

The Denby Dale Traveller

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Spring 2017

www.denbydaleac.co.uk

The art of Staying Warm...



Club Kit

NEW for 2017 - DDAC Club buffs

Order direct from

<http://www.giraffeuk.com/club-shop> . Cost £8.99



Special edition —Centenary

Deffer Dash T-shirt

Men's and Ladies versions available in various sizes from Andy Kirby. Excellent quality and priced at £12 which includes a £2.75 charitable donation.

Junior Vests

We currently have a good supply of **junior club vests** in stock. They can worn with pride at parkrun, fell races and other competitions as well as at club training sessions.

These can be purchased from registration at Shelley College.

Available in the following sizes:

7/8yrs, 9/10yrs, 11/12yrs, 13/14yrs & 15/16yrs - all at £12 each.

Other items (eg. club hoodies) can be ordered from Blackford Barnsley Ltd.

See the Club Kit page on the club website

<http://www.denbydaleac.co.uk/club-kit> (also via link from Junior News)



Junior Corner

Contributed by The Editor

Spring was a busy few months for the junior section of the club with training nights continuing to attract 60+ athletes.

Much needed extra support from parents, Matt Caie, Katie Sharp & Si Warsop, having recently completed their EA coaching assistant qualification, has enabled us to invite children on the waiting list to join the club for the summer team. Great news.

At the beginning of the year the coaching team announced a series of trophies to coincide with the circulation (by email) of the spring **junior events calendar***. Trophies are in the following categories:



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.



The **Parkrun Champion** will have accumulated points using age related scoring as is recognised with Parkrun over the year.



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

*the latest edition of the junior events calendar can also be found on the club website <https://www.denbydaleac.co.uk/junior-news>





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



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.



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.

Trophies will be awarded to both girls and boys at a Presentation Evening at the end of the year. There's still plenty of time to compete for these trophies - so juniors ... Be inspired and have a go!



Abi at Yorkshire XC Championships

A number of athletes have already taken part in events from the calendar – *thank you to parents who have made this possible.*

In January Abi, Ben, Daisy & Tamsin competed at the **Yorkshire Cross Country Championships** held at Lightwater Valley. But first they needed to bravely negotiate their way around the dinosaur enclosure! Having raced against juniors from all over the county, they joined spectators to shout encouragement to DDAC seniors in the men's and ladies events — much appreciated.

Also in January on a particularly wet and cold morning Nuala (9yrs) and Noah (6yrs) had their first taste of fell running, joining Abi and Tamsin for the well organised Soreen Quarry Runs. *You can read more about Noah's experience later in the newsletter* and also why Tamsin's heroism meant she did not complete her race.

The **2017 DDAC junior parkrun challenge**, based around the junior parkrun at Greenhead Park in Huddersfield started in February and has seen a growing number of juniors dragging their parents out early on a Sunday morning. The long run and interval training on Wednesday evenings seems to be paying dividends with more PBs at parkrun.

In March fourteen juniors joined members of the coaching team for an off-road training session on trails through woods and fields around Hade Edge. There were 3 groups to cater for different running speeds and times. The varied terrain with some steep ups and downs, deep mud, rocks and tree roots was good training for the fell races in the junior calendar and proved quite a challenge for some members of the coaching team trying to keep up with the young ones! We hope to repeat the event later in the year.



Off-road training at Hade Edge

The first of the series of 4 Junior Silkstone Shuffles took place in March with a record turnout from DDAC – a sea of green & white vests! There were many brilliant performances with Gus and Abi finishing first boy and girl. For anyone new to the Shuffle, it's a local 3km multi-terrain course with entry on the day for a bargain 50p.



Sylvie in full flight at the Junior Shuffle



Team Denby Dale at Silkstone Shuffle—March 2017

There was action out on the fells with Euan, Abi, Tamsin, Frances, Victoria and Sylvie taking part in the Flower Scar, Ilkley and Hoppit's Hill fell races—see *race reports and photos later*.

Anyone who thinks they might be interested in doing a fell race but not sure what to expect should read Euan's account of his experience over past couple of years (see *Junior Spotlight*). I'm sure he'd happily tell you more on training nights at Shelley.

And finally, the end of March saw an away day at Thornes Park Athletics Stadium with relays, interval and pyramid training until we dropped!



Tamsin & Emily do 'friendly' battle at the Trunce

DDAC Juniors Section

- Training sessions are held at Shelley College on Wednesday Evenings from 6pm til 7.30pm
- Open to children aged 8 to 18 years, although due to a recent influx, **we are currently only able to accept new members from years 6 and above. There is a waiting list for younger children.**
- 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

This edition of Junior spotlight has been contributed by **Euan Dady**

Fell running— from novice to enthusiast



Fell running has been an amazing experience.

When I started at Denby Dale Athletics Club just over 2 years ago I never thought that I would enjoy it as much as I do now, fell running in particular.



I began doing some of the more local ones; fell races which were fun and great for beginners but now I travel further away to do more challenging races.

The scenery at some of the races is truly stunning and there are some great places to visit close to the races, which makes for a nice day out too.

The races are tough, but very rewarding. There are different races for everyone which include steep climbs, river crossings and muddy paths. This is great fun if you want to push yourself.



Some of my favourite races have been West Nab and Saddleworth fell race.

I would recommend fell running because it is great fun and a really thrilling and rewarding experience. If I were to give any advice to people who was considering starting fell running it would be to give it a go and focus on your own personal targets. Aim to work on different aspects of the course so that you can improve each time you run and don't be afraid to get muddy!!

New feature — ‘Pete’s people’



New to the club?

Not sure of people’s names?

Never really spoken to some members as they run in a different group to you?

DDAC veteran, Pete Andrews, thought it would be nice to use the newsletter to help members, new and old, to get to know each other a little better.

After some careful consideration he has developed a simple questionnaire and we plan to include 3-4 in each newsletter.

Thanks Pete & to those who are featured in this edition

Pete's People – Getting to know you

A short questionnaire designed by Pete Andrews to help us get to know each other a little better!



Your name	Rachel Warsop
Occupation	Property lawyer
When did you join the club?	3 years ago
How long have you been a 'runner'?	4 years
Do you prefer road or off-road?	Off-road
How many hours do you train per week?	1 run per day (2017)
What race distance do you prefer to run?	10K
Which is your favourite race?	The Trunce
What is your best time for :	5K – 25:58 10K 54:59 Half-Marathon 2:08 Marathon – TBC 24/6/17!!
Which race challenged you the most?	Vale of York Half Marathon
What is the worst injury you have sustained through running?	So far I've been lucky – just the odd niggle.
How many pairs of trainers do you own?	3 x road; 3 x trail; 1 x fell
What is your favourite make of trainer?	Asics / Hoka
Which other sports do you participate in?	Karate
Which sports person has been your inspiration?	No-one – I create my own inspiration.
What are your pet hates?	Whingers
What is your favourite food?	Bananas
What is your favourite drink?	Guinness
What other hobbies do you have?	Guitar/drums (badly), swimming, cycling
Where is your favourite holiday destination?	Anglesey
What's been the best thing about joining the club?	The social aspect / friendships

Pete's People – Getting to know you

A short questionnaire designed by Pete Andrews to help us get to know each other a little better!



Your name	Peter Taylor
Occupation	Accountant
When did you join the club?	2007
How long have you been a 'runner'?	30 years
Do you prefer road or off-road?	Road
How many hours do you train per week?	2 – 3
What race distance do you prefer to run?	6-8 miles
Which is your favourite race?	Great North Run
What is your best time for :	Half-Marathon 1:56
Which race challenged you the most?	Bradford Half Marathon
What is the worst injury you have sustained through running?	Nothing major
How many pairs of trainers do you own?	4
What is your favourite make of trainer?	Brookes
Which other sports do you participate in?	Golf
Which sports person has been your inspiration?	No-one
What are your pet hates?	Cars parked on pavements
What is your favourite food?	Italian
What is your favourite drink?	Good red wine
What other hobbies do you have?	Biking off road
Where is your favourite holiday destination?	France
What's been the best thing about joining the club?	Social / No pressure aspects

Pete's People – Getting to know you

A short questionnaire designed by Pete Andrews to help us get to know each other a little better!



