

The Denby Dale Traveller

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www.denbydaleac.co.uk

Mud, mud, glorious mud!!



Junior Corner

DDAC Juniors – 6 month check-up

Contributed by the Editor

The new junior section recently passed its 6-month milestone – so after its elephantine gestation and nervous birth¹, how is the fledgling shaping up?

Having attracted in excess of 100 young athletes over the first 6 months and with attendance at training sessions averaging 45/week, the fledgling venture is growing quite nicely.

With the advent of darker evenings, we are now using indoor sports facilities at Shelley College, although come wind, rain or hail, the majority of our young athletes still relish the opportunity to don head-torches for an outdoor warm-up and endurance run on the sports fields. One suspects that parents may be less enthusiastic about this aspect, with the mound of soggy and muddy clothing and trainers that greets them at 7.30! Back indoors, athletes rotate around a variety of age-related work stations honing their running, jumping & throwing skills as well as general agility. There is the opportunity for those aged 9 and above to put their skills to the test at the West Yorkshire Sports Hall Athletics Trials in January (*see DDAC website for details & let Jo, Junior Co-ordinator know if interested*). Plans are also afoot to arrange an inter-club event with several other local athletics clubs as an introduction to competition for athletes of all ages.... so, *watch this space*.

And whilst juniors are training there is now a small, but growing, group of parents/guardians, led by Si Warsop, who are taking the opportunity to get some miles in the legs and doing a hilly 5-6 mile run from Shelley College, getting back just in time to collect their youngsters.

Jo has continued to keep an eagle eye out for funding opportunities and we recently learnt that Denby Dale Parish Council have approved a £500 grant application for equipment. This is fantastic news and a further endorsement of the value of the club to the local community.

October saw the start of the cross-country season and 11 young club members are currently taking part in the series of 4 West Yorkshire league races (see race reports later). Proudly wearing their new club vests, they have competed against some of the best young runners in West Yorkshire and have put heart and soul into racing on some extremely challenging courses. Their enthusiasm and determination has been amazing to watch; they have all been a real credit to the club.

1. DDAC Juniors - conception, birth and postnatal nurturing! The Denby Dale Traveller. 2015, Vol 32, Issue 2, p2-5.

Meet the junior cross country team :



Tamsin, Ben, Cody & Daisy—U11's



Gus, Thomas & Euan—U13 boys



Frances, Shen & Grace—U13 girls



Che—U15 girls

The success of the junior section is of course dependent on the enthusiasm and commitment of the coaching team (currently coach Jo, with coaching assistants Bronwyn, Christine, Jan, Phil, Ross & Sally). Having recently completed the EA coaching assistant course, Simon Browne will soon be joining the team, which is great news. Unfortunately, changing circumstances have meant that we recently lost Claire and Jade, so further volunteers are required. Please contact Jo if you are interested in coaching.



Do you want to go to sleep with a smile on your face?

- We are looking for a couple more volunteers to join the junior coaching team.
- Becoming a coach requires time & commitment but is fun and hugely rewarding.
- Please talk to Jo Worboys-Hodgson (Junior Co-ordinator) or any of the coaching team if you think you might be interested and would like to learn what's involved.

DDAC Juniors Section

- Training sessions are held at Shelley College on Wednesday Evenings from 6pm til 7.30pm
- Open to children aged 6 to 18 years
- Cost per session is £3 (non-members) or £2 (members)

Senior members are very welcome to come and see what it's all about.

Junior Spotlight

Following on from contributions from Sylvie, Isabel and Thomas in the August newsletter, it is hoped that this will become a regular section in future newsletters, providing an opportunity for our young athletes to get to know each other and learn what the club and athletics means to them. Who knows, perhaps the Seniors could also be persuaded to submit themselves to the spotlight!

Name : Lucy Pearson

Age : 8 yrs

Why I love running:

I started going running with my mummy and we met Anne who told us about DDAC's new junior club. I started going with my friend Ruby and I love it. I've met lots of other people and become friends with Harriet and Isla. It's so much fun and keeps me fit. Even when we get cold and wet we all love running together it's so much fun!



Letter From America

Contributed by Bob Johnson, USA

There is a small town near where we live called Niwot, Shirley and I go there once in a while for a round of golf in the foothills of the Rocky Mountains. The town takes its name from the Arapaho Chief Niwot, translated as Left Handed. He is thought to have perished at the hands of the 3rd Colorado Cavalry in the infamous Sand Creek Massacre in 1864. He is nowadays remembered in local folklore by such institutions as Left Hand Creek, Left Hand Canyon, Niwot Ridge and the Left Hand Brewing Company. (Niwot is also the town where the famed Crocs were invented and originally manufactured, but there is no known connection with the Chief).

It is not unusual for towns and cities to adopt place names based on Native American Indians. Indeed, Cheyenne, Wyoming is about 50 miles to the north of where we live. The States of Massachusetts and Minnesota are named after Native American languages spoken in each area. However, there are a lot of other public appropriations of Native Americans that are not viewed in the same favorable light. Sporting Mascots are perhaps the most objectionable. The term "Indians" is used in many ways such as Warriors, Reds, Braves, Chiefs, Fighting Sioux and Apaches, all of which are considered to be derogatory and offensive in today's modern world.

Although such representations originated in professional sporting circles in the early 1900's, they filtered their way down to schools and colleges and are still popular even today. Contemporary proponents argue that this is but one way of holding on to the early exploits of daring frontiersmen and pioneers who grappled with, and eventually tamed, the "Wild West" of yore. But others argue that the use of Native American symbols as Mascots merely perpetuates the myth of the Cowboys and Indians scenarios played out in many famous Western movies. This is not how Native Americans want to be perceived or represented in public discourse.

Issues of social and economic injustice have dogged Native Americans since Christopher Columbus led his path-finding expedition to the "New World" in 1492. Columbus Day Parades are probably the largest of their kind in the annual American calendar. Native Americans and their supporters are trying to rebrand Columbus Day as a holiday that honors indigenous people, rather than their European conquerors. Not surprisingly, this brings them into conflict with the Italian community in the USA. Nevertheless, many cities and States have now replaced Columbus Day with Indigenous Peoples Day and the trend is rising. And in cities with large Italian American communities, there is a growing trend to replace Columbus Day with Italian American Day. A good compromise.

American football teams like the Washington Redskins and the Cleveland Indians are under increasing pressure to change their names but are resisting vehemently. The California Legislature has recently banned any use of the term Redskins as a mascot for sports teams, including schools and colleges. A good start but there is still a long way to go.

The highest peak in the USA was named Mt McKinley in Alaska in 1896 after an early President who, it seems, never even visited Alaska! However, for the Native Athabascan Peoples, this mountain has always been known as Denali meaning “Great One”. President Obama recently restored the official name to the original Denali. There are other proposals under review e.g. Devil’s Tower in Wyoming (depicted in the movie ET). Slowly, but surely, Native Americans are regaining their heritage. All that remains is the continuing struggle to eradicate all other demeaning appropriations and restoration of Native Americans’ pride in their ethnicity and cultural heritage. After all, they are the real Americans.

The attached photo was taken at the 1995-ish Dearne Way Relay and shows the legendary Fat Boys Team: Bob Johnson, Pete Andrews, Dave Maddox and Big Dave Stockdale



Happy Running, DDAC!

Bob Johnson, Nov '15 Colorado. (bob.johnson@skybeam.com)

Acknowledgements to Laila Kearney and Travis Waldron at Huffington Post; Katia Hetter at CNN; Wikipedia.

Race reports and results

Sue's 6 x 10K Challenge

Contributed by Sue Levinson

A new year, and a new challenge to raise much needed funds for charities close to my heart and keep me motivated to get fit again after last year's foot operation.

10Ks are the focus again, looking at something that is most certainly a challenge and one I have to believe is achievable even after the 3 months of layoff and what seems like starting running from scratch! Secret Santa gave me a running diary too, so I've no excuses.

