or off-road?:** Road running every time. Running on tracks and footpaths in the Denby Dale area has always been enjoyable and a great way to see the countryside. Running on the road has always been my preference and more suited to my running style.

**How many hours do you train per week?:** I don't run any more due to a persistent knee problem. This follows an injury I picked up playing rugby in 1974 which never entirely went away, and has gradually become more of a problem over the years. I still do 3 or 4 good gym sessions a week and cycle regularly. During my better running years, I would aim for around 40 miles a week, which would include 2 club sessions, a race or long run on a Sunday and one or two other sessions.

**What is your favourite race?:** Whilst primarily a road runner, the Calderdale Way relay when held on its original December date has to be my favourite race. The race provided a real focus in the early years of the Club with often 4 team (48 runners) taking part. In the autumn months prior to the race club nights were really intensive with everyone was out to impress the selectors.



**What is your best time?:** My best time for a marathon is 3 hours 15 mins at London in 1991. This was the official time rather than my personal time which would have been a little quicker. Dave Gill, Dave Maddox and Sandra Kaye and I travelled down together by train and had a great week-end. Sandra had qualified for the elite ladies race, won that year by Rosa Mota. My aim was to run an even 7 minute mile pace to finish in around 3 hours. The start was very congested however and the first 3 miles took 27 minutes. I'd worked back to my 7 minute mile target by 14 miles but paid for the effort in the last 6 miles. A great weekend however.

My best time for a half marathon is 1 hour 19 minutes at Wetherby in the dead-flat course from Wetherby race-course which really suited my running style and one of those days when everything just clicked. My plan was to run 6 minute miles and keep it going as best I could. I remember going through 10 miles in just under an hour and holding it together through to the finish.

My best for 10 miles is 62:49 at Taddy 10 in 1992. The Taddy 10 was a very popular race with often 15-20 runners from the club taking part. It was held on the Saturday of the May Bank Holiday weekend with many of our fell runners taking on the roadies here and the roadies returning the complement at the Penistone Hill Race on the Bank Holiday Monday. I remember this race particularly well as Mick Collinson, (the late great) Mike Horsfall and I were nip and tuck throughout the race. We each tried to break away from the others at various points but were together coming into the last mile. In the sprint finish, I made the mistake of going for the line too early and was passed by Mike and Mick in the shadow of the winning post. A memorable event!

My best 10k was probably 37.47 at the Barnsley 10k in 1991, however I think 36:01 at the Travellers 6 in 1990 was a better performance. In those days the race started from the Travellers Rest PH and finished on the main road, over a course of just less than 6 miles. 8. Which race challenged you the most? Running any marathon is always one of the biggest challenges for any road runner. You have to be totally committed, physically and mentally in your preparation and on the day. The half marathon was however my favourite distance and when running well would probably do one a month. On most courses, I'd be thinking about 1 hour 30 mins as a target time and from 1982 to the early 1990's would be under 1 hour 30 mins on most occasions.

The two most challenging half marathons I have done are the Yorkshire Wolds half at Bishop Wilton, which is part of the Bishop Wilton Show and the Holme Valley half, sadly no more. If you finished in under 90 minutes in these events you'd done really well!

**What is your worst injury sustained through running?:** My persistent knee injury is not something sustained through running, but no doubt road running over many years will have made things worse. Looking back, the only thing I would change if I had the opportunity would be to have spent a little more money on running shoes and rather than looking for the lightest racer/trainer, go for something with more cushioning and stability.

**Favourite make of trainer?:** I've tried several different makes over the years, but Saucony would be my favourite. These are generally a slightly wider fitting than most and suited me well.

**Which other sports do you participate in?:** I played Rugby Union at Cleckheaton until my early 30's (hooker). After that running became my main sport. Until this year, I also played cricket during the summer (wicket-keeper/batsman), with general decrepitude convincing me it was time to watch from the boundary rather than be involved in the middle. I also enjoy cycling in the club duathlon and the Runner v Bike challenge.

**Which sports person has been your inspiration?:** When I joined Denby Dale Travellers in 1989 Mike Egner and Steve Robinson were great inspirations. Steve made me as a new member feel very welcome. Mike Egner was and still is a top runner and was great at bringing people together and encouraging everyone to do their best. In training runs,

everyone looked to impress Mike so as to be picked for club teams. If you weren't up to the mark you didn't get picked!