Your name	Dave Townend
Occupation	Retired
When did you join the club?	1990/91
How long have you been a 'runner'?	27 years
Do you prefer road or off-road?	Road
How many hours do you train per week?	3 hours
What race distance do you prefer to run?	10K
Which is your favourite race?	Used to be Sheffield Half-Marathon, but there are many others I have repeatedly entered over 27 yrs
What is your best time for :	10K 38:45 (1997)
Which race challenged you the most?	Horbury Hike – off road!
What is the worst injury you have sustained through running?	Torn ankle ligaments
How many pairs of trainers do you own?	3
What is your favourite make of trainer?	Asics
Which other sports do you participate in?	Cycling
Which sports person has been your inspiration?	Ron Hill / Jos Naylor
What are your pet hates?	Loud modern music / People playing with smartphones constantly
What is your favourite food?	Filet steak
What is your favourite drink?	Real ale
What other hobbies do you have?	Music (classical) / playing violin & guitar
Where is your favourite holiday destination?	Lake District
What's been the best thing about joining the club?	Meeting people

Urban Orienteering - a guide for beginners

Contributed by Guy Goodair

For those of you, who like me find PBs are a distant memory may like to consider orienteering. I know for many the word 'Orienteering' conjures up getting lost in some forest or open moorland but there are now two new types – Urban orienteering and Sprint orienteering (Sprint being a bit of a misnomer – it means races where the winning time is around 12 to 15 minutes). It's not that hard to learn to read a map.

Because the maps are very detailed (literally every building is on the map) it's difficult to get lost but the skill is quickly choosing the best route (not always the shortest). It means running as fast as you can whilst still maintaining contact with the map. If you walked round you would find your way easily but as you increase your speed then you tend to notice less so it's finding the happy medium where your running speed matches your ability to 'read' the map.

Every competitor has a 'dibber' on their finger and just before the start you'll see a control box marked 'Clear' – put your dibber into the box and wait for it to beep and flash – this means it's cleared all the previous runs from the dibber. You'll be called up to the start line and when told to go put your dibber into the start box – this has started the clock running.



Competitors then pick up the map where the **Start Triangle** is and you have to visit every control in numerical order finishing by the double circle. There's a legend on the map explaining what things are, but basically yellow is grassland, grey – buildings, fawn - roads or hard surfaces and olive green – private land and 'Out of Bounds'. A **thick black line** denotes an uncrossable wall (even though an agile person might reckon they could manage to climb over it) – if the **thick black line has little tags on it** - it means it's uncrossable fence rather than a wall. A **thick green line** means uncrossable vegetation (usually a hedge). Also on the map is a list of control descriptions (ie Single Tree and the control No) so when you get there you check you've gone to the right one (there are usually lots more controls out there that are not on your course), if it's right put your dibber in the control box and wait for it to flash.

Here's an example of a recent sprint event at Hull University (see below) - available at: <http://rg2.halo-orienteering.uk/rg2/#234&course=1>



Now let's look at the **first control** –
you'll note you can't run directly in a straight line to it – there's an uncrossable fence in the way so follow the road round to the left to the junction with a road on your right, you'll notice there's a gap in the fence immediately on your right. Go through it then bear left of the buildings in front of you & follow the hedge on your left 'til you come to the gap in it and there's **No 1**. Now to get to **No 2** you could go North (top of the map) and round the end of the building down past the two grass areas but it's much quicker to come South to the bottom of the building and run along it to No2. Now work out how you would get to **No 3** and so on round the course. You can check which way some competitors went by clicking on 'Results' and anyone who has a double box by their name has drawn the route they took – click on the left hand box and up will come their route. In fact, if you click all 3 routes you'll find they took very different ways to some controls.

Here's a headcam of the A Course at Hull University Sprint event :

<http://www.oxfordfusion.com/ukul/index.cfm?&Org=6>

Urban & sprint races have for both male & female the following classes :

12 yrs and under

Veterans 40+ years

Hypervets 75+ years

16 years and under

Superveterans 55+ years

Open

Ultra Veterans 65+ years

You can enter whichever class you fancy on the day but to score points in the league you should run your correct class. One thing to bear in mind, the distances shown on the course details are 'straightline' or 'as the crow flies' distances – usually you can reckon on running about 50% further than these. Because your brain is concentrating on working out the route you don't notice the time like you might on a straight road run.

Think you'll find them good fun and be tempted into trying one??

See also<https://www.britishorienteering.org.uk/home>

PS If you've any questions or want further information just email me at guygoodair@gmail.com

Race reports and results

Ward Green 6 26th December 2016

Position	Name	Club	Category	Time	Comments
1	Joseph Massingham	Rotherham Harriers	M	31.05	
3	Julie Briscoe	Wakefield Harriers	LV40	33.26	1st Lady
17	Andrew Du Feu	Denby Dale AC	MV45	37.35	
87	Norman Roper	Denby Dale AC	MV65	53.25	



Andrew and Norman working off Christmas dinner

Auld Lang Syne 31st December 2016

Position	Name	Club	Category	Time	Comments
1	Chris Farrell	Horwich RMI	M	41.37	
26	Katie Walshaw	Holmfirth Harriers	F	48.12	1st Lady
370	Rosalind Bedford	Denby Dale AC	FV50	76.17	
404	David Bedford		MV50	83.45	



There must be an easier way of earning a bottle of beer



Rosalind & David at Auld Lang Syne

Photos courtesy of Woodentops

Ambles Revenge 2nd January 2017

Position	Name	Club	Category	Time	Comments
1	Paul Johnson	Barnsley Harriers	M	55.22	
12	Zanthe Wray	Dark Peak	F	58.37	1st Lady
23	Johnny Ridge	Denby Dale AC	M	1.00.50	
40	Andy Green	Denby Dale AC	MV40	1.05.23	
47	Adam Bloomfield	Denby Dale AC	MV40	1.06.26	
95	Anne Middleton	Denby Dale AC	FV50	1.17.22	
138	Samara Wood	Denby Dale AC	F	1.23.26	
139	Rosalind Bedford	Denby Dale AC	FV50	1.23.41	
174	Sue Kaye	Denby Dale AC	FV50	1.30.35	
189	Chris Walker	Denby Dale AC	MV60	1.34.31	
209	Rachel Warsop	Denby Dale AC	FV40	1.43.33	
210	Stella Taylor	Denby Dale AC	FV50	1.43.44	

Don't forget it's the Hunshelf Amble on 8th July—same route just the other way round!



Amble's Revenge—what better way to work off the excesses of Christmas and New Year



Temple Newsam 10 8th January 2017

Position	Name	Club	Category	Time	Comments
1	Mark Smith	Rothwell Harriers	MSEN	00:59:10	
9	Helen Cross	York Triathlon Club	FSEN	01:06:06	1st Lady
320	Peter McEvoy	Denby Dale AC	M60	01:28:42	
418	Simon Ellis	Denby Dale AC	M40	01:34:17	
552	Norman Roper	Denby Dale AC	M65	01:41:41	
727	Abbie Dagg	Denby Dale AC	F40	01:56:27	



Abbie & Norman at Temple Newsome



Brass Monkey Half Marathon 15th January 2017

Position	Name	Club	Category	Time	Comments
1	Steve Hebblethwaite	Keswich	MSEN	1.09.18	
47	Tracy Millmore	Birtley	FSEN	1.17.14	1st Lady
194	Bridget Coomber	Denby Dale AC	F50	1.26.42	1st V50



Bridget starts the year with another top performance. winning 1st FV50 prize



A Question of shoes

Which DDAC members are featured in this photo??

Clue—snapped on a Thurs evening!

A pint of guinness to the 1st person with correct answer

Stanbury Splash - The Sharps' Introduction to Fell Running

Contributed by Katie & Noah Sharp

Upon pulling into the car park of the quarry, yes I repeat quarry at Penistone Hill, near Haworth I recall Steve turning to look at me and saying "I'm glad it's your turn to do an event and not mine!". The weather was bleak to say the least. Visibility was poor due to gail force winds and added to that was the driving rain. The weather wasn't so bad at home so I had turned up in shorts however I soon realised that was a very bad idea and changed into more suitable attire. After wrapping myself (and Noah—aged 6, who was running the kids race) up in around 10 layers of clothing we headed to the registration area. We duly registered and were presented with our Soreen malt loaf, our finishers prize. I remember thinking I am going to need much more than a malt loaf after this!