March start again and again Vale of Clwyd 10K. That run is now completed and it was what my friend said was the wettest, soggiest, puddliest run we have ever done. We could not have been wetter and though the torrential rain eased, it rained the whole time! It was very well organised and yes I did run it all, much to my surprise. One down, 5 to go.

Whitley next (near Warrington - an 11am start being preferable to a 9am one at Guiseley) in April and I'm pleased to say, a good choice - another on my recommended list. Well signposted - just off the M56 - and easy to park. Run was scenic as around the local lanes and chipped time. I got round in a time I as happy with too.

Next one, Kirklees Challenge 10k in Huddersfield for May but just two weeks later - and at the end of a week with a cold. As close to home - yes I did it. Local, good parking, well organised, clean loos and a cafe! The canal side is not flat, but run done, 3 down 3 to go.

Clumber Park for June - warm at last, the first time I have done this and it hasn't either been raining or still raining. I now know to give myself plenty of time (just as they say), so time for a coffee before the run. This very well organised trail run is not easy but I got round none stop.

Llyn Alwen next - July and back in Wales, starting in the sun but oh my, half way round and it started to rain and rain and....yes, rain, also about 10 degrees cooler, so all very wet and pretty cold by the end. However, the prize for second lady home V60 (think there was only 2!) was very welcome and drinking it warmed us all up later.

And finally Llyn Brenig (more persuasion needed here as it is 13K) in very early September - yes very good friends in Wales - and proud to say job done. We rekkied this in August, yes in the rain, a long way, but dry though windy in September was therefore pleasing. Oh and first (and only) lady V60 so they said (my bit is the only).

As you may see, there's more than 50k worth of 10ks this year, yes, admitting to being 60, I had 60k worth of 10Ks to achieve.

www.virginmoneygiving.com/SueLevinson



Crowden Horseshoe - 30th August 2015

Position	Name	Club	Age category	Time	Comments
1	Ross Campbell	Highland Hill	M	01:44:57	
18	Caitlin Rice	Glossopdale	F	01:54:19	1st Lady
66	David Gill	DDAC	MV55	02:06:09	



Cannon Hall 10k - 6th September 2015

Position	Name	Club	Age category	Time	Comments
1	Brendan Moody	Barnsley AC	M	00:36:29	
12	Kaeti Mackenzie	Barnsley AC	F	00:42:03	1st Lady
22	Andrew Du Feu	DDAC	MV40	00:44:16	
155	Jonathon Gratton	DDAC	MV40	00:55:26	
239	Graham Guest	DDAC	MV40	01:01:08	
262	Rachel Warsop	DDAC	FV40	01:02:48	
269	Chris Walker	DDAC	MV60	01:03:31	
271	Simon Warsop	DDAC	MV40	01:03:31	
311	Rachel Marsden	DDAC	F	01:07:59	
327	Kay Couldwell	DDAC	FV40	01:10:11	
371	Dave Townend	DDAC	M	01:20:32	



Jonathon, Rachel & Si's arm at Cannon Hall 10K

Wetherby 10k - 6th September 2015

Position	Name	Club	Age category	Time	Comments
1	Mike Burrett	Leeds City	M	00:33:56	
9	Sharon Barlow	Ripon Runners	FV35	00:36:16	1st Lady
200	Peter McEvoy	DDAC	MV60	00:47:20	
367	Norman Roper	DDAC	MV60	00:54:19	

Totley Exterminator - 7th September 2015

Position	Name	Club	Age category	Time	Comments
1	Aiden Smith	Hallamshire Harriers	M	02:08:33	
20	Hazel Tant	Totley	F	02:37:00	1st Lady
161	Rosalind Bedford	DDAC	FV50	03:43:36	



Rosalind overcomes her nemesis, slashes almost an hour off her previous time and bags 10 fell championship points. Well done!

Below, photographer Peter and the real Exterminator!



Shepley 10k - 13th September 2015

Position	Name	Club	Age category	Time	Comments
1	Tom Kaye		M	00:36:10	
3	Johnny Ridge	DDAC	M	00:40:47	Well done !!!!
7	Jacqui Khoueiry		F	00:43:48	1st Lady
17	Sally Campbell	DDAC	F	00:51:06	
23	Samara Wood	DDAC	F	00:55:47	
26	Sarah Everett	DDAC	F	00:57:38	
30	Graham Guest	DDAC	M	00:59:21	
32	Si Warsop	DDAC	M	01:01:23	



Sally, Johnny, Sam & Sarah - Shepley 10K, a great local road race

Rombalds Romp - 13th September 2014

Position	Name	Club	Age category	Time	Comments
1	Lee Athersmith	Wharfedale	M	00:45:30	
21	Claire Green	Pudsey & Bramley	F	00:53:35	1st Lady
91	Peter McEvoy	DDAC	MV60	01:15:54	
101	Norman Roper	DDAC	MV60	01:25:35	

Great North Run - 13th September 2015

Position	Name	Club	Time	Comments
1	Mo Farah !!	Newham & Essex Beagles	00:59:22	
19	Mary Keitney		01:07:32	1st Lady
9871	Peter Ramsden	DDAC	01:57:31	
12287	Peter Taylor	DDAC	02:01:26	
20539	Beth Gallagher	DDAC	02:15:52	

Silkstone Shuffle -19th September 2015

Position	Name	Club	Age category	Time	Comments
1	Chris Wells	Barnsley AC	M	26:25	
33	Helen Beck	Wakefield	F	31:36	1st Lady
45	David Gill	DDAC	MV50	33:09	
88	Stuart Walton	DDAC	MV70	39:42	



Dave Gill & a rather tanned Stuart Walton at Silkstone Shuffle

Netherthong 10k - 20th September 2015

Position	Name	Club	Age category	Time	Comments
1	Peter Hoyle	Longwood Harriers	M	00:36:16	
17	Bridget Coomber	DDAC	F50	00:42:45	1st Lady !!!!
35	Jimmy Lodge	DDAC	MV35	00:47:50	
64	Jon Gratton	DDAC	MV40	00:56:11	



Bridget flies to the finish line in her speedy red shoes



New club member, Jimmy, finishes in a very respectable time.

Photos courtesy of Flaming Photography.

Vale of York Half Marathon - 20th September 2015

Position	Name	Club	Age category	Time	Comments
1	Dominic Shaw	New Marske Harriers	M	01:07:44	
8	Susan Partridge	Leeds City	FV35	01:16:00	1st Lady
924	Rachel Warsop	DDAC	FV40	02:08:37	
925	Claire Wilkinson	DDAC	FV40	02:08:50	
1112	Chris Walker	DDAC	MV60	02:25:57	

Yorkshire Wineathlon - 20th September 2015

Position	Name	Club	Time
1	Ryan Mewis		01:15:39
8	Jon O'Hanlon	DDAC	01:27:09
58	Dave Daniels	DDAC	01:45:11
62	Debbie Daniels	DDAC	01:46:11
64	Sam Dickinson	DDAC	01:46:28
72	Abbie Dagg	DDAC	01:48:14



Sam at the Wineathlon

—wonder what's in her 'water' bottle!!

Another energetic weekend for DDAC members

Great Yorkshire Run - 27th September 2015

Position	Name	Club	Age category	Time	Comments
1	Jonny Mellor	Liverpool Harriers	M	00:29:12	
9	Lauren Howarth	Leigh Harriers	F	00:33:49	1st Lady
1138	Neil Matthew	DDAC	MV55	00:54:51	
1257	Rachel Warsop	DDAC	FV40	00:55:53	
1469	Si Warsop	DDAC	MV45	00:58:02	

Filey 10k Beach Run - 27th September 2015

Position	Name	Club	Age category	Time	Comments
1	Gregan Clarkson	Kingston upon Hull AC	M	00:35:53	
15	Kerry Hammond		F	00:44:59	1st Lady
58	Debbie Chappell	DDAC	FV40	00:53:47	
76	Dave Daniels	DDAC	M	00:58:59	
	Laura				
78	Washington	DDAC	F	00:59:25	
90	Debbie Daniels	DDAC	FV40	01:02:44	
92	Abbie Dagg	DDAC	F	01:03:28	
97	Sam Dickinson	DDAC	F	01:07:42	



Team DDAC—relieved to have finished.