I became club secretary in 1991, when Bob Johnson decided to emigrate to America. There was no rush of volunteers to do the job so I put my hand up at the AGM and the rest as they say is history. At that time, without email, web sites and mobile phones, information about upcoming events was passed round by Bob at The Travellers on club nights. I remember thinking what a great job Bob did in keeping things ticking and how i'd be pleased if I could do half as well. After being elected Secretary, I spent quite a lot of money on buy a computer (a Sinclair ZX81) to produce documents to pass round on Club nights. Fortunately, technology has improved greatly over time with prices much lower in real terms than in those days!

In terms of sporting inspirations generally, I think the BBC commentators of the time did a lot to inspire young people, bringing the various events to life and encouraging young people to get involved. We owe a lot to such as David Coleman, Bill McClaren and Richie Benaud (plus a mention also for Peter O'Sullivan and Sid Waddell).

**What are your pet hates?:** I'm never happy when people say they are going to do something and then don't do it. For example, it's frustrating when people say they are going to represent the Club at an event and then at the last minute decide they are "washing their hair that day" and let their team mates down.

**What is your favourite food?:** – Curry

**What is your favourite drink?:** – Beer

**What other hobbies do you have?:**– Cycling, gardening, DIY

**What is your favourite holiday destination?:** - Dordogne, France where we have a maison secondaire.

**What's been the best thing about joining the club?:** it's been a privilege to run and socialise with great people at the Club over many years. When I first joined in 1989 I was running competitively on a regular basis. In more recent years it's been great to have the opportunity to put something back into the sport and see the Club progress. In my time at the Club, the two most important things we have done are probably to relocate to the Pie Hall (2000) and to start a junior section (2015). There was quite a bit of heartache over each of these decisions at the time, however looking back I don't think there is any doubt that we did the right thing and that the Club is stronger as a result.

## Killamarsh Kestrels 3-Lakes Classic 16th June 2018

Ralph Barker recently completed the Killamarsh Kestrels 3-Lakes Classic. Organised by Killamarsh Kestrels this running event starts at Rother Valley Country Park, goes through to Ulley Reservoir and Tree-ton Dyke returning to finish at Rother Valley Country Park. Ralph came in in 21st place (with a mis-spelt surname!) Last finisher was in 180th place in 3:59:04

Killamarsh Kestrels 3-Lakes Classic Race, 16 Jun 2018

Place	R/No	Name	Time	G	V	Club	Note
1	166	Gareth Lowe	1:39:01	M	V	Clowne RR	1st Place Male
2	86	Stuart Carrack	1:41:28	M		Steel City Striders	2nd Place Male
3	76	Alan Ford	1:42:26	M	V	Barnsley Harriers	3rd Place Male
4	132	Steven Fowler	1:43:44	M	V	Saltire Striders	Male VET place
5	190	Darren King	1:44:06	M	V	Clowne RR	
6	58	Ian Wyman	1:44:08	M	V	Rotherham Harriers	
7	145	Jordan Street	1:45:18	M		Clowne RR	
8	108	Thomas Webb	1:46:23	M	V	Dark Peak	
9	75	Nick Fowler	1:49:14	M		Clowne RR	
10	111	Thomas Shaw	1:50:59	M		Workop Harriers	
11	115	Sam Gilliver	1:51:28	M		U/A	
12	864	Sian Evans	1:52:03	F		Steel City Striders	1st Place Female
13	101	Amir Nanpanzi	1:52:28	M		Hallamshire Harriers	
14	70	Mike Potter	1:52:50	M		Kingston-upon-Hull AC	
15	131	Paul Casson	1:53:48	M	V	Kimberworth Striders	
16	180	Simon Holt	1:54:16	M	V	Rotherham Harriers	
17	98	Nick Booker	1:54:22	M	V	Steel City Striders	
18	68	Matthew Martin	1:54:47	M		Clowne RR	
19	130	Stephen Beckitt	1:57:01	M		Kimberworth Striders	
20	103	Michael Sadler	1:57:58	M	V	North Norfolk Beach Runners	
21	121	Ralph Baker	1:58:20	M	V	Denby Dale AC	
22	65	David Hazelton	1:58:35	M	V	Clowne RR	
23	844	Lindsey James	1:58:52	F	V	Kimberworth Striders	2nd Place Female

## Club Captains' Reports

### Ladies' Captain's Report

The ladies have been very busy over the past few months decorating the roads, trails and fells in green and white; home and abroad. The ladies' teams completed the cross-country Yorkshire, Northern and Vets championships. They battled through snow, mud and ice to regain the all to count trophy and title in the Vets championships. They also smashed the Northern Championships at Harewood house and the Yorkshires at Lightwater Valley.