Noah was up first and he took to the start line, a little uneasy about what was about to come. The gun went and he was off, throwing himself into it, quite literally. The kids course was one and a half laps of the quarry. I was amazed at the standard of the youngsters running, some of them were clearly seasoned fell runners with no fear. Me, Steve and Callum positioned ourselves at the bottom of a rather steep decent which led from the top of the quarry to the bottom. The kids were flying down the hill amongst the mud, rain and driving wind. Noah made his way to the finish line where he collected his goody bag full of sweet treats, turned to Steve and said "come on dad lets go back to the car" for which there was no hesitation from Steve in replying "ok, but don't you want to stay and watch your mum?" Noah firmly replied "No".



© Woodentops.org.uk

Feeling rather abandoned by my so called spectators I headed to the start line. The course started from the bottom of the quarry and due to the heavy rain there were rather a lot of deep muddy puddles. Standing on the start line I was thinking to myself I must avoid that huge puddle about 100 yards ahead. It wasn't long before we were off and I was running straight through the knee deep puddle I had been trying to avoid. Due to the sheer number of runners I was already covered head to toe in mud but that was nothing compared to what was about to come.

A mile in and I thought to myself it's not quite so bad this fell running lark, and then I approached the first stream which was probably the deepest of the four that we crossed. I successfully crossed the stream and scrambled up a banking on the other side into a field. As we started climbing visibility decreased which I guess was good in a way as I couldn't see what was to come! Luckily the other runners were all very friendly and started sharing tales of their other runs which helped me round.

The race details indicated that the course was around 7.5 miles so at around 6 miles I thought my eyes were deceiving me with what appeared to be the quarry in the distance. I headed up the final hill back into the quarry where Steve was stood cheering me on. I'm sure he had just stepped out of the car as he saw me approaching as he appeared to be very dry! I made my way to the finish line where I breathed a deep sigh of relief for having made it round in one piece. I also felt a massive sense of achievement, as being a roady it was very different to what I was used to. Prior to the start I had thought I would be OK, having a few bouts of XC under my belt but I don't think anything could have prepared me for what I had just encountered.

I headed back to the car to watch the other runners come in and thaw out!

All in all we had fun and will certainly be looking to take part in more fell running events this year.

In Noah's words it was "epic"!



Katie—one proud & relieved fell running novice - proving she can be fast on the fells as well as road.



Rachel (also making her fell debut), Katie, Abbie, Andy & Anne—huddled like penguins trying to keep warm in the quarry at the start of Stanbury Splash

Stanbury Splash 15th January 2017

Senior Race

Position	Name	Club	Category	Time	Comments
1	Tom Adam	Ilkley Harriers	MSEN	43.42	
16	Louisa Powell-Smith	Clayton le Moors	FSEN	52.40	1st Lady
147	Andy Green	Denby Dale AC	M40	1.06.09	
212	Katie Sharp	Denby Dale AC	FSEN	1.13.37	
236	Anne Middleton	Denby Dale AC	F50	1.16.35	
328	Rachel Warsop	Denby Dale AC	F40	1.56.53	
329	Abbie Dagg	Denby Dale AC	F40	1.57.04	



Soreen Quarry Run - Junior races at Stanbury Splash

U9 Race (0.5m, 100ft)

Position	Name	Club	Time
1	Alex Sadler Townend	Keighley	3.12
23	Noah Sharp	Denby Dale AC	4.45
31	Nuala Dagg	Denby Dale AC	8.50

U17/19 Race (2m,300ft)

Position	Name	Club	Time
1	Reubin Mantle	Bingley	12.13
11	Abigail Caie	Denby Dale AC	15.55

This event was notable for DDAC juniors for several reasons :

- For Nuala and Noah it was their very first fell race.
- Tamsin also ran but nobly forfeited her race to help a fellow runner who had fallen and badly cut his knee. Sportsmanship at its best .
- Abi discovered that bottom sliding can be a faster option on steep descents —not her usual graceful running style !



Trigger 15th January 2017

Position	Name	Club	Category	Time	Comments
1	Nic Barber	Pennine	MSEN	3:59.14	
26	Jasmin Parris	Carnethy	FSEN	4:59.25	1st Lady
75	Jo Worboys-Hodgson	Denby Dale AC	F40	5:55.26	

Jo finished an amazing 75/151 and 8th lady, on a day when conditions were so treacherous that mountain rescue insisted runners form a chain to cross rivers and 40 runners failed to complete the course. Sadly a bad chest infection was the price for success.



Meltham 10k 29th January 2017

Position	Name	Club	Category	Time	Comments
1	Thomas Kaye		M	00:34:56	
25	Samantha Shaw	Penistone	F	00:41:07	1st Lady
16	Jonathan Ridge	Denby Dale AC	M35	00:39:40	
127	Katie Sharp	Denby Dale AC	F	00:47:47	
183	Samara Wood	Denby Dale AC	F35	00:51:30	
222	Peter Mcevoy	Denby Dale AC	M60	00:54:06	
237	David Townend	Denby Dale AC	M	00:55:12	
245	Rosalind Bedford	Denby Dale AC	F55	00:56:09	1st Lady V55
272	Norman Roper	Denby Dale AC	M65	00:58:29	
295	Christopher Walker	Denby Dale AC	M60	00:59:56	
328	Abbie Dagg	Denby Dale AC	F40	01:05:29	
329	Stella Taylor	Denby Dale AC	F55	01:05:29	



Success at Meltham 10k
Drinks on Rosalind after she won
the FV55 1st prize.!



Racing Stateside



Contributed by Phil Ellis

In January this year I was fortunate enough to be sent to one of my companies' sister manufacturing plants in Charleston, South Carolina to work. As I was going to be there over a weekend I started trawling the internet for things to do in Charleston. Amongst the usual things to do I noticed it was the 'Festival of Running' on the Saturday. There was to be a Full Marathon, ½ Marathon and a 5K. With my injury record recently, I was never going to consider the Marathon but I did consider the ½ but with a limited amount of running done and no time to train I decided to enter the 5K.

I hadn't realised how big an event this was until I went to pick my race pack up at Charleston Convention Centre the day before the race and it was a 'Set Up' to rival the London Marathon with stalls and entertainment, etc. It turns out there were actually 750 runners entered for the 5K and many thousands in the Marathon and ½ Marathon.

On the morning of the race it was a typical South Carolina Winter's morning, 20 degrees and bright sunshine. The 5K started and finished where the Marathon & ½ Marathon finished. The full and ½ started in Downtown Charleston with a fantastic route along the coast and over the Iconic Charleston Bridge (Below). The 5K was a flat route on closed roads around North Charleston. The start area was set up with a Stage with a band playing, various food and alcohol outlets.



We all lined up on the start line (obviously I was in my Green & White vest flying the flag for DDAC) and after a rousing rendition of the 'Star Spangled Banner' we were off. As we set off I found myself with the leading group. In spite of the lack of training and the alcohol intake at a leaving do at the Carolina Ale House the previous night I was going pretty well. 3 Runners started pulling away a little bit but I was keeping in touch with the others around me. The lack of training told towards the end of the race as I dropped just behind the leading group as I rounded the final bend the commentator announced 'Here comes Philip Ellis, all the way from Huddersfield, United Kingdom' which gave me the lift for a decent fast finish.

I ended up in 7th place overall and I was 1st in the master's category (Age 40 – 49) in a not fantastic time of 19'54" but only a minute or so behind the leader. Who knows if I'd have been fit and not full of beer!!

I stayed around having a couple of drinks and some Shrimps and Grits waiting for the presentation. Again it was announced that I had travelled from the UK for the race and I got a medal, L/S T Shirt, Boot Bag, plaque and \$50 for my efforts.



All in all a very enjoyable experience and with any luck I can go back to Charleston at some point to do the Half Marathon or even the Marathon!!

Mickleden Straddle – 5th Feb 2017

Contributed by Fell Captain & Mickleden Race Director, Simon Browne

Seconds away round 2! This was my second time as Race Organiser and whilst I felt a bit more relaxed than I had the previous year, as race day approached I started to wonder whether I'd got everything in place. Luckily thanks to the organisers that have gone before, a pretty robust system is in place to make sure that nothing gets missed.

After 2 years of spending hours and hours manually entering over 200 runners details on to the computer, I have taken the decision that next year's race will be online entry. This coupled to the fact that quite a few people don't have cheque books these days will drastically reduce the admin required for 2018. As I write this I am making a note to raise it at the club AGM!