Shame about the sea fog!

Robin Hood Half Marathon - 27th September 2015

Position	Name	Club	Age category	Time	Comments
1	Morris Gachaga		M	01:02:34	
52	Sharon Barlow	Ripon	FV35	01:19:32	1st Lady
2813	Sarah Everett	DDAC	FV40	01:54:53	
6765	Chris Walker	DDAC	MV60	02:42:05	



Sally elbows out ...
ready to overtake!

Sarah & Chris - mission
accomplished

Read Sarah's race report
over the page



Penistone Hill race - 27th September 2015

Position	Name	Club	Age category	Time	Comments
1	Joe Fowler	Sheffield	M	00:43:26	New Record
27	Helen Whitby	Northern Vets	FV35	00:51:41	1st Lady
80	Sally Campbell	DDAC	FV40	01:02:11	

A trio of halves: fun-filled October!

Contributed by Sarah Everett

The trouble with running a half, however slowly, is that you suddenly have the urge to do it all over again, with those feelings of euphoria & elation still coursing through your veins, you find yourself searching the internet for new challenges. Only when you've made your mad choices & the dust has settled and the adrenaline vanished does the reality sink in & those long, slow runs in the cold and wet reappear at the forefront of your mind.

But now it was too late and my strategy for attacking three halves in four weeks had to be made! The only sensible thing about this situation was that the first was on road, the second trail & the third a complete off road, wood/mud run. My attitude was to keep distance-fit rather than to take on any half marathon training plan, so with this in mind, I entered some 10M and 12M races during the summer.

Robin Hood Half Marathon - 27th Sept 2015

It's good to travel to a race with someone who's done it before, and even better to travel in style! - thanks, Chris! With travelling & car parking outsourced, we arrived in good time & had a healthy walk along the river to the race village. This was the chilliest morning we had seen so far & the fog hung over the water – I was wandering why I hadn't opted for my gloves. We didn't realise that due to the politeness & obsession for queuing us Brits have, this would constitute my warm up! As per usual I needed to join the one & only toilet queue: seriously the longest I had ever seen at any event!

Time ticked by and soon, although we were edging forward, there were only 10 minutes to go! Eventually, rounding the corner, it became clear that our obsession for an orderly queue had led to insanity – at least 30 toilets stood before me – why hadn't we formed 30 queues!

Toilet done, bag dropped, and now 5 minutes to the start! Colour coded numbers sounds sensible, but not if you can't get through the barriers to join the thousands of runners. I eventually had to be pulled over the event barriers by fellow runners – very glamorous! I did like the way they set us off in waves & referred to us as elite athletes on local radio. Staggered starts are so much better on these big runs and we were off trying to warm up.

Sometimes I think it's best not to know the course, as then each mile is a surprise – an adventure! Running past Nottingham Castle was lovely, although a hill in the first 1.5M is not my favourite! The route can't be described as scenic. At the 6M mark the sun burst through the mist and by the time I finished it was a balmy 20°C. Now if I'd known exactly where the finish was I wouldn't have peaked too soon! The finish is actually situated within the competitors' village, with the last 100m on grass! My first half completed & a lovely large medal collected.

Tissington Trail Half Marathon - 4th October 2015

This is a beautifully rural & scenic half with the added bonuses of no traffic and a theoretically downhill course! My place was deferred from last year. It's a fairly new race with a small limited field of about 300, but because of its growing popularity they now run it twice over the weekend. The joining/ parking instructions were somewhat convoluted this year. As this is an A to B race, starting at Parsley Hey Car Park & finishing by the bike hire hut in Ashbourne, there has always been the option of parking in Ashbourne & travelling by coach to the start. This year it was compulsory, but free! This took us out of our way & meant an earlier start. A free ride on a coach sounds a good way to pass 20 minutes & we got good views of some hot air balloons firing up over the calm landscape; but being devoid of any kit/personal belongings does not make me calm! Kit had to be left in Ashbourne. On arrival at Parsley Hey – a good half an hour before the start, devoid of jacket, with mild hypothermia about to set in, I stumbled upon Ant & Zo, bacon sandwiches in hand. They'd dropped me in Ashbourne and followed the first coach up the road & parked in the public car park!

This really is a visually stunning run and you have to make yourself find time to look around. It's also lovely to not have so many runners around you. The weather was perfect for running – calm with enough cloud not to let it get too hot too soon. Towards the end I managed to find another nutter who had completed Nottingham the week before. He was on for 20 mins slower than the previous week, so although I was slow I was glad to see that I was consistent! A small hill signals the end of the course and another interesting medal – jaffa cakes too!



Medals from all of my October Races!

The Sheffield 10 Ten was completed the day after the Hellrunner and hours before cross country !!!!!!!

Hell Runner: It's hell up North! Delamere Forest, Cheshire – 17th October 2015

Chris deserted me for this race & left me to fend the bogs alone. The website doesn't give much away in terms of what to expect, but this is not a manmade obstacle race, more a battle of the elements & natural features. So with the Devil (I joke not!) starting the race & rock music blaring we were off for a tough hill start, but tame under foot.



The first part went up & up & up some more until we were on the edge of the forest, followed by some welcome descent, all on good wide forest tracks back past the start. The entrants were definitely not club runners as there were walkers in the first 100m! After this we hit the woods and the course began twisting & turning with tree roots underfoot. This was mountain bike terrain, but good fun with some ditches and dips to keep you on your toes. The nature of the course made it difficult to get past people and I'm sure it would annoy anyone looking for a fast time!

When we came to the first piece of bog (I naively thought it was THE bog!) we found a landscape of decaying wood and mud-filled trenches with fallen trees to negotiate. Not watery: the thickest, ooziest shoe-clinging mud which two miles on is still clinging to your leggings & resisting every shake of your limbs. With a few helpful hands, I was through & up the bank, - ever glad of my fell shoes.

Later came a hill section – by hills read a series of almost vertical banks, that we had to climb up and scramble down to navigate a long ridge. No mile markers gave an air of uncertainty to how long it would go on, but as I was starting to dry off and warm up people in front of me seemed to have disappeared and I was running alone along an eerily fog-filled still bog of a lake ... & then I saw the queue! Looking to my right, donned in their full kit, were the Cheshire Fire & Rescue lads in the lake & on canoes. They were ushering tentative competitors into the water, limited to a few folk at a time.

This looked serious! As we stood and waited, time passed, muscles tightened, body temperatures dropped & the fear factor rose! This was a proper bog-lake: cold water & plenty of it, with what looked like a very uneven surface underneath! It was only when you got in that you realised how difficult it was to climb across fallen trees hidden beneath the murky, freezing waters. At points my feet slipped & you were plunged into icy water, forced to swim to the next footing. I couldn't see the end & that made me realise that I had to get out and quickly as my feet had lost all feeling. This new way of getting hypothermia was not funny anymore & a survival determination set in, as I realised there are some benefits to carrying a bit more substance around with you. The temperature of the water & lack of mud was the killer here, as well as the sheer distance.

Hauling myself out at the end, I was cold – very cold. I found a space blanket and tied it round me to cover my torso as I ran. But my feet hurt – painfully ached – like I hadn't felt since climbing to the summit of Mt Kilimanjaro! The only thing to do was keep moving. ...



With a supposed 3M to go, the undulating forest tracks seemed quite attractive & spurred me on...

- little did I know! The last bog was potentially the worst, because, with survival blanket discarded, we entered The Bog of Doom. This was a bog stream and with no way past people there was a lot of waiting & standing in cold mud. Thick mud up to your thighs, but an exposed torso, waiting & waiting...and waiting for the people ahead to negotiate the route through the mud. There were plenty of people gathered around this bog, phones in hand - no doubt uploading images to Facebook! The end came after over 3 hours and by this time cold does not begin to describe how I felt! But the reward was another impressive medal and a steaming mug of hot chocolate!