On the roads the ladies conquered the tough Meltham 10km and the delayed windmill 6 with Julie Skyes taking home the V60 first place. A few ladies travelled further afield with Donna Miller and Sarah Everett completed the Liverpool 10. Bridget Coomber, Sarah Everett and Emma Worsley completed the Sheffield half Marathon with Bridget coming 1<sup>st</sup> in her category and 8<sup>th</sup> female overall. Emma Worsley also completed the Leeds half Marathon with Jennifer Esty. Meanwhile Kate Fraser showed them in Lancashire how to run a 10km in the Manchester 10km, Sarah Ashton showed them

in the Whilmslow 10km and Abbie Dagg in the Coniston 14. Julie Sykes completed the full moon walk the walk in London and Mary Place flew the club colours when she completed the London Marathon in extreme conditions in an amazing 5 hours and 4 minutes. Even further afield Sarah Everett basked in heat to complete the Riga half marathon and Lynne Cubbon completed the Stralugano 10k in Switzerland.

On the fells the ladies fielded a team on Mickledon- congratulations Jo Worboys, Rachel Lee and Samara Wood. Jo further completed the Edale Skyline and trigger. Samara Wood, Katie Sharpe and Rosalind Bedford completed the Kinders down fall. Both Samara and Katie completed the flower scar and Katie continued on to complete the Pendle fell race too. The ladies team completed the Calderway relay race coming a very respectable 89 out of 100 on a day where temperatures baked the earth. There have also been many green and white shirts decorating the Truncheon race and walking on water.

Congratulations Ladies. You have all raced your socks off.

*Abbie Dagg*



## Remembering John Shone

I first met John when he was running along a beach on a cold day in October 1990 in company with a gang of miscreants from the Whitby Weekend branch of Denby Dale Travellers. I was walking the other way, as my presence was decidedly unofficial. Since when he and the other gang members continued to tease me about dead guillemots. Later, when I went with the gang, as official driver for the inebriated, he made a pretty bedtime picture in his giant khaki coloured down babygro suit

...

When I started to join this gang, John was a great entertainer. I'd never participated in "we're all going on a bear hunt" before, but it will remain with me for the rest of my life ... That may possi-

John Shone has died very prematurely, far earlier than he should have done. He was fit and active, having been a runner for more years than most of us can remember. He would always come out to join us

two or three days every week, chatting and until recently at the front of the group but usually wandering slightly from side to side just enough to keep us all behind him- he would lead us knowing where to go, what route to take. This side to side manoeuvring has now passed into regular vocabulary with people accusing others of 'doing a John Shone' when trying to pass.

Back at the Pie Hall John would be the first to buy a round of drinks, he himself would have a pint of lager notwithstanding the benefits of the guest beer

bly be a good thing? Or is it a life scar or persistent ear worm? John made an enthusiastic contribution to the ceilidh when Andrew and I got married, undeterred by whatever he'd been drinking, his feet remained nifty.

The train vs runner will always be associated with John - though I have to confess the most I could manage back then was a walk.

Although you'd been unwell for a while John, we'll not forget your cheery smile, your warm chuckle and your mischievous ways. You were one of the old guard and DDT won't be quite the same without you.

*Lynn Pollock*



which most of us would enjoy.

The club was always at John's heart whether he was in the leading and fastest group- in his youth, he was a founder member of the club or latterly in one of the slower groups as age took its toll.

Whenever there were young ladies in our running group John would never miss the opportunity to make each one of them feel at home, non stop asking about their background and generally being friendly.

In the earlier days he would bring his dog with him especially on Sunday mornings when six to eight of us would run on average 10-12 miles across country.

Each time John selected the route, knew the area to run, would know the sort of terrains we would

go through, how to avoid the mud ( or almost always). Whether this was as a result of his diligent career within the mining community or personal interest, it was hard to tell, but maybe a bit of both.

In his early days he would always do the Trunce and play his part in the Calderdale way relay, a team effort usually in very bad weather towards the end of the calendar year.

We used to have an October running weekend in a school outward bound cottage near Whitby and organised usually by the late Dave Booker.