The one thing that you cannot control is of course the weather. There is a fine line to be trodden between having an accurate enough forecast to say that we will definitely have a race, and giving Jan and Bronwyn enough notice to make cakes, buns, flapjack and sandwiches! As usual they and their team rose to the occasion and produced a fantastic spread, the likes of which I have not seen at any other race! This is such a massive help for me as RO and I cannot thank them enough. As a bonus, donations from the runners for the food helped to raise nearly £200 for Woodhead Mountain Rescue Team.

After an unusually dry January, February started with a series of Atlantic storms blowing in plenty of rain leading to the usual wet and muddy conditions on Mickleden Edge. However, what was different about this year was the lack of wind. At the start, Langsett reservoir resembled a mill pond and the same was true at Howden where Andy Kirby took these amazing pictures on his walk into Checkpoint 3 with Pete Andrews.





I had taken the decision to shave 5 minutes off the CP1 cut-off time at Cut Gate lowering it to 1 hour 10mins. Despite the fact the final pair of ladies were some distance behind the rest of the field, they made it through the checkpoint with 3 minutes to spare. I'm not sure if our sweeper, Anne Middleton, was pleased or not that they made it, as she would have had some catching up to do if they had been timed-out! Next year will see the cut-off lowered again by another 5 minutes. This is for the benefit of the marshals and Mountain Rescue who have to spend a long time out on the hills.

I think that the lack of any breeze made for a faster race with average times up on last year, according to our results man Pete Middleton. This was backed up by the marshals who all commented that this year's crop were through a lot quicker than normal.

This was reflected in the Men's results with this year's winner, Joe Baxter of Pudsey & Bramley finishing in 1:39:47, knocking some 5 ½ minutes off the previous year's winning time. Second place went to Adam Peers of Wakefield Harriers in 1:42:30 with Nat Winfield of Pennine third in 1:44:19. Unfortunately Tom Brunt of Dark Peak was unable to defend his title due to injury.

The 2016 ladies winner, Nichola Jackson of Preston Harriers did not try and defend her title either, having run a fantastic race at Wadsworth Trog the day before.

So for 2017, the first lady home, in 26th overall, was Caitlin Rice in 2:01:34. Second place was claimed by Sally Fawcett of Dark Peak in 2:04:08 (36th overall) and a great run saw Judith Jepson of Dark Peak take not only third ladies prize but also first W50 in 2:08:59 (50th overall).

The men's team prize went to East Hull Harriers (Matthew Hayes, Stuart Carmichael, Daniel Jones) and the ladies winners were Dark Peak (Sally Fawcett, Judith Jepson, Rose Paxman).

First DDAC home was Johnny Ridge in 39th place and a time of 2:04:53. Next was Andrew du Feu in 57th spot in 2:11:59, followed by Andy Green in 74th place in 2:16:30. (Despite Andy Green being nearly 8 minutes quicker this year, he finished 7 places lower than in 2016!)

The only lady representing the club was Rosalind Bedford who finished 189th in a time of 3:12:29, Well done Ros!



**Johnny, Andrew, Rosalind & Andy
nearing CP1 at the top of Cut Gate**



Brilliant photos courtesy
of Mossienet
Photography

As ever, a huge vote of thanks goes to all the helpers, marshals and Woodhead Mountain Rescue Team without whose help it would not be possible to hold the race. A special mention goes to Anne & Pete Middleton, Tony Sharpe and Andy Kirby for their continued support.

I have still to sort out the financial side of things but through beer sales and food donations we have already raised approx. £400 for Woodhead MRT, with some more to come from people who withdrew but wanted to donate their race fee.

This year's race fee went up slightly from £6 to £8. This is so we can not only support Woodhead Mountain Rescue Team but we can also contribute to the Peak District Access Fund and do our bit for the environment. Again, until the finances are settled, I am not sure exactly how much the club will be contributing. The Park Authority set up the fund to use for:

- new access points on access land
- restoring paths on access land
- promoted paths on access land
- implementation and dedication of new areas of access land
- new concession paths to improve links to existing access
- enhancing the accessibility of paths
- other improvements such as signage

See below for an idea of what a donation will go towards:

- £40 repairs one metre of path
- £100 pays for a volunteer working party to work on access projects
- £110 pays for a fingerpost
- £150 pays for a new stile
- £250 pays for a new wicket gate.

Overall I think the whole day was a great success but if you have any comments or ideas on how we can improve it for next year, please feel free to let me know!



A happy and relieved Race Director looking forward to a well earned bottle of Rescue Ale

Dukeries 11th February 2017

Position	Name	Club	Category	Time	Comments
1	Iain Bailey	Sleaford Striders	MSEN	01:04:54	
18	Annabel Prow	Holme Pierrepont	LSEN	01:24:59	1st Lady
136	Chris Walker	Denby Dale AC	MSEN	01:56:18	
160	Sarah Everett	Denby Dale AC	LSEN	02:03:38	

Bath Skyline 11th February 2017

Position	Name	Club	Category	Time	Comments
1	Harry Kingston	Bristol up and runners	Male (20-39)	39.53	
8	Rosie Davies	BRAT	Female (20-39)	48.13	1st Lady
71	Abbie Dagg	Denby Dale AC	Female (40-49)	1.13.31	

The Skyline is a 10K off-road night race organised by Relish Running Races. There's mud, technical slippery sections and the course is marked with 'glow in the dark' arrows and tape dangling from trees.

Abbie spotted wearing her glow in the dark running Skins.



Muddy Boots 12th February 2017

Position	Name	Club	Category	Time	Comments
1	Andrew Grant	Harrogate Harriers & AC	M40	34:35	
26	Nik Tarrega	York Knavesmire	F	42:36	1st Lady
160	Peter McEvoy	Denby Dale AC	M60	52:57	
252	Norman Roper	Denby Dale AC	M60	58:45	



Pete & Norman at the annual Muddy Boots 10K—
a multi-terrain course near Ripon.

Liversedge Half Marathon 12th February 2017

Position	Name	Club	Category	Time	Comments
1	Jason Cherriman	Leeds City AC	MSEN	1.11.30	
36	Lucy Collins	Stainland Lions	FSEN	1.27.17	1st Lady
228	Jo Worboys-Hodgson	Denby Dale AC	F45	1.51.06	

Is this a fish out of water??????



Flower Scar Junior Fell race u15s - 18th February 2017

Position	Name	Club	Time
1	Addison Willis		21.54
6	Euan Dady	Denby Dale AC	28.41



DDAC Junior—Euan planning his next overtaking manoeuvre

Tunbridge Wells Half Marathon - 19th February 2017

Position	Name	Club	Category	Time	Comments
1	James Connor	Kent AC	MSEN	1.08.50	
34	Hazel Behagg	Paddock Wood AC	F45	1.22.29	1st Lady
689	Ralph Barker	Denby Dale AC	M60	1.51.34	

Wombwell 5 - 19th February 2017

Position	Name	Club	Category	Time	Comments
1	Robert Smith	Notts AC	MSen	26:31	
29	Samantha Shaw	Penistone	F	31:20	1st Lady
156	David Townend	Denby Dale AC	M60	40:07	

Dave T - on his favourite terrain



Hoppits Hill Fell Race (Junior and Senior Race) - Sunday 26th February

Contributed by Phil Ellis



For anyone that is an inexperienced off road runner this is a perfect stepping stone into fell running. The course is fully marked and has plenty of ups and downs without having anything too daunting! The race is organised by the amazing Nicky Spinks so it is also an opportunity to meet a fell running legend.

Juniors

There are various races in the Junior Categories.

Age	Colour	Distance	Climb
6 to U8 years	Red	1 km	80 m
8 to U10 years	Orange	1.5 km	100 m
10 to U12 years	Blue	2.35 km	120 m
12 to U16 years	Green	3.25 km	140 m

In all we had 4 Juniors take part with Sylvie and Victoria in the Orange Race, Tamsin in the Blue and Frances in the Green. All our juniors started at the same place but the Orange race set off up and the others went down. All routes took in Hoppits Hill (pictured above) while the longer races also went up what is known locally as the yellow brick road. There were some great performances with Sylvie and Victoria doing battle all the way round.



Sylvie enjoying a fast descent at Hoppits Hill

Senior Race

3 of us ran the senior race which is 5km with 260m of climb.

Age	Colour	Distance	Climb
Over 16 and adults	Black	5.00 km	260 m

The race sets off straight up the Yellow Brick Road so it is a tough start. The race then brings you back down in to the valley bottom then straight up Hoppits Hill. It is great little route and well worth a visit next year.