Would I do it again? YES – but I'll let my bruised & battered legs recover first!

Saddleworth Edges - 3rd October 2015

Position	Name	Club	Age category	Time	Comments
1	Brendan Taylor		MV40	01:01:27	
38	Ali Keates		FV55	01:16:00	1st Lady
58	Jo Worboys-Hodgson	DDAC	FV40	01:23:56	

Cusworth 10k - 4th October 2015

Position	Name	Club	Age category	Time	Comments
1	Tesfaye Debele	Leeds City	M	00:32:22	
19	Fiona Davies	Rotherham	F40	00:37:18	1st Lady
47	Bridget Coomber	DDAC	F50	00:40:01	1st Lady Vet 50
152	Peter McEvoy	DDAC	MV60	00:47:10	
235	Norman Roper	DDAC	MV60	00:51:58	



Bridget with her small but perfectly formed trophy



Peter (left) & Norman (below) battle it out at yet another 10K



Levisham Limping - 4th October 2015

Position	Name	Club	Age category	Time	Comments
1	Harry Holmes	York Knavesmire	M	00:50:26	
6	Kay Neesam	New Marske	FV45	00:55:09	1st Lady
17	Simon Browne	DDAC	MV40	01:00:59	
					1st Lady
45	Rosalind Bedford	DDAC	FV55	01:21:06	Vet 55!!
51	Abbie Dagg	DDAC	F	01:31:27	



Simon, Rosalind & Abbie at Levisham Limping—a challenging 7M fell race with a sting in the tail

Tissington Trail Half Marathon 4th October 2015

Position	Name	Club	Age category	Time	Comments
1	Andy Maud	Clapham	M	01:13:53	
17	Clare Coley	Clapham	F	01:28:40	1st Lady
140	Sarah Everett	DDAC	FV40	01:53:34	

You can read Sarah's race report on page 19

Krakow City Race Weekend 10th & 11th October 2015

Contributed by Guy Goodair

A few weeks ago Judith & I went to Krakow with former Denby Dale members, Dave & Juliet Morgan for the two races of the City weekend. We flew from Leeds/Bradford at a very civilised time with Ryanair and took a taxi into Krakow. We found everything amazingly cheap including the entry fees at 50 zlotys which is less than £10 for the two races.

Night Race

The night sprint was held about 10km from Krakow city centre at Nowa Huta which was a Communist showpiece when it was built in the 50's housing approx 200,000 people. Large blocks of flats with bits of open land in between them. However as the Poles have become more affluent it means the roads on the inside of the flats are totally inadequate for the number of cars around and they are parked all over the pavements so making it necessary to run on the road the whole time. It was freezing cold and normally on urban sprints you can get away with a handheld torch to see the fine detail on the map, relying on street lighting for seeing the underfoot conditions. I blew the first control, setting off in completely the wrong direction (I put down to 'brain freeze'), was OK for most of the rest but some controls were in areas completely devoid of lighting and I struggled with a hand torch to both see the terrain and also the control. Mucked up No 9 - took several seconds before it dawning on me that the control was a good 10 feet below me and I had to find a way down to it. Later on failed to spot a low step and fell heavily, luckily the map was in a polythene map which ripped otherwise the map would have torn then it would have been even harder.



Finished 6th in Ultravet Class in 43m 53s

Krakow City Race

It was freezing cold walking down to the Assembly area on Sunday morning, with a bitter wind coming off the Vistula river. However we were changing in a local school and both the start and the finish were only yards away. For us veterans the whole of the race was in the Kazimierz area whilst the younger competitors had to cross the Vistula river at least twice.

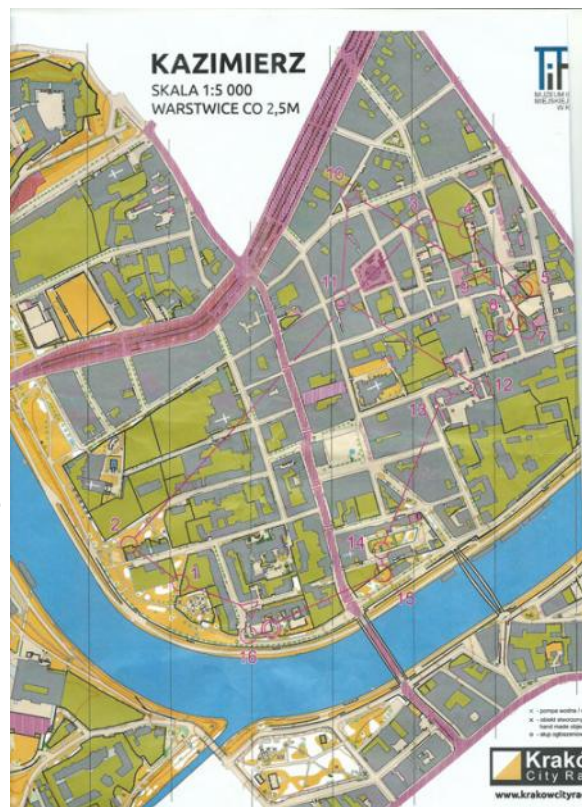
Kazimierz was where Krakow's Jews lived before the Germans sent them across the river to the Ghetto in Podgorze. Steven Spielberg did most of the filming for 'Schindler's List' here consequently it's full of tourists, especially at the weekend.

At the start I grabbed the map and headed right then at the end of the street turned left saw the red line going across the street turned down an alley before some houses and headed for the control, only to find it's No 2 and I'd missed out No 1 completely. Had to backtrack for that then back to 2. A really long leg to No 3 but a straight run to the main (overprinted) road where we had to cross by one of the mandatory crossings. Turn left and head for the market. The middle of the market was overprinted 'out of bounds' but it was possible to run around the outer edge. I decided to do this but on hindsight it was a daft decision. All on the pavements around the square were cafes with outside tables full of presumably coffee drinkers who can't do without their cigarettes. This meant running on the road and dodging the cars coming round the square. I would have been better off running down an adjacent street. Easy run from 3 to 4 then out down past all the tourists visiting what was a synagogue (now the Jewish Museum) round a corner and down a grassy slope to 5. Retraced my steps through the throng when I should have continued in a southerly and less busy direction to 6 – across the road for 7 then back down to the crowds for 8 which was tucked away up the side of the museum. Down the street and round the corner for 9. Head towards town for 10 which is around the back of the Temple Synagogue. Southwest now to next street and into 11. Very careless here I saw the red line going SW and headed in that direction only realising I was heading back to 2 when I reached the main overprinted road. Cursing I headed south to the church turned left and entered the Tram Museum for 12 & 13. Spotted there was a way out of the museum to the South then head towards the river. Turn left before reaching it and need to find the gap in the wall to get into the walled complex for 14. Not really concentrating on the map I head south for No 15 (a tree) and can't spot it, then realise it's on the other side of the wall (thick black line). There's a way out to the south of the church then a quick belt round to 15 and along the road to 16 and the finish.

Reckon I've made at least 4 minutes of errors on the course – I finish 9th in 36m 29s – a perfect run would still only have pulled me up a couple of places.

After getting changed we're all starting to feel the cold so quickly go into a local café for onion soup and mulled wine to warm us up.

We were relatively lucky with the weather though, on Monday we woke up to snow covered streets and it never stopped snowing all day!!



Yorkshire Marathon - 11th October 2015

Position	Name	Club	Time
1	Edwin Korir		02:15:06
1307	Jon O'Hanlon	DDAC	03:53:23
2533	Jon Gratton	DDAC	04:30:27



Well done to the two Jon's who both still had big smiles on their faces at the Pie Hall several days later.