John would join us for this event and would sink as many pints as anyone during the evenings as we recovered from the day's activities. I

remember John organising many pub games later in the Saturday evening as the alcohol took control but maybe these shouldn't be recorded now. The walk back to the cottage was usually in pitch darkness, but the jokes and laughter were constant, leading our way back.



On the Sunday morning after a large amount of homemade porridge, John would lead the run up Roseberry Topping before going into Whitby for some well-earned fish and chips.

Family was the beating heart of John's life and a regular topic of discussion; what would Steph say? when would young John ever leave home? what would Henry do next? what they were all doing, the issues that beset them and what he had done to put matters right.

It must have been John's fitness that saw his heart rate get so low that caused his minor car accident and subsequent heart surgery.

He never got over this and sleep became a problem but when he finally managed to persuade the hospital that his surgery needed attention, and having undergone another operation, his fitness was beginning to return and he

was on the way to come running with us again, when the dreadful stroke took him.

John was for ever one of the gang, leading the way either as club chairman, organiser of "Runner Vs. Train" etc. or as a mate.

*Andrew Pollock*



## The Windmill 6 - 6th May



DDAC out in force at the Windmill 6. Unusual not just for the weather but also for Graham getting his legs out!



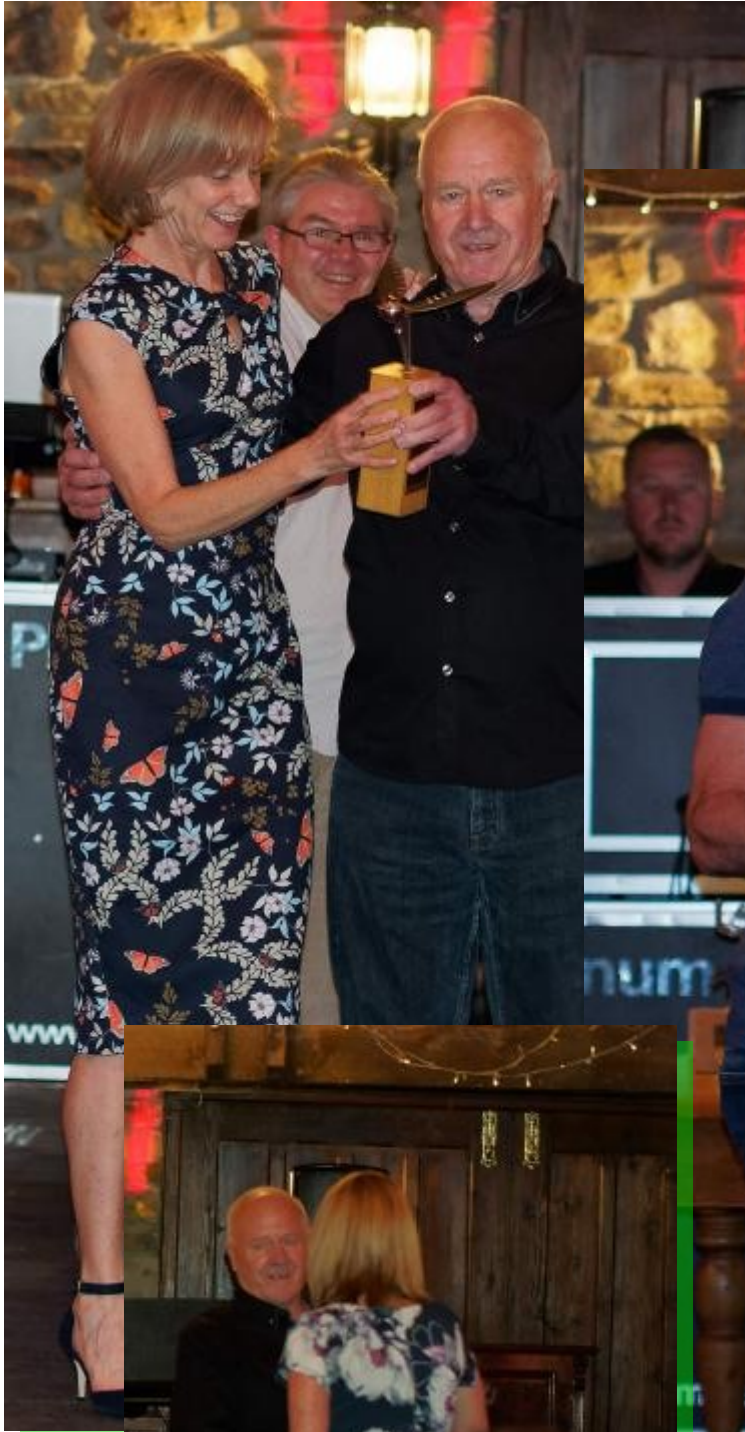


## DDAC Christmas Party and Prize Presentation

A big thank you to Simon Warsop for organizing a fabulous Christmas Party at Cubley Hall in May! (hopefully nearer Christmas next year). The food was excellent and below are a few photographs of the Club Championship prize winners.