Hoppits Hill 26th February 2017

Senior Race

Position	Name	Club	Category	Time	Comments
1	Mike Fanning	Holmfirth Harriers	MV40	21.41	
14	Samantha Shaw	Penistone	FSEN	25.24	1st Lady
36	Phil Ellis	Denby Dale AC	MV40	28.22	
82	Rachel Warsop	Denby Dale AC	FV40	36.40	
94	Si Warsop	Denby Dale AC	MV50	44.52	

U11 Race

Position	Name	Club	Time
1	Declan Levay	Holmfirth Harriers	9.08
5	Victoria Worboys-Hodgson	Denby Dale AC	11.03
7	Sylvie Ellis	Denby Dale AC	11.11

U13 race

Position	Name	Club	Time
1	Jenson Bentram	Clayton Le Moors	11.21
7	Tamsin Warsop	Denby Dale AC	17.02

U15 Race

Position	Name	Club	Time
1	Huch Mackie	Penistone	17.44
12	Frances Worboys-Hodgson	Denby Dale AC	30.01

A grand day out for all the family !

Huddersfield 10k - 26th February 2017

Position	Name	Club	Category	Time	Comments
1	Joe Sweetnam-Powell	Sheffield RC	MSEN	35.43	
21	Fiona Davies	Rotherham Harriers	F40	41.49	1st Lady
52	Bridget Coomber	Denby Dale AC	F50	44.37	1st Lady V50
152	Samara Wood	Denby Dale AC	F35	50.19	
173	Glenn Holdsworth	Denby Dale AC	MSEN	51.52	
185	Peter McEvoy	Denby Dale AC	M60	52.30	
333	Norman Roper	Denby Dale AC	M65	58.37	
372	Chris Walker	Denby Dale AC	M60	1.00.35	
486	Stella Taylor	Denby Dale AC	F55	1.07.01	
487	Joanne Firth	Denby Dale AC	F40	1.07.10	
509	Sue Levinson	Denby Dale AC	F60	1.08.53	



Bridget on top form winning 1st lady V50 with Sam & new member Glenn not far behind





Also enjoying the hills and spring weather at Huddersfield 10K were Joanne, Stella, Norman, Pete and Chris

Ilkley Moor Junior Fell race u17s -26th February 2017

Position	Name	Club	Time
1	Oscar Stapleton	Ilkley Harriers	13.44
7	Abigail Caie	Denby Dale AC	16.56

Well done Abi—finishing 7th & 3rd girl in this tough 2 mile race



Cambridge Half Marathon - 5th March 2017

Position	Name	Club	Category	Time	Comments
1	Aaron Scott	Lincoln Wellington	MSEN	1.07.57	
30	Tracy Barlow	Thames Valley	F	1.16.23	1st Lady
1634	Ian Sargent	Denby Dale AC	MV40	1.44.06	

Sadly no photographic evidence but Ian was bound to be smiling whilst flying around the tarmac course—his favourite terrain!



Hope Winter Fell Race - 5th March 2017

Position	Name	Club	Category	Time	Comments
1	Chris Arthur	Bowland	MSEN	44.43	
19	Caitlin Rice	Ribble Valley Harriers	FSEN	54.55	1st Lady
91	Andy Green	Denby Dale AC	M40	1.09.05	
121	Anne Middleton	Denby Dale AC	F50	1.14.54	
157	Vicky McClelland	Denby Dale AC	F40	1.27.18	

This was a Category BS fell race—5.9m 1480ft over Win Hill - a proper winter race with rain, sleet, snow



Bet her legs are cold



Andy, Vicky (not sure about this fell race lark!) & Anne find wintry weather on Win Hill.

Photos courtesy of a frozen Peter Middleton

The hot drink and finisher's cake made it all worth while.

Norton 9 - 5th March 2017

Position	Name	Club	Category	Time	Comments
1	Gregan Clarkson	Kingston upon Hull AC	MSEN	49.52	
15	Faye Banks	Pontefract AC	F35	55.04	1st Lady
54	Bridget Coomber	Denby Dale AC	F50	59.57	1st Lady v50
111	Steven Sharp	Denby Dale AC	M40	1.05.23	
142	Katie Sharp	Denby Dale AC	FSEN	1.07.43	
221	Peter McEvoy	Denby Dale AC	M60	1.13.16	
233	Peter Ramsden	Denby Dale AC	M60	1.14.14	
235	Jon O'Hanlon	Denby Dale AC	M50	1.14.27	
299	Norman Roper	Denby Dale AC	M65	1.18.50	
339	Chris Walker	Denby Dale AC	M60	1.22.36	
358	Sarah Everett	Denby Dale AC	F40	1.23.38	
456	Abbie Dagg	Denby Dale AC	F40	1.34.40	

Another grand turnout from DDAC and Bridget wins another prize!



Pete (Ramsden,), Chris, Sarah, Pete (McEvoy) & Norman—Norton 9

Dentdale 14 - 11th March 2017

Position	Name	Club	Category	Time	Comments
1	Ian Livesey	Barlick	MSEN	1.09.18	
51	Jacqueline Keavney	Richmond & Zetland	F45	1.38.32	1st Lady
312	Rosalind Bedford	Denby Dale AC	F55	2.14.30	



14 miles with a pebble in her shoe—Rosalind fights on despite a very sore foot

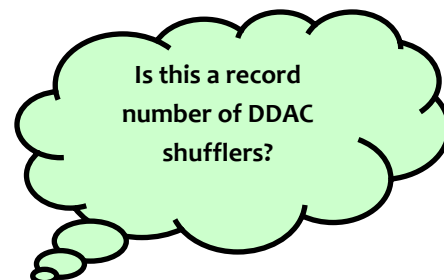
Silkstone Shuffle - 18th March 2017

Senior Race

Position	Name	Club	Category	Time	Comments
1	Kevin Doyle	Kimberworth Striders	MV40	27.24	
9	Johnny Ridge	Denby Dale AC	M	29.49	
14	Matthew Caie	Denby Dale AC	MV50	30.48	
15	Andrew Dufeu	Denby Dale AC	MV40	32.01	
24	Julie Wilson	Hallamshire Harriers	LV40	32.42	1st Lady
36	Steven Sharp	Denby Dale AC	MV40	34.09	
40	Katie Sharp	Denby Dale AC	L	35.04	
49	Anne Middleton	Denby Dale AC	LV50	36.04	
58	Jon O'Hanlon	Denby Dale AC	MV50	37.30	
62	Samara Wood	Denby Dale AC	L	38.12	
78	Vicky McClelland	Denby Dale AC	LV40	40.09	
98	Simon Ellis	Denby Dale AC	MV40	42.03	
101	Roaslind Bedford	Denby Dale AC	LV50	42.21	
114	Rachel Warsop	Denby Dale AC	LV40	44.16	

Junior Race

Position	Name	Club	Time	
1	Gus Dufeu-Long	Denby Dale AC	9.57	
8	Abigail Caie	Denby Dale AC	11.35	1st Girl
11	Ben Worboys-Hodgson	Denby Dale AC	12.03	
12	Euan Dady	Denby Dale AC	12,11	
13	William Roberts	Denby Dale AC	12.18	
15	Tamsin Warsop	Denby Dale AC	12.40	
16	Freddie Naivalurua	Denby Dale AC	12.43	
17	Emily Wright	Denby Dale AC	12.59	
18	Victoria Worboys-Hodgson	Denby Dale AC	13.18	
19	Daisy McClelland	Denby Dale AC	13.35	
21	Alice Campbell	Denby Dale AC	13.39	
23	Sylvie Ellis	Denby Dale AC	13.47	
24	Bertie Naivalurua	Denby Dale AC	14.06	
30	Zach Ellis	Denby Dale AC	15.39	
31	Elsie Naivalurua	Denby Dale AC	16.27	





William, Elsie, Zac, Emily, Tamsin & Freddie enjoying the first junior Shuffle of the year





Matt, Jon (I'm in my element), Steve & Simon shuffling through a particularly muddy section



Team Denby Dale at Silkstone Shuffle—March 2017

The Windmill 6 - 19th March 2017

Position	Name	Club	Category	Time	Comments
1	Neil Dutton		M	38.27	
4	Andrew Dufeu	Denby Dale AC	M	39.54	
16	Joanne Jones		L	45.06	1st Lady
18	Emma Worsley	Denby Dale AC	L	46.08	
37	Lynne Cubbon	Denby Dale AC	L	50.25	
46	Sue Kaye	Denby Dale AC	LV	51.33	
72	Rachel Warsop	Denby Dale AC	LV	54.53	
78	Chris Walker	Denby Dale AC	MV	56.11	
81	Stella Taylor	Denby Dale AC	LV	57.07	
98	Graham Guest	Denby Dale AC	MV	1.00.30	
113	Si Warsop	Denby Dale AC	MV	1.03.33	

Windmill 6 is part of the **South Huddersfield Trail & Road Series**.