Langdale Horseshoe - 11th October

Position	Name	Club	Age category	Time	Comments
1	Sam Tosh	Rossendale	M	02:11:57	
24	Jasmin Paris	Carnethy	F	02:36:27	1st Lady
251	David Gill	DDAC	MV55	03:23:15	

Dave in a vintage green DDT vest climbing out of Langdale valley



Richmond Castle 10k - 11th October 2015

Position	Name	Club	Age category	Time	Comments
1	Tristan Learoyd	New Marske Harriers	M	00:34:37	
44	Louise Talman	Darlington Harriers	F	00:43:01	1st Lady
116	Peter McEvoy	DDAC	MV60	00:48:50	
237	Norman Roper	DDAC	MV60	00:55:13	

Hell Up North Delaware Forest - 17th October 2015

Position	Name	Club	Age category	Time	Comments
1	Brent Nile		M	01:46:27	
	Suzanne				
54	Eccleston		FV45	02:10:19	1st Lady
668	Sarah Everett	DDAC	FV40	03:23:03	

You can read Sarah's race report on page 20

Sheffield 10k - 18th October 2015

Position	Name	Club	Age category	Time	Comments
1	William Mycroft		M	00:33:51	
22	Helen Mort	Sheffield	F	00:39:41	1st Lady
528	Sarah Everett	DDAC	FV40	00:58:54	

Shaun Lee Johnson Memorial 10m - 18th October 2015

Position	Name	Club	Age category	Time	Comments
1	Tristan Learoyd	New Marske	M	00:57:39	
25	Donna Riddler	Ripon Runners	FV35	01:11:18	1st Lady
33	Joanne Burgess	DDAC	FV45	01:12:47	
63	Peter McEvoy	DDAC	MV60	01:20:52	
110	Norman Roper	DDAC	MV60	01:30:58	

Another weekend, another race for Peter & Norman.....

just hope I have your energy & enthusiasm in a few years





Spey Runners Monumental Challenge – 18th October 2015

Contributed by Rachel Stockdale

(Rachel & Dave migrated north in 2006 but have maintained club friendships & membership)

The Scottish contingent of DDAC thought it was time we sent in a wee report from one of the latest races our club, Spey Runners, have staged.

The Monumental Challenge has been running now for 6 years and is a smashing race, which those who take part seem to love, but to which we attract very few entrants. One reason, we think, is that the race calendar up here is chocker-block. The cross country season is in full swing and we had to move the race in its third year as Chest Heart Stroke Scotland started the Culloden 15 – no way we can compete with a major charity – and again this year as the National Trust for Scotland have started a new race, the Brodie Castle 10k, which has sold out all 300 entries, many of whom would run our race. Anyway, we struggle on. As you well know, it's as much effort to organise an event for 20 as for 220....

On Sunday 18th October 2015, 25 hale and hearty runners set off from Fochabers. 24 slightly weary runners finished.

This race is the third and final leg of the Fochabers Triple Challenge. It is billed as a challenging trail race starting and finishing in the picturesque Winding Walks near Fochabers. Approx 5 mile route taking you up to the Monument at the top of Whiteash Hill.

This was the first year I had not been involved in the race and hadn't intended to run, but since the turnout was low and having learnt very early on in my running career from Chairman/Coach Stockdale that you should always keep spare kit in the car, I was a last minute entrant. Maybe a bit ambitious as this would be only my third run since July, the second being 4½ miles the day before!!

Registration at the Scout Hall in Christie Place was fast and friendly. How many race registrations offer you a mini Mars Bar? Naturally, I declined the Mars Bar, I'm a pro after all. The entry fee is a steal at only £6.

The start of the race was approximately one mile from the registration point. This was a pleasant walk/jog for some. In my case, I took the car with Chairman Stockdale, race starter, to the Winding Walks car park just off of the A98 east of Fochabers.

Weather on the day was perfect. No wind, mild, cloudy, but bright enough.

Following a brief briefing about roots, mud and slippery bits, we were off and running. I resisted the urge to keep up with the rest of the entire field on this initial steep uphill start. This plan held good and I managed to resist the urge to keep up with entirely no one for the rest of the race! After what seemed an eternity, the initial climb eased off a little but several hours (or so it seemed) and 60m of climb later,

we have to give it all back as we turned back downhill towards the A98. The path parallel to the A98 is relatively flat and narrow with a couple of muddy patches thrown in for fun. Unlike a certain runner I know (Ms Coomber, you know who you are), I rather like getting muddy. That and not having enough energy to jump and weave to dodge the mud, I squelched on through it.

A climb of 160m over 1.4 miles of rough track and path was around the corner. It starts off gently enough, but ramps up before too long to be a challenging climb for the likes of me. Who designed this course, I heard myself muttering. Oh yes – David and me!!!! By this point the sweeper was probably getting brassed off with my gasping and spluttering and intermittent swearing.

Onwards and upwards. On the final long straight approach to the Monument I could see Avril, one of our members and marshal for the day, poised with her camera. Rude words were exchanged.

The Monument and onward descent for me were reached in a time recorded with a calendar and not a stop watch. Congratulations to Kevin Ewing of Keith and District on his convincing win. Also kudos to Paul Murdoch from Keith and District who is a regular supporter of our races, who ran the Lossiethon Half Marathon before this race and still managed fifth place. Indeed, so keen was he to be with us, he won the morning race! Now that's dedication.

Results were:

Position	Name	Category	Club	Time	
1	Kevin Ewing	MV	Keith & District Athletics Club	33.08	1st Male
2	Rab Murray	MSV	The Darkside	33.57	1st Male Veteran
4	Raymond Hardie	MSV	Moray Road Runners	36.49	1st Male Super Veteran
5	Paul Murdoch	M	Keith & District Athletics Club	37.25	
8	Sonia Armitage	FSV	Cosmic Hillbashers	39.08	1st Female
12	Eleanor Munro	FSV	Keith & District Athletics Club	43.46	1st Female Veteran
16	Scarlett Courtney	FSV	Spey Runners	49.23	1st Female Super Veteran
24	Rachel Stockdale	FV	Spey Runners		STILL OUT ON THE COURSE SOMEWHERE!

Post race refreshments were provided by the Scouts back at the hall.

As mentioned earlier, this race was the final leg of the Fochabers Triple Challenge. Look it up on the Spey Runners website (www.speyrunners.co.uk/). Paul Murdoch and Eleanor Munro, both of Keith and District, won the male and female triple challenge. These Fochabers races are great and highly recommended. If you are ever up visiting, we'll happily give you course maps!

Workshop Halloween Half Marathon - 25th October 2015

Position	Name	Club	Age category	Time	Comments
1	Stuart Spencer	Notts AC	M	01:09:31	
49	Nicola Gledhill		F	01:21:34	1st Lady
784	Debbie Chappell	DDAC	FV40	01:47:22	
1193	Vicky McClelland	DDAC	FV40	01:57:09	
1625	Debbie Daniels	DDAC	FV40	02:11:18	
1626	Sam Dickinson	DDAC	FV35	02:11:18	
1743	Abbie Dagg	DDAC	FV40	02:17:26	



Belated Happy Birthday, Abbie!

Holmfirth 10k - 25th October 2015

Position	Name	Club	Age category	Time	Comments
1	David Turnbull	Holmfirth	MV35	00:33:51	
4	Helen Berry	Holmfirth	FV40	00:38:20	1st Lady
6	Johnny Ridge	DDAC	MV35	00:38:25	
11	Bridget Coomber	DDAC	FV50	00:38:45	2nd Lady!!
51	Sam Wood	DDAC	F	00:52:27	



Johnny, Sam & Bridget pacing the streets of Holmfirth

Grin & Bear it - 31st October 2015

Position	Name	Club	Age category	Time	Comments
1	Karl Gray	Calder Valley	MV40	02:01:32	
16	Sally Fawcett	Dark Peak	F	02:28:07	1st Lady
56	David Gill	DDAC	MV50	02:56:17	



Dave in his favourite
vintage green
DDT vest again!