We started proceedings with a one-minute round of applause in memory of John Shone who was taken from us earlier this year. John was the recipient of the "Traveller of the Year" trophy last year and in his honour that trophy has been retired. A new trophy will be awarded to this year's recipient, Abbie Dagg, when it is ready.





*With thanks to Stephen Warner for the photos*



# THE DENBY DASH 2018

Denby Village Conservation Group (DVCG) presents the 3<sup>rd</sup> edition of this family-orientated fundraising event on

**27<sup>th</sup> August 2018**

**(August Bank Holiday Monday)**

The event comprises:

**Denby Gallop  
& Pirate Ship Challenge**  
2 junior races  
for children aged 6 – 16yrs  
Starts **10.30**

**Denby Dash**  
5.6 mile off-road  
senior race  
(aged 16yrs & over)  
Starts **12 noon**

- Races start & finish at The George Inn, Upper Denby
- Suitable for recreational as well as club runners
- Routes are well marked & marshalled
- Reccy runs planned for August, including a club 'away day'
- Special trophy for the first 'local' senior lady and man
- Live music, food stalls & garden games

Easy on-line entry via



<https://racebest.com/>

Full details, including race routes, may be found on the Conservation Group's website ([www.denbyvillage.org.uk/](http://www.denbyvillage.org.uk/))

Contact [annemiddleton60@gmail.com](mailto:annemiddleton60@gmail.com) if you have any questions or would like to be one of our 'race maker' volunteers.

The Denby Dash reconnoitre away day will be on **Tuesday 14<sup>th</sup> August starting at The George at Upper Denby at 7pm.**

Andy Green and Steve Schofield will lead two different paced groups and Anne Middleton will take would be and injured runners for a short stroll!

A fine selection of ales will await runners and hopefully a few nibbles.



## Some notes from the Treasurer/Membership Secretary

Subs for Senior Members for 2018 are now due, at £18 for the year from 01 April. This is made up of £1 for the Club, £2 for Pie Hall membership ( so we can use the venue each week) and £15 for your England Athletics registration.

Today we presently have 51 (Fifty-one) paid up DDAC Senior members. Given that last year's membership was a touch over 100 then we still have half to are yet to pay. Emails will be sent out again shortly as reminders to the Senior members!

Please either pay me by cash or cheque (to Denby Dale Travellers) at a Club night or preferably directly into the Club bank account: • Sort Code: 40-37-04 • HSBC Account Number: 11166654 • Account Name: Denby Dale Travellers

## GDPR (General Data Protection Regulation), DDAC and You

You will have had all sorts of people asking for your permission for them to keep sending you emails in the run up to 25th May when the new General Data Protection Regulation (GDPR) came into effect. There was a lot of misunderstanding around what the Regulation requires – both for anyone that holds personal data about you and, in many cases too, by individuals about what it all means for them.

Put simply, anybody that holds personal data about you needs your permission to share that data to others. That is generally because they want to see your details; so here GDPR is a good thing as it should stop you getting marketing stuff from companies you have never heard of before. In most cases the bodies holding your personal data also sought permission to carry on sending you their own marketing materials. Strictly speaking they didn't need to do this, as they already have a precedent where you had not already dissented to getting their communications so could carry on sending them. But many chose the belt and braces approach of actively seeking permission; neatly giving all of us an easy way of cutting down on junk email by simply doing nothing and not replying to these requests. My own Inbox is certainly a lot less clogged up now than it was a month ago.

So, how does GDPR affect the situation between DDAC And yourself? No real change is the answer.