[Check out this link to learn about the 2017 race series - www.trailandroadseries.co.uk/](http://www.trailandroadseries.co.uk/)



Wind, rain & a rainbow—Wimdmill 6 2017
 New member Lynne (below) , Andrew (pictured 2nd in the pack), Sue, Rachel (do you like my waterfall hair do?) & Si



Wolfs Pit 19th March 2017

Senior Race

Position	Name	Club	Category	Time	Comments
1	Stuart Bond	Dark Peak	MV40	42.22	
28	Caitlin Rice	Ribble Valley Harriers	L	48.19	1st Lady
148	Jo Worboys-Hodgson	Denby Dale AC	LV40	58.29	

Junior Race

Position	Name	Club	Time
1	Joe Currie		10.18
26	Euan Dady	Denby Dale AC	14.32



Monsal Trail Half Marathon -26th March 2017

Position	Name	Club	Category	Time	Comments
1	Simon Newton	Ackworth	M	1.16.02	
9	Martha Hanby		F	1.22.17	1st Lady
226	Chris Walker	Denby Dale AC	MV60	2.07.30	

New for 2017 - this half marathon follows the flattish course of the Monsal trail, a former Midland railway line, including 4 tunnels and spectacular Monsal Viaduct. Entry limited to 300 runners ... and our own More Miles Chris Walker was one of them.



Chris—looking cool in his shades

Edale Skyline -26th March 2017

Position	Name	Club	Category	Time	Comments
1	Chris Steele	Borrowdale Fell Runners	MSEN	02:47:45	
35	Sally Fawcett	Dark Peak	W	03:32:55	1st Lady
113	Andy Green	Denby Dale Athletics Club	M40	04:03:54	
141	Joanne Worboys-Hodgson	Denby Dale Athletics Club	W40	04:11:00	
212	Anne Middleton	Denby Dale Athletics Club	W50	04:35:55	1st V50

Edale Skyline—Category AL, 21.1m & 4,505ft with race experience entry requirements. I would never have entertained entering if it wasn't for our fell captain including it in the Fell Championship—thinking it was a step too far. Not only is it a long hard race but, as I was to discover, the conditions in March can be extreme and there are also strict cut-offs.

I attempted to reccy part of the route with Rosalind—we left Edale on what seemed like a nice day and made it to the top of Ringing Roger (CP1) where knee deep snow & gale force winds forced a retreat to the valley, convinced that our toes would snap off — we were so cold despite wearing FULL FRA kit. Andy kindly took me on two further reccies in cold & wind and torrential rain ; I'd never seen so much peaty water flowing off Kinder - stream crossings were treacherous.

Race day was a complete contrast—clear blue skies and a gentle breeze with fabulous views. I was relieved to make it to the cut-offs fairly comfortably— & it is a great but tough route. However I've learned to respect the 'other world' conditions of Kinder.

Editor



Jo reaching the summit of Mam Tor

Anne approaching Win Hill before the new 2017 detour through the trees almost down to Ladybower only to climb all the way back up to the trig on Win Hill



Andy looking very continental , on what for him is just a warm up for his next ultra



This was a bit of a fluke— a national fell championship race the day before meant talented older runners were resting so there were only two FV50s! It is a lovely silver platter. I also won a pair of secateurs; probably the most useful prize I've ever won.

Trunce Race 1 - 27th March 2017

Senior Race

Position	Name	Club	Category	Time	Comments
1	Connor Henderson		Male	23:35	
35	Oliver Ingham	Denby Dale AC	Male	28:32	
40	Ellie Crownshaw	Bradfield	Female	28:56	1st Lady
42	Andrew du Feu	Denby Dale AC	Vet Male	29:03	
47	Matt Caie	Denby Dale AC	Vet Male 50	29:16	
157	Jon O Hanlon	Denby Dale AC	Vet Male 50	36:28	
240	Dave Gill	Denby Dale AC	Vet Male	41:09	
277	Sally Campbell	Denby Dale AC	Female	43:43	
319	Peter Mcevoy	Denby Dale AC	Vet Male 60	47:47	
350	Norman Roper	Denby Dale AC	Vet Male 60	50:20	
373	Si Warsop	Denby Dale AC	Vet Male 50	53:34	
375	Rachel Warsop	Denby Dale AC	Vet Female	53:53	
376	Stella Taylor	Denby Dale AC	Vet Female 50	53:54	
418	Pete Andrews	Denby Dale AC	Vet Male	01:07:25	

Junior Race

Position	Name	Club	Time
1	William Burton	Hallamshire Harriers	13:26
2	Gus Dufeu-Long	Denby Dale AC	13:55
18	Abigail Caie	Denby Dale AC	16:26
23	Euan Dady	Denby Dale AC	17:19
26	Ben Worboys-Hodgson	Denby Dale AC	17:34
28	Emily Wright	Denby Dale AC	17:46
36	Tamsin Warsop	Denby Dale AC	18:36
40	Victoria Worboys-Hodgson	Denby Dale AC	18:56
45	Alice Campbell	Denby Dale AC	19:33
60	Frances Worboys-Hodgson	Denby Dale AC	22:54

The first in the series of 9 Trunce races is always a popular race, with longer queues than usual.





Photo courtesy
of Mossie Net
Photography

CROSS COUNTRY 2017 — Spring highlights

It isn't just fell running that members have been enthusiastic to try for the first time—spring cross country races saw new faces joining the regulars.

Yorkshire Cross Country Championships 7th January 2017

	Position	Name	Club	Time
Boys U13	1	Sam Smith	Wharfedale	08:30
	71	Ben Worboys-Hodgson	DDAC	11:21
Girls u13	1	Alice Jones	Wharfedale	08:54
	89	Daisy McClelland	DDAC	12:29
	99	Tamsin Warsop	DDAC	13:18
Girls u15	1	Abbey Brook	Wakefield Harriers	13:40
	33	Abi Caie	DDAC	16:12
Ladies	1	Julie Briscoe	Wakefield Harriers	30:24
	67	Jo Worboys-Hodgson	DDAC	38:18
	84	Katie Sharp	DDAC	40:11
	87	Anne Middleton	DDAC	40:46
	101	Vicky McClelland	DDAC	42:20
	102	Emma Worsley	DDAC	42:27
	145	Rachel Warsop	DDAC	50:12
Mens	1	Emile Cairaess	Leed City	33:47
	158	Johnny Ridge	DDAC	43:16
	237	Steven Sharp	DDAC	46:19
	271	James Worsley	DDAC	55:07

Newcomers Emma & James Worsley and Katie & Steven Sharp had a gentle introduction to XC with virtually mud free conditions at Lightwater Valley—not the knee deep muddy soup we'd experienced the previous year. New bright pink and silver running shoes* looked as though they'd just come out of the box at the finish line.

(* belonging to Emma & Katie!)

Seniors appreciated enthusiastic encouragement from DDAC juniors including 6 year olds Eddie & Noah.



National Cross Country Championships 25th February 2017

	Position	Name	Club	Time
Ladies	1	Jessica Judd	Chelmsford	29:07
	340	Katie Sharp	DDAC	39:27
	475	Anne Middleton	DDAC	42:04
	488	Emma Worsley	DDAC	42:24
	599	Vicky McClelland	DDAC	45:41
	665	Sue Kaye	DDAC	47:49
	680	Rachel Warsop	DDAC	48:30
	715	Kate Lucas	DDAC	50:14
	746	Emma Dorman	DDAC	53:20
	752	Abbie Dagg	DDAC	53:49
Mens	1	Ben Connor	Derby	39:35
	898	Johnny Ridge	DDAC	53:48
	1395	Steven Sharp	DDAC	01:01:10
	1748	Mick Collinson	DDAC	01:19:18

This year's nationals were held at Wollaton Park in Nottingham. The 8K and 10K ladies and men's courses took in varied terrain beside the lake, up the hill to the ornate hall and plenty of smelly mud splashes. For Emma Dorman it was her first experience of XC— why not go straight to national level competition! Our ladies team finished 65th out of 93. Sadly there were too few men for a team result. We were supported by juniors Daisy, Harriet, Noah & Nuala and a mystery man who turned out to be new member Steve Skidmore.