Photo courtesy of
Mossie Net

Guy Fawkes 10 - 1st November 2015

Position	Name	Club	Age category	Time	Comments
1	John Clifford	Evenwood Road Runners	M40	00:58:22	
28	Hannah Oldroyd	UK Netrunner	F	01:07:27	1st Lady
	Bridget				
40	Coomber	DDAC	F50	01:09:03	2nd Lady !!!!
228	Peter McEvoy	DDAC	MV60	01:21:07	
517	Sarah Everett	DDAC	F40	01:35:55	
562	Norman Roper	DDAC	MV60	01:39:09	

Harewood 10m - 8th November 2015

Position	Name	Club	Age category	Time	Comments
1	Daniel Jenkin	Durham City	M	00:55:35	
33	Claire Cooper	Keighley & Craven	F	01:09:41	1st Lady
152	Peter McEvoy	DDAC	MV60	01:24:29	
249	Norman Roper	DDAC	MV60	01:36:47	

Leeds Abbey Dash - 15th November 2015

Position	Name	Club	Age category	Time	Comments
1	Dan Studley	Bristol & West	M	00:29:43	
151	Charlotte Arter	Cardiff	F	00:33:00	1st Lady
3658	Jon Gratton	DDAC	MV40	00:51:42	
6891	Simon Ellis	DDAC	MV40	01:02:54	



Namaste!

Early morning run in Kathmandu before the rickshaw drivers awake.

And hot off the press..... A bumper DDAC attendance at Barnsley 10K ,
one of our short road championship races

Barnsley 10k - 29th November 2015

Position	Name	Club	Age category	Time	Comments
1	Jake Wightman	Edinburgh AC	M	00:32:18	
20	Ross McClelland	DDAC	M40	00:38:02	
28	Fiona Davies	Rotherham Harriers	F40	00:38:36	1st Lady
34	Johnny Ridge	DDAC	M35	00:38:48	
176	Mick Collinson	DDAC	M55	00:46:19	
177	Jimmy Lodge	DDAC	M35	00:46:06	
226	Peter McEvoy	DDAC	M60	00:47:44	
349	Samara Wood	DDAC	F	00:51:43	
352	Jon O'Hanlon	DDAC	M50	00:52:08	
373	Norman Roper	DDAC	M65	00:52:15	
399	Vicky McClelland	DDAC	F40	00:52:02	
410	Si Warsop	DDAC	M45	00:53:12	
463	Sarah Everett	DDAC	F40	00:55:16	
592	Rachel Warsop	DDAC	F40	01:00:15	



Ross & Johnny—well done guys!

West Yorkshire Cross Country 2015 - Highlights so far

This year the club entered a total of 37 runners for the WY cross country league. This must surely be a record and what's more included 11 young athletes in the junior races, another new milestone for the club. **Good luck everyone for the final race at Nunroyd Park.**

WYXC Race 1 - Wakefield Thornes Park 18th October 2015

	Position	Name	Club	Time
Boys U11	1	Matthew Burke	Holmfirth	05:17
	52	Cody Mellor	DDAC	06:42
	53	Ben Warboys-Hodgson	DDAC	06:43
Girls U11	1	Isabel Richardson	Holmfirth	05:37
	52	Daisy McClelland	DDAC	06:43
	61	Tamsin Warsop	DDAC	07:54
Boys U13	1	Scott Nutter	Leeds City	10:21
	33	Gus Defeu-Long	DDAC	12:10
	63	Thomas Farmer	DDAC	14:17
	69	Euan Dady	DDAC	15:10
Girls u13	1	Lilli Carr	Keighley & Craven	11:06
	28	Shen Wigfield-Turner	DDAC	13:03
	67	Grace Adams	DDAC	15:10
	70	Frances Warboys-Hodgson	DDAC	15:50
Girls u15	1	Abbey Brooke	Wakefield	14:04
	34	Che Wigfield-Turner	DDAC	17:39
Ladies	1	Alex Bell	Pudsey & Bramley	20:40
	52	Jo Warboys-Hodgson	DDAC	26:25
	66	Sally Campbell	DDAC	28:05
	75	Debbie Chappell	DDAC	29:04
	80	Samara Wood	DDAC	29:29
	82	Vicky McClelland	DDAC	29:40
	83	Rachel Lawty	DDAC	29:50
	89	Rosalind Bedford	DDAC	31:13
	94	Debbie Daniels	DDAC	32:29
	95	Abbie Daggs	DDAC	32:54
	96	Sarah Everett	DDAC	32:54
	99	Rachel Warsop	DDAC	33:25
Mens	1	Joshua Woodcock-Shaw	Leeds City	33:02
	76	Johnny Ridge	DDAC	39:28
	101	Andrew Defeu-Long	DDAC	41:54
	110	Adam Bloomfield	DDAC	42:41
	114	Ralph Barker	DDAC	43:02
	142	Mick Collinson	DDAC	47:14
	144	Jimmy Lodge	DDAC	47:35
	145	Peter Frankland	DDAC	48:25
	168	Simon Warsop	DDAC	56:40



WYXC Race 2 - Huddersfield Fartown 31st October 2015

	Position	Name	Club	Time
Boys U11	1	Sebastian Cumming	Skyrac	05:45
	39	Ben Warboys-Hodgson	DDAC	07:03
	45	Cody Mellor	DDAC	07:07
Girls U11	1	Isabel Richardson	Homfirth	05:37
	36	Daisy McClelland	DDAC	07:29
	61	Tamsin Warsop	DDAC	09:22
Boys U13	1	Scott Nutter	Leeds City	11:47
	32	Gus Defeu-Long	DDAC	14:25
	63	Thomas Farmer	DDAC	17:20
Girls u13	1	Eve Jones	Skyrac	08:33
	31	Shen Wigfield-Turner	DDAC	10:18
	58	Grace Adams	DDAC	12:12
	62	Frances Warboys-Hodgson	DDAC	12:54
Girls u15	1	Lucie Hall	Halifax	13:28
	25	Che Wigfield-Turner	DDAC	16:05
Ladies	1	Katie Walshaw	Holmfirth	21:33
	42	Jo Warboys-Hodgson	DDAC	26:56
	68	Rachel Lawty	DDAC	30:32
	70	Samara Wood	DDAC	30:47
	72	Vicky McClelland	DDAC	31:02
	85	Rosalind Bedford	DDAC	33:26
	86	Sarah Everett	DDAC	33:39
	87	Abbie Dagg	DDAC	34:15
	90	Rachel Warsop	DDAC	34:42
Mens	1	Tom Adams	Ikley	32:37
	59	Ross McClelland	DDAC	39:52
	69	Johnny Ridge	DDAC	40:40
	99	Andrew Defeu-Long	DDAC	43:09
	103	Ralph Barker	DDAC	43:58
	132	Peter Frankland	DDAC	48:37
	150	Simon Warsop	DDAC	01:01:04



WYXC Race 3 - Keighley Cliffe Castle 14th November 2015

	Position	Name	Club	Time
Boys U11	1	Sebastian Cumming	Skyrac	05:41
	45	Cody Mellor	DDAC	06:42
	57	Ben Warboys-Hodgson	DDAC	07:00
Girls U11	1	Isabel Richardson	Homfirth	06:09
	44	Daisy McClelland	DDAC	07:28
Boys U13	1	Tommy Dawson	Leeds City	07:33
	24	Gus Defeu-Long	DDAC	08:38
	61	Thomas Farmer	DDAC	09:38
	79	Euan Dady	DDAC	11:28
Girls u13	1	Eve Jones	Skyrac	08:04
	39	Shen Wigfield-Turner	DDAC	09:35
	64	Frances Warboys-Hodgson	DDAC	11:14
	65	Grace Adams	DDAC	11:17
Girls u15	1	Lucie Hall	Halifax	14:43
	33	Che Wigfield-Turner	DDAC	18:18
Ladies	1	Alex Bell	Pudsey & Bramley	19:33
	32	Jo Warboys-Hodgson	DDAC	25:20
	56	Sally Campbell	DDAC	27:54
	70	Rosalind Bedford	DDAC	30:31
	73	Rachel Warsop	DDAC	31:11
	74	Abbie Dagg	DDAC	31:51
	76	Clara Carr	DDAC	32:03
	78	Sarah Everett	DDAC	32:16
Mens	1	Tom Adams	Ikley	23:24
	40	Ross McClelland	DDAC	27:32
	78	Andrew Defeu-Long	DDAC	30:05
	86	Simon Browne	DDAC	30:57
	96	Ralph Barker	DDAC	32:35
	103	Jimmy Lodge	DDAC	33:35
	114	Peter Frankland	DDAC	35:34
	123	Simon Warsop	DDAC	38:37



Photos courtesy of
Woodentops

And now for something on another level!