- The Club needs to hold some personal data about yourself in order to operate your membership with the Club, such as having your email address so that we can advise of Club matters like the AGM we must hold each year and to inform of when subscriptions are due. We aim to keep the amount of this personal data to the minimum required.
- We share the minimum amount of personal data required with England Athletics to enable you to be registered as a member of England Athletics. Obviously for those who choose not to be registered with EA we have no need to share your data with them.
- We do not share your personal data with any other bodies. Within the Club itself those with access to members personal data is kept to a minimum; basically the Club Committee officers and the Race Captains.
- Finally, we do send emails to advertise Club events and some others such as the Club newsletter. Should you wish to opt out of receiving these then you may do so by letting any Committee member know of your choice. We hope you do not opt out though, as you will be missing out on what's coming up.
- And that is about the lot. GDPR is quite simple at its heart, and I don't know why so made such a song and dance about it all.



I never did like running during the winter months because it was limited to roads, except for the weekends. I always much preferred cross country or, even better, the fells. When I first came to America in the late 1980's I was based in Wilmington Delaware. Most lunch-times I went down to the local Jewish Community Center where they had a gym and a pool. As the JCC backed onto Brandywine State Park I was able to take advantage of various pathways through the woodland. But, apart from the local parks near where I lived, there were precious few open spaces for training.

That's when I discovered that there are almost no public footpaths or bridleways in the US, certainly not across private property. In general, every public street is a public right-of-way, including adjoining sidewalks. It is also common to have easements for access to utilities like telephone, electricity, gas and water meters etc. There are also private streets which are owned and maintained by the landowner e.g. shopping malls where the owner grants access by default but can revoke it for unruly behavior. Private streets are also found in gated communities.

As railroads become disused, it is now common to find "Rails to Trails" ventures which can be used by hikers, cyclists and horse riders but rarely for all three on the same trail. There are also long distance footpaths that cross public and private land but the owner retains a right to revoke access.

Access to waterfronts is another bugbear, especially beaches. Lawsuits are legendary. But not in Oregon, California and a growing number of States, all beaches are public. But access to said beaches is often another headache, particularly if it crosses private property. Access to rivers and streams also varies by State as do riparian rights.

Here in the USA there is no concept of Common Land, the closest analogies are National Parks and State Parks. National Parks are "owned" by all US Citizens whereas State Parks are typically owned by the state where located. Fees are normally charged for entrance to both Parks and are used for Park maintenance (although the Federal Government provides and controls the majority of National Park budgets).

National Parks typically have a visitor center where rangers give advice and information on what to see and enjoy, including wildlife. There are often scenic drives and ranger-guided trips off the beaten track. But if you want to adventure beyond roadside excursions you need a permit, especially if you are going back-packing in the wilderness areas. This gives the Park Rangers a check on who is out there should things go wrong.

Some public lands fall within the purview of the Bureau of Land Management (BLM) which is part of the US Interior. In the early days of the expansion westwards, these lands were used to encourage homesteading (at the expense of displaced Native Americans). Today the BLM manages one in every 10 acres of land in the USA including natural resource exploitation, ranching, energy development, hunting, fishing and recreation. The BLM works cooperatively with landowners, universities, local communities and organizations including Tribal Consultation.

National Parks differ in that, once defined, they are completely protected from all commercial exploitation. This means that oil companies, logging companies, mining companies etc. are excluded so as to maintain the Park in pristine condition for all future generations to enjoy. However, such companies have powerful lobbyists in Washington. The current Administration in the White House has just announced significant reductions in Bears Ears and Grand Escalante Staircase National Parks, both in Utah. The primary objective is to hand over land to the energy companies for commercial exploitation. And all of this without consultation with the Native Americans who reside in these areas and to whom the lands have forever been sacred.

This is only the beginning: the same lobbyists are now actively seeking a way to start exploitation of Alaskan waters and land. Where will it end, one has to wonder.

The attached photo shows our victorious Lady Vets Team at the Yorkshire XC Championships in 1990: Judith Johnson (3<sup>rd</sup>), Eileen Denby (6<sup>th</sup>) and Sandra Kay (8<sup>th</sup>).

Happy running DDAC!