Yorkshire Vets Cross Country Championships 4th March 2017

	Position	Name	Club	Time
Ladies	1	Helen Berry	Holmfirth	20:40
& Men 70+	27	Jo Worboys-Hodgson	DDAC	24:45
	34	Sam Wood	DDAC	25:50
	35	Jennifer Broadbent	DDAC	25:53
	36	Anne Middleton	DDAC	25:55
	62	Lynne Cubbon	DDAC	28:33
	67	Sue Kaye	DDAC	29:07
	70	Kate Lucas	DDAC	29:23
	71	Rachel Warsop	DDAC	29:30
	84	Rosalind Bedford	DDAC	30:34
	85	Stuart Walton	DDAC	30:37
Mens 35 to 49	1	David Watson	Holmfirth	32:50
	22	Ross McClelland	DDAC	36:49
	31	Matt Caie	DDAC	38:20
	38	Andrew Dufeu	DDAC	39:19



The Yorkshire Vets championship was held at Northern Racing College, Doncaster where our teams tried to emulate equine throughbreads. At YVAA events the ladies get off quite lightly with a 5K course whilst the men have to run 10K—equality still hasn't reached the world of XC (*not that we're complaining*). Anne, Sue and Rosalind came 4th in the FV55 team competition.

Fortunately there were no
6 foot fences to negotiate,
just a couple of water
jumps.



Lynne, Sue, Kate & Rachel
—a DDAC bunch sprint?!

Ross, Andrew & Matt—our 3 happy musketeers



Letter From America

Contributed by Bob Johnson, US

In 1971 I was a Chemistry Undergraduate at Liverpool University. Like all 1st year students at the time, I was posted to a Hall of Residence, Rathbone Hall, located at the end of Penny Lane. The same one immortalized by the Beatles in 1967. I didn't realize it at the time but I made friendships there that have lasted to the present day.

Back in those days, student loans hadn't been invented. As Rathbone was rapidly consuming our meager student grants, my pal Stu Allen and I relocated to a bedsit nearby after two terms. Stu was an English Major so you can imagine the lively discussions we had in the pub across the road most nights. As a simple scientist, I had no idea where the English language came from and that it was constantly evolving. Stu quickly rectified that deficiency, as did I with him on tricky chemistry matters like quantum mechanics and Schrödinger's cat.

In the century before the Pilgrims arrived in New England, the English language was growing at an impressive rate. It is said that during this period about 10,000 new words had been added to the lexicon. I learned from Stu that new words are introduced typically to deal with the social context in which they are needed. I find it interesting that the settlers from England discarded or changed the original meaning of such words as mere, moor, marsh, pond and creek and invented others like swamp, hollow, range and bluff to suit their new surroundings. Examples of words originally used in England but which had become mostly unused by the mid-19th century are Fall (Autumn), hog, cabin, bushel, closet, attic and gully. The early settlers also brought dialect words like chitlins, teeter, skedaddle, cater-corner, wilt and hub. Oddly enough, fortnight and Boxing Day never crossed the pond and pavement refers specifically to the street rather than the sidewalk.

New words were invented by compounding others like eggplant, copperhead, rattlesnake, bluegrass, bobcat, catfish, bullfrog, tightwad, cheapskate, skyscraper, drugstore and sapsucker to best describe the situation.

Perhaps not surprisingly, words were also taken from American Indian vocabulary: moose, papoose, raccoon, caribou, moccasin, hickory, squash and skunk are examples. The phrase commonly used today "in that neck of the woods" was borrowed from the Algonquin naiack. The Canadian-French word toboggan and Spanish-derived words like maize, hammock and barbecue were similarly assimilated. And the influx of German, French and Scottish-Irish immigrants during the 18th Century compounded the drift away from the conventional English language of the day.

It is generally believed that immigrants came in 4 waves: Puritans from eastern England to New England; elite royalists and slaves to Virginia; groups from the north Midlands and Wales to Delaware; masses from the Scottish borders and Ireland to Appalachia. This in part explains why there are regional differences in the way English is spoken throughout the US. Moreover, settlers frequently moved to other locations hence incorporating their own dialects and vocabulary across the country.

During the 19th Century, Americanisms started to proliferate: quick on the trigger; to whitewash; to keep a stiff upper lip; to fly off the handle; to move like greased lightning; to sit on the fence; to go the whole hog (or enchilada); a close shave; to bark up the wrong tree; to talk turkey etc. Of course, many of these expressions have been assimilated into everyday English in the UK.

As the wealth of Americans grew, so did the various words to describe the prosperous: tycoon; businessman; self-made man; well-to-do; in clover; high roller; multi-millionaire etc.

When it comes to the New England town of Worcester, the locals pronounce it Wor-cest-er. Likewise with Wor-cest-er-shire sauce. I'm curious how long the current English pronunciation has been used. Sadly I can't ask Stu as he passed away suddenly in 2008. He will be missed at our next Liverpool Reunion this coming June.

Note also that we Americans are not alone, there are other varieties: Down-Under English; Singlish (Singaporean English); Chinglish (Chinese English); Indian English etc. No doubt all equally interesting!

The photo (below) comes from 1988 showing our successful Ladies with their trophies. From left: Gil Egner, Sandra Kay, Denise Faller, Eileen Denby, Teresa Yallop, Judith Johnson and Jill Town. Gil and Teresa were triathletes and Gil went on to do great things on her bicycle. Great ambassadors for the Club.



Happy running DDAC!

Bob Johnson, Colorado March 24 2017. (Bob.johnson@skybeam.com)

(Acknowledgment: Bill Bryson Made in America)

DDAC Road & Fell Race Championships 2016/17

**Winner's of the 2016/17
Road championship trophies were :**

Ladies

Overall—Katie Sharp

Vet—Abbie Dagg

SuperVet—Anita Nicholson



Men's

Overall—Chris Walker

Vet—Steven Sharp

SuperVet—Chris Walker

**Winner's of the 2016/17
Fell championship trophies were :**

Ladies

Overall—Anne Middleton

Vet—Rosalind Bedford

SuperVet—Anne Middleton

Men's

Overall—Andy Green

Vet & SuperVet— not awarded this year

Other trophies awarded for the 2016/17 season

Deffer dash

Fastest man—Oliver Ingham

Fastest lady—Jo Worboys-Hodgson

Most improved—Phil Ellis

Most race miles

Men's winner—Chris Walker (313 miles) - 5th year
in a row

Lady's winner—Abbie Dagg (311 miles)

Traveller of the Year 2016/17

- nominated by fellow club members

Retiring club chairman for the last 9 years

John Shone



DDAC ROAD RACE CHAMPIONSHIP 2016 - 2017

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

Points are based on your best short, medium & long race plus your best 3 others.

You also need to be a paid-up club member

All results to Anne Middleton please

Race	SHORT			MEDIUM			LONG			Total Points	Points to count	Position	Age Category
	Penistone 10K	Cannon Hall 10K	Meltham 10K	Asker 10m	Guy Fawkes 10m	Norton 9m	Yorkshire Wolds Half Marathon	Holmfirth 15m	Liversedge Half Marathon				
Date	26-Jun-16	4-Sep-16	TBC	14-Aug-16	6-Nov-16	TBC	23-Jul-16	30-Oct-16	12-Feb-17				
Men's scores													
Steven Sharp	9						10			19	19	1	
Chris Walker	4	5					9			18	18	2	SV
Dave Townend	6	7								13	13	3	SV
Oliver Ingham	10									10	10	4	
Johnny Ridge		10								10	10	4	
Steve Blackford		9								9	9	6	SV
James Lodge	8									8	8	7	
Jonathon O'Hanlon		8								8	8	7	SV
Richard Bradley	7									7	7	9	V
Pete Andrews	3	4								7	7	9	SV
Grahan Guest		6								6	6	11	V
Si Warsop	5									5	5	12	SV
Ladies scores													
Anita Nicholson	6	6					8			20	20	1	SV
Katie Sharp	9						10			19	19	2	
Kate Lucas	7	8								15	15	3	V
Jo Worboys-Hodgso	10									10	10	4	V
Sally Campbell		10								10	10	4	V
Kay Couldwell	2						7			9	9	6	V
Rosalind Bedford							9			9	9	6	SV
Samara Wood		9								9	9	6	
Emma Worsley	8									8	8	9	
Catherine O'Brien		7								7	7	10	