Rubicon Triathlon 30th Aug

Comprising a 1.9km swim in the River Ure, emerging into the gardens at Newby Hall, followed by a 90km bike course and 21km run.

Jo finished 7th in her age class in an amazing 05:35:22



Andy Green completing the 2015 Barcelona Ironman on 4th October

'The sea was a little choppy but managed a smooth 2.5mile swim. The 112 mile bike ride went well but the marathon run felt much harder than it should for a seasoned ultrarunner. Very happy to get an overall PB for a long distance triathlon.'

DDAC Road & Fell Race Championships— Update

Reminder of The Rules....

The Senior's, club Road Race championship comprises 9 events nominated by the ladies and men's club captains. There are 3 'short' events (up to 10k), 3 'medium' events, (10k-10 miles) and 3 'long' events (more than 10 miles).

Up to **6** of the nominated events count towards the championship. **These must include 1 short, 1 medium and 1 long race, together with up to 3 of the other nominated races. You need to run 1 race to qualify & you must also be a paid up club member.**



The Senior's club Fell championship comprises 9 events nominated by the club's fell captain. There are 3 'short' events, 3 'medium' and 3 'long'.

Up to **5** of the nominated events count towards the championship. **These must include 1 short, 1 medium and 1 long race, together with up to 2 of the other nominated races. You need to run 1 short, 1 medium and 1 long race to qualify. You must also be a paid up club member.**

New to fell running??

If you are a fell running novice & want to understand more about this sort of running, race classification and local fell races, there is an excellent introduction on the Steel City Striders website:

<http://www.steelcitystriders.co.uk/fell-introduction/>

Scoring - This sounds complicated, but is really quite simple. The first club member back in each race scores 10 points, the second 9 etc. etc. At the end of the year the champion in each category is the person who scores the most points.

The age categories are:

Mens Open, Vet and SuperVet (Road & Fell) and Ladies Open, Vet and SuperVet (Road & Fell)

Vet's are aged 40—49 and Supervet's are 50 & over.

Winners in each category are presented with beautiful trophies at the club's annual Christmas Dinner (usually in May!!) and are well worth all the effort.

DDAC Road Race Championship 2015—2016

The following races chosen by our club captains (Jo Worboys-Hodgson & Phil Ellis) are still to be run and it would be fantastic to see a good turn out from club members.

SHORT

23rd February 2016 – Huddersfield 10K

Huddersfield Rugby Union Club – HD1 3UP – 11.00am Start

£10 – www.huddersfieldroadrunners.co.uk

MEDIUM

Sun 24th January 2016 - Ferriby 10 (miles)

Skidby Mill, Beverley Rd, Skidby, East Yorkshire HU16 5TF

10am Start. www.cityofhull.co.uk

UKA affiliated runners £15.50 entry via [Sport Entry solutions](#). Closing date 31st Dec.

But HURRY ... Only 50 entries remaining (1st Dec)

Sun 6th March 2016 – Norton 9

A scenic rural 9 mile road race from village of Norton, Doncaster DN6 9DG. 11am start.

(Also 5K fun run)

£8 UKA postal pre-entry or £8.50 online; EOD £10 www.askerndrc.org/

DDAC Fell Race Championship 2015/16

The following races chosen by our fell captain (Simon Browne) are still to be run and it would be fantastic to see a good turn out from club members.

SHORT

Sun 21st Feb 2016 at 11:30am – Ilkley Moor 5m/1316' Cat AS

Venue: Wells Road, Ilkley, LS29 9RF. GR 115470

Pre-entry £4.50. Entry on day £10 if race limit not reached but race often fills up so pre-entry recommended.

Website www.ilkleyharriers.co.uk

LONG

Sun 20th March 2016 at 10:30am – Heptonstall 15.4m/3169' Cat BL

Venue: The Cross Inn, Heptonstall, HX7 7NB. GR SD987282

Entry on day £6 - registration from 8.30am onwards.

Website www.heptonstallfellrace.wordpress.com

Check the DDAC website for race details and updates: www.denbydaleac.co.uk

DDAC ROAD RACE CHAMPIONSHIP 2015-2016

You need to run one race to qualify.
 Points will be based on your best
 short, medium and long plus your best **three** others
 You also need to be a paid-up club member

All results to Anne Middleton please

	SHORT			MEDIUM			LONG						
Race	Penistone 10K	Barnsley 10K	Huddersfield 10K	Askern 10	Ferriby 10	Norton 9	Buxton half	York Wolds Half	Holmfirth 15	Total Points	Points to count	Position	Age Category
Date	28-Jun-15	29-Nov-15	16-Feb-16	9-Aug-15	24-Jan-16	2-Mar-16	24-May-15	18-Jul-15	25-Oct-15				
Ian Sargeant	10			10				10		30	30	1	V
Peter Ramsden	7						10			17	17	2	SV
Peter McEvoy	9	6								15	15	3	SV
Ross McClelland		10								10	10	4	V
Johnny Ridge		9								9	9	5	
Dave Townend	8									8	8	6=	SV
Mick Collinson		8								8	8	6=	SV
Jimmy Lodge		7								7	7	8	
Graham Guest	6									6	6	9	V
Jon O'Hanlon		5								5	5	10	SV
Norman Roper		4								4	4	11	SV
Si Warsop		3								3	3	12	V
	SHORT			MEDIUM			LONG						
Race	Penistone 10K	Barnsley 10K	Huddersfield 10K	Askern 10	Ferriby 10	Norton 9	Buxton half	York Wolds Half	Holmfirth 15	Total Points	Points to count	Position	Age Category
Date	28-Jun-15	29-Nov-15	16-Feb-16	9-Aug-15	24-Jan-16	2-Mar-16	24-May-15	18-Jul-15	25-Oct-15				
Samara Wood	9	10								19	19	1	
Sarah Everett		8		9						17	17	2	V
Clara Carr	10									10	10	3=	
Katie Sharp				10						10	10	3=	
Vicky McClelland		9								9	9	5	V
Abbie Dagg	8									8	8	6	
Rachel Warsop		7								7	7	7	V

DDAC FELL CHAMPIONSHIP 2015-2016

You need to run one short, one medium and one long race to qualify.

Points will be based on your best short, medium & long race plus your best 2 others.