*Bob Johnson Colorado December 05, 2017. (Bob.johnson@skybeam.com)*

Contributed by Anne Middleton, Junior section -Treasurer & Membership secretary

The Junior Section started 2018 with a celebration of achievements at the club's first ever Presentation Evening at Shelley College, attended by many proud and supportive parents. Whilst acknowledging amazing individual improvements amongst the club's athletes, special recognition was given to the twelve winners of the club's 2017 trophy competitions:



## 2017 trophy winners

<b>Athletics Champion</b>	Tamsin Warsop	Ben Worboys-Hodgson
<b>Deffer Dash Champion</b>	Frances Worboys-Hodgson	Euan Dady
<b>Fell Champion</b>	Victoria Worboys-Hodgson	Euan Dady
<b>Parkrun Champion</b>	Daisy McClelland	Joseph Roberts
<b>Trunce Champion</b>	Abigail Caie	Gus du Feu-Long
<b>Most Improved Athlete</b>	Jasmine Williams	William Roberts

There were many worthy winners of the 'most improved athlete' but, after much



thought, Jasmine and William were chosen by the Coaching Team.

Jasmine and William being awarded Most Improved Trophy



Copies of the 2018 Junior Calendar of events that contribute to this year's trophy competitions, were issued at the Presentation Evening. If anyone has mislaid theirs or not received one, hard copies are available from registration on Wednesday evenings and can also be found on the 'junior news' page of the club website [www.denbydaleac.co.uk/junior-news](http://www.denbydaleac.co.uk/junior-news).



## **Denby Dale Athletics Club**

### **Junior Calendar 2018**

The trophy competitions seem to have already sparked new interest this year.

It's been great to see a growing number of green & white vests including some new faces, competing at Silkstone Shuffle, Deffer Dash and Trunce race series as well as local junior fell races.

Gus du Feu has lead the pack at each of these events and broke his own PB at the Deffer Dash in May, finishing the 1.75 mile course in an amazing 11:37, beating the fastest senior time that night!



**19 Juniors competed in the May Deffer Dash—they looked much warmer when they'd finished.!**

**Remember - the 2nd Deffer Dash is on Tues 3rd July at**



The 1st Silkstone Shuffle of the year was a muddy affair— super challenging especially the climb up to the finish line. Also a challenge for washing machines!

**Remember—Silkstone Shuffle 2—Sat 16th June**



**Noah (left) at Pendle and  
Kian (below) at Coiners—  
junior fell races.**







**Freddie, Noah, Ben & Victoria**

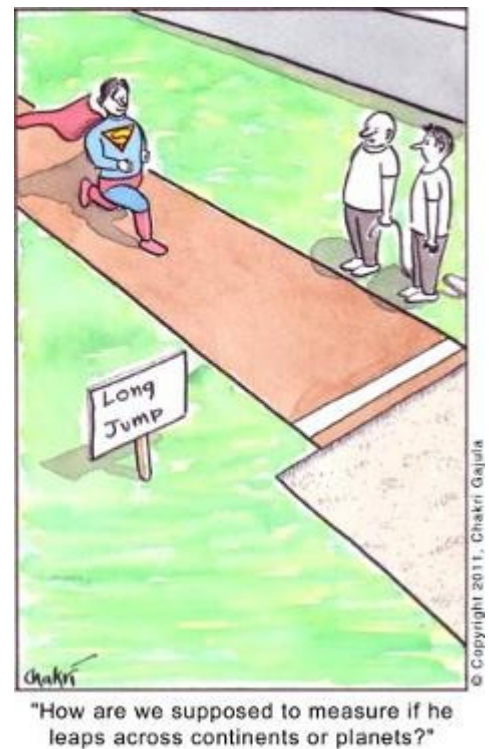
## New for 2018 .....

Some of our athletes recently started competing in the 2018 West Yorkshire Track and Field League. There are 6 fixtures over the summer held alternately at tracks in Cleckheaton and Wakefield. This has been a new and exciting experience for the club with athletes competing in their preferred disciplines against their peers from clubs around the area.

Billy Browne had a fantastic evening at the most recent event, winning both the U15 boys long jump (4.48m) and 4kg shot put (8.58m).

Spurred on to help our juniors develop their skills, the club has recently invested in new equipment to provide a better range of sizes and weights to practice with.

The club's statistician is working hard on the fairest way to attribute points for the athletics trophy competition to take account of different age groups and types of event – the athletics league table will be posted on the website shortly.







## Parkrun at Shelley

The long awaited new Junior Parkrun at **Shelley College** is starting on **Sunday 10<sup>th</sup> June** at 9am.

This free timed 2km run is for children aged 4 – 14yrs. Run on the sports fields that we use for the regular 'long run' on Wednesday evenings, it will be a familiar course to all our juniors, an extra advantage over other competitors!

Please spread the word and support this local Parkrun if you can. You must register before your 1st ever Parkrun & need to bring your barcode to all races. [www.parkrun.org.uk/register/](http://www.parkrun.org.uk/register/).

**Remember placings at 9 selected parkruns in the Junior Calendar count towards the parkrun trophy.**



There is still everything to play for in terms of points for the various trophy competitions. Be inspired -it's not too late to come along and have a go! *(though we appreciate that this requires extra support from Mums & Dads )*

Trophy league tables can be found on the club website <https://www.denbydaleac.co.uk/junior-news>.

## It's 'race the train' on Tuesday 19<sup>th</sup> June.

This is a joint away day for the junior and senior sections of the club and a regular feature in the club's calendar. Meeting at 7pm at Kirklees Light Railway, Clayton West, we take the train to Shelley and then race 'Badger' back over the 4 mile, mostly off-road route. Parents are welcome to come along too, but we will need to know numbers so that sufficient carriages are available.



## Club sustainability

In previous years we have been able to apply for various grants to help support the junior section, enabling us to buy essential equipment and pay for training courses. As the purse strings have tightened everywhere, opportunities to apply for additional funding are more limited. We were however recently awarded a £250 bursary from **Yorkshire Sport** to help encourage participation of juniors aged 14 yrs+. The money enabled us to make a 50% contribution to course fees for 9 of our older juniors to attend the **England Athletics – Leading Athletics** course. They are now helping to lead warm-up and cool-down sessions at Wednesday training which has also contributed to their Duke of Edinburgh awards.

Representatives from Yorkshire Sport will be coming to visit us at Shelley next month and hopefully see for themselves that all the funding we've received has been well invested and the club is in deed sustainable.

## Would you like to join the coaching team?



There is currently a **waiting list** for youngsters keen to join **DDAC Juniors**. This underlines the success of the junior section and also the enthusiasm for local children to be active. We hate to turn away anyone but need to be able to provide safe training in appropriately sized groups. Currently, our main constraint is coach : athlete ratios.

If parents or senior members are interested in joining the coaching team, you would be welcome to come along to a Wednesday training session to talk to us and see what's involved. Although it requires commitment it is quite fun and hugely rewarding.



Many green & white vests enjoying a warm evening  
at The Trunce

**And finally .....**

**it's belated Happy Birthday to the junior section, which celebrated its 3<sup>rd</sup> birthday earlier this month.**



## Junior Trophy championships—reminder of the rules

### Fell Cham- pion

For the **Fell trophy** athletes can pick their best placed 5 races from the fell races in the junior events calendars over the course of the year. Points will be awarded on the basis of 10 points for first placed DDAC Junior, 9 points for second placed DDAC winner etc.

### Parkrun Cham- pion

The **Parkrun Champion** will have accumulated points using age related scoring as is recognised with Parkrun over the year. See Junior calendar for runs that count.

### Trunce Cham- pion

The **Trunce Champion** will be awarded points on the basis of 10 points for first placed DDAC Junior, 9 points for 2<sup>nd</sup> placed DDAC junior etc.

### Deffer Dash Champion

The winner of the **Deffer Dash Trophy** will have the most improved time from the series of 3 races.

### Athletics Champion

The **Athletics Trophy** will be awarded to the athlete who has competed in an Athletics Event in the DDAC Calendar during the year and reached a podium position.

### Most Im- proved

The **Award for Most Improved Athlete** will be awarded following a discussion between all of the coaches regarding attitude to training, effort and general improvement in athletics over the year.



**Mansreading at  
its finest!  
Captions please  
for the next  
edition of the  
newsletter**



## **This Newsletter**

Club Newsletters depend on club members for contributions in order to thrive. We rely on you to contribute articles, results, snippets of information etc that you think might be of interest to other club members. I am planning on the next newsletter being available from the beginning of October so the deadline for articles is going to be 30th September —this gives you a chance to write up your account of the Denby Dash taking place on the 27th August (Bank Holiday Monday).

I can accept articles in any format, including the back of a fag packet if you insist, but prefer either standard Microsoft Word or Mac Pages formats which can be sent by email to [ddac-newsletter@googlegroups.com](mailto:ddac-newsletter@googlegroups.com)

I'm having to play 'catch up' with the desktop publishing software so bear with me while I get the 'style' sorted out I thought it important to get some substance out to members as it's been a while since the last one.

Future newsletters will be at the beginning of October, January, April and July ad infinitum!

*Chris Walker*