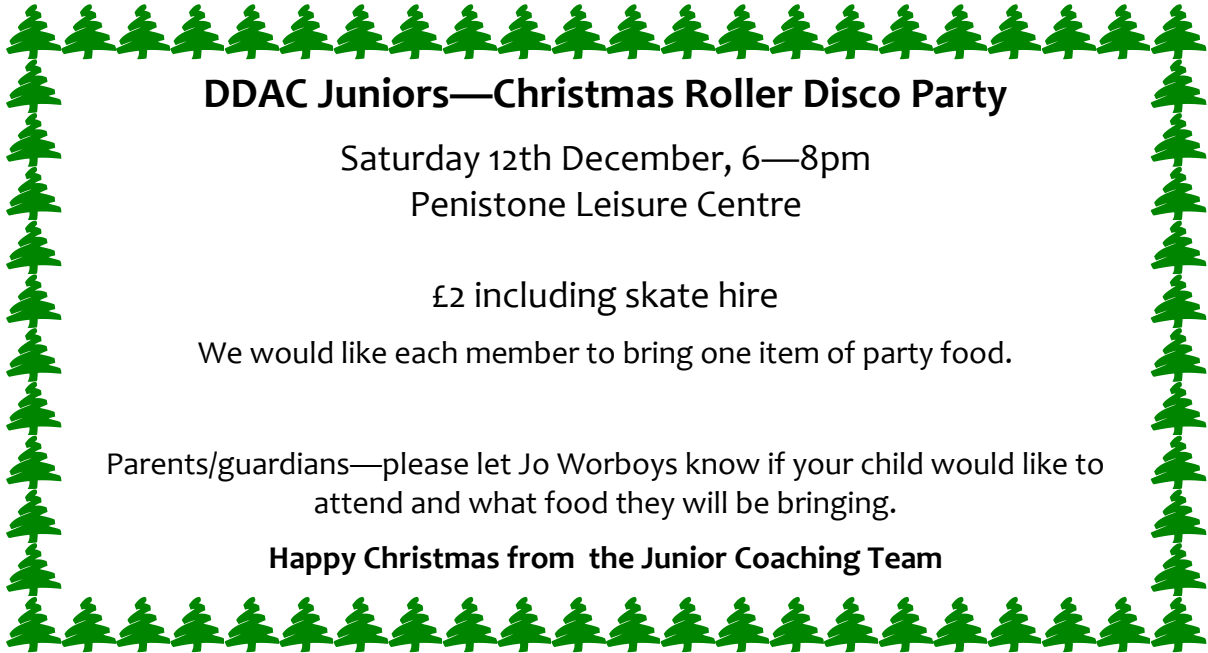
You must also be a paid-up club member.

All results to Anne Middleton please

Men's scores	SHORT				MEDIUM				LONG							
Race	Hartcliffe Hill 2.5m/492', BS	Stoodley Pike 3.1m/699', BS	Ilkley Moor 5m/1316', AS		Austwick Ambie 8.1m/1197', BM	Salt Cellar 6.8m/1594', BM	Levensham Limping 7m/1083', BM		Howtown 13.3m/4593', AL	Exterminator 16m/4232', AL	Heptonstall 15.4m/3169', BL		Total Points	Points to count	Position	Age Category
Date	23-Apr-15	14-Jul-15	21-Feb-16		25-May-15	7-Aug-15	4-Oct-15		13-Jun-15	6-Sep-15	20-Mar-16					
Johnny Ridge	10				10	10							30	30	1	
Simon Browne		10			9		10						29	29	2	V
Phil Ellis	9				9								18	18	3	
Steve Blackford	8												8	8	4	SV
Stewart Yates	7												7	7	5	SV
David Gill	6												6	6	6	SV
Graham Guest	5												5	5	7	V

Ladies' scores	SHORT				MEDIUM				LONG							
Race	Hartcliffe Hill 2.5m/492', BS	Stoodley Pike 3.1m/699', BS	Ilkley Moor 5m/1316', AS		Austwick Ambie 8.1m/1197', BM	Salt Cellar 6.8m/1594', BM	Levensham Limping 7m/1083', BM		Howtown 13.3m/4593', AL	Exterminator 16m/4232', AL	Heptonstall 15.4m/3169', BL		Total Points	Points to count	Position	Age Category
Date	23-Apr-15	14-Jul-15	21-Feb-16		25-May-15	7-Aug-15	4-Oct-15		13-Jun-15	6-Sep-15	20-Mar-16					
Rosalind Bedford	9	9					10			10			38	38	1	SV
Abbie Dagg		7			10	8	9						34	34	2	
Anne Middleton	10	10				10							30	30	3	SV
Samara Wood						9							9	9	4	
Sarah Everett		8											8	8	6	V

Future events & dates for your diary



DDAC Juniors—Christmas Roller Disco Party

Saturday 12th December, 6—8pm
Penistone Leisure Centre

£2 including skate hire

We would like each member to bring one item of party food.

Parents/guardians—please let Jo Worboys know if your child would like to attend and what food they will be bringing.

Happy Christmas from the Junior Coaching Team



Denby Dale Athletics Club Park Run Challenge 2015/16

21st November 2015 – Nostell Priory
5th December 2015 – Locke Park
19th December – Pontefract Racecourse
9th January – Oakwell Hall
30th January – Thornes Park
20th February – Crow Nest park
12th March – Greenhead Park
9th April – Fountains Abbey

Best 6 runs to count

See DDAC website for full details www.denbydaleac.co.uk

DENBY DALE ATHLETICS CLUB

Presents

THE TRAVELLERS 6

SUNDAY 20th December 2015, 10.30am Start

Sponsored by **Blackford Sports**

A challenging rural course of approximately 6 miles, starting from Denby Dale Pie Hall

Entry fee: £6.00 for UKA Club runners or £8.00 for unattached runners.

Cheques Payable to: 'Denby Dale Athletics Club'. 5th December – Closing Date for Postal Entries. EOD if entry limit not reached.

See DDAC website for full details & entry form www.denbydaleac.co.uk

**Many helping hands also required for marshalling, timekeeping & preparing food—
please let Ross know if you can help.**

This year there are two events to help work off the festive excesses ...



Runner vs Bike

**Sunday 27th December
at 11am from the Pie Hall**

This is a fun event for members, friends & family.

Run approx 10K

Cycle approx 15K

On country roads, paths and tracks.

No entry fee but please bring a raffle prize & mince pies etc.

See DDAC website for route map and instructions.

Bridges, Stiles & Gates

**Tuesday 29th December
at 11.15am from the Pie Hall**

A fun orienteering event around
Denby Dale

If you're a bit doubtful of your navigational ability, you can run in pairs but, if you happen to win, you'll have to share the prize !

No entry fee but donations to
Myeloma UK requested

See DDAC website for further details

Penistone Footpath Runners present "Amble's Revenge"

Sunday 3rd January 2016 at 10.30am

This is a 7 mile multi-terrain race following the same route as the Oxspring Hunshelf Amble but in reverse.

Starting from the Trunce start, registration will be from 9.30am at Rafters Bar, Waggon & Horses Oxspring.

£5 for UKA affiliated runners. Enter by post or on the day.

<http://pfrac.co.uk/club-races/oxspring-hunshelf-amble/>

And don't forget it's

Mickleden Straddle on 7th February

Further details and an entry form will be on the DDAC website in the next few days.

Helping hands also required for marshalling, timekeeping & preparing food

—please let Simon know if you can help.



Thursday evening training for Seniors

- These sessions focus on building speed and stamina working as a group.
- As well as being quite fun, these sessions are great for improving general fitness and preparing for races as well as learning proper warm-up techniques and post-workout stretching to help avoid injury.
- Runners of all abilities are very much welcome.
- Why not come along and give it a try! Every Thursday, 8pm (new time!!) from the Pie Hall.
- See Denby Dale Traveller's Facebook for weekly session plan.

Denby Dale Athletics Club

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**We're on the web at :
www.denbydaleac.co.uk**

All contributions to the newsletter
welcome by email, post or in
person (email is preferable though
so I can 'cut & paste')

**A big 'thank you' to everyone who sent me
contributions for this edition of the newsletter.**

**Thank you also to results statistician, Peter
Middleton, who scoured the internet for DDAC
results & photos and collated them for me!**

Merry Christmas!!

Next Issue February 2016

Please let me have
contributions by
mid February



For latest news & updates, join our
Facebook pages (both closed groups)

'Denby Dale Travellers' - for Senior section

'Denby Dale Athletics Club' —for Junior section



Do you want to go to sleep with a smile on your face?

- We are looking for a couple more volunteers to join the junior coaching team.
- Becoming a coach requires time & commitment but is fun and hugely rewarding.
- Please talk to Jo Worboys-Hodgson (Junior Co-ordinator) or any of the coaching team if you think you might be interested and would like to learn what's involved.