DDAC FELL CHAMPIONSHIP 2016-2017

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

Points are 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

Race	SHORT			MEDIUM			LONG			Total Points	Points to count	Position	Age Category
	West Nab 5.9m, 1640ft, Cat AS	Hathersage Gala 4.5m, 1066ft, Cat BS	Hope Winter 5.9m, 1480ft, Cat BS	Weasdale Horseshoe 8.7m, 2001ft, Cat BM	Hodder Valley Show 6.2m, 1148ft, Cat BM	Stanbury Splash 7.3m, 1312ft, Cat BM	Grin & Bear It 15.9m, 1939ft Cat CL	Roaches 15m, 3701ft Cat BL	Edale Skyline 21.1m, 4505ft, Cat AL				
Date	22-May-16	4-Jul-16	5-Mar-17	20-Aug-16	10-Sep-16	15-Jan-17	30-Oct-16	13-Nov-16	26-Mar-17				
Men's scores													
Andy Green			10			10	10	10	10	50	50	1	V
Simon Browne	10	10								20	20	2	V
Oliver Ingham	8	9								17	17	3	
Andrew de Feu	9									9	9	4	V
Ralph Barker	7									7	7	5	SV
Stewart Yates	6									6	6	6	SV
Graham Guest	5									5	5	7	V
Ladies' scores													
Anne Middleton		10	10	10	10	9	9		9	67	49	1	SV
Rosalind Bedford		9		9			9			27	27	2	SV
Abbie Dagg	9	8				7				24	24	3	V
Jo Worboys-Hodgson	10								10	20	20	4	V
Vicky McClelland			9				9			18	18	5	V
Katie Sharp						10				10	10	6	
Rachel Warsop						8				8	8	7	V



2017 Championships

In an attempt to encourage more participation and competition within the club, the Club Captains have devised a new format for the 2017/18 Championships. There will be emphasis on shorter, local races that wherever possible include junior races. Trail and multi-terrain events will be included in the Fell Championship.

The scoring will be as per existing championship for short races ie 10 points for the winning DDAC, 9 for 2nd, 8 for 3rd etc. However, medium races will attract 12pts for the winner, working down (11 for 2nd, 10 for 3rd, etc...) and Long races will start at 15pts for the highest placed DDAC (14 for 2nd, 13 for 3rd, etc..). All runners will earn at least 1 point/race. There will not be minimum number of races for qualification - it will just be a straight league table. In essence the more races you do the more chance you have of winning.

It was decided that to make race planning easier, the season will run from January to December. The 2017 Championships will therefore be an interim one with just 5 races. This will consist of 3 short, 1 medium and 1 long race. The scoring will be as above.

We hope you all partake and enjoy competing for some trophies! *Club Captains*

Fell / Trail Championship races for 2017 are as follows :

SHORT

Mon 8th May 2017 at 6:45pm – Truncheon 3 - 4m, 558ft, Cat BS
Sun 28th May 2017 at 11am – James Thorn - 5m, 1611ft, Cat B

Sat 23rd Sept 2017 at 10:30am - Silkstone Shuffle - 4.5m, 440ft
EOD £5, Silkstone Sports Pavilion (Behind Dearnside Garage).

MEDIUM

Mon 28th Aug 2017 at 12:00pm – Denby Dash - 5m, 690ft
Pre Entry £6, EOD £7, The George Inn, Upper Denby

LONG

Sun 23rd Jul 2017 at 10:30am – Holme Moss 17.7m, 4314ft Cat AL.
Cartworth Moor Cricket Club, Holmfirth, HD9 2TU.

[See the club website for full entry details](https://www.denbydaleac.co.uk/)

<https://www.denbydaleac.co.uk/>

Road Championship races for 2017 are as follows :

SHORT

Wed 14th June 2017 at 7:30pm - Joe Percy 10km
Entry fee £8 via Abbie & Phil, Storthes Hall Lane, Kirkburton

Sun 10th Sept 2017 at 11am- Shepley 10km
Pre Entry £10, EOD £12, Shepley Cricket Club

Sun 17th Dec 2017 at 10:30am - Travellers 6
Cost TBC, The Pie Hall, Denby Dal

MEDIUM

Sun 2nd Jul 2017 - Eccup 10
Entry fee £14, Adel St. John the Baptist Primary School, Long Causeway, Leeds

LONG

Sun 29th Oct 2017 - Bradford Half Marathon
Entry fee £20, City Park Bradford

Future events & dates for your diary

Please don't forget these two classic events in the Club's year



Can you beat Badger?

Tuesday 20th June 2017

7pm at Clayton West Station

Another joint awayday for juniors , seniors, friends & families—to race Badger over 4miles from Shelley back to Clayton West

No entry fee but donations to
Cancer Research UK

See DDAC website for further details

Deffer Dash Series 2017

For all Junior and Senior members

Now in it's 35th year !!

Tuesday 2nd May

Tuesday 4th July

Tuesday 5th September

An undulating course over approx. 1.75 miles on woodland tracks.

The junior 'dash', which will be marshalled & supervised by the junior coaching team, will start at 6.45pm.

The senior 'dash' will start at 7.15pm

Penistone Footpath Runners present "Oxpring Hunshelf Amble"

Saturday 8th July 2017 at 10.30am

This is a 7 mile multi-terrain race following the same route as the Oxpring Hunshelf Amble 's Revenge (in January) but in reverse. Starting from the Trunce start, registration will be at Rafters Bar, Waggon & Horses Oxspring. For further details and entry form :

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

THE DENBY DASH 2017

Bank Holiday
Monday 28th
August 2017

A fundraising race event organised by Denby Village Conservation Group

A 5 mile (8km) scenic and undulating course on footpaths through fields, woodland, conservation land and the historic Quaker Village at High Flatts with a total ascent of 690ft. Route marked & marshalled.

(Also Junior races at 10.30am—see separate flyer/entry form)

Homemade flapjack for all finishers. Prizes for all age categories & spot prizes. Trophy for '1st local' lady and man home.

Entry limit: 150. Minimum age: 16 years

Entry fee: £6 pre-entry (by 23rd August) or £7 on race day

Pre-entries:

Enter on-line at <https://racebest.com/races/denby-dash>

Alternatively, send entry form & cheque payable to 'Denby Village Conservation Group' to 'Denby Dash' c/o The George Inn, Upper Denby, HD8 8UE. Entries are non-transferable & non-refundable.

Registration: 9.30 —11.45am at The George Inn, Upper Denby, HD8 8UE

Race start: 12 noon, behind The George Inn

Prize giving: approx. 1.30pm

Facilities: Free parking at Denroyd Farm HD8 8TZ, 5mins walk away. Toilets available at The George Inn.

Refreshments :

Hot & cold drinks and cake stall from 9.30am. Burgers from 10.30am.

Attractions : Live music & other post race attractions for all the family.

Contact: annemiddleton60@gmail.com

Website: www.denbyvillage.org.uk/

THE DENBY DASH 2017

Bank Holiday
Monday 28th
August 2017

A fundraising race event organised by Denby Village Conservation Group

JUNIOR RACES - choice of 2 races starting and finishing at The George Inn

Denby Gallop—For children aged 6—8 years

A 1 mile (2km) scenic loop on tracks and fields with a steep 140ft climb followed by a fast gallop home.

Pirate ship challenge— for children aged 9 years and over

A 2 mile (3km) course over fields and conservation land with a challenging 240ft climb up to the pirate ship before a fast return route home.

Ice cream for all finishers. Prizes for 1st, 2nd & 3rd in each race; also U11, U13 & U16 prizes for Pirate ship challenge.

Entry fee: £2.50 pre-entry (by 23rd August) or £3 on race day

Pre-entries:

Enter on-line at <https://racebest.com/races/denby-dash-junior-races>

Alternatively, send entry form & cheque payable to 'Denby Village Conservation Group' to 'Denby Dash' c/o The George Inn, Upper Denby, HD8 8UE. Entries are non-transferable & non-refundable.

Registration: 9.30—10.15am at The George Inn, Upper Denby, HD8 8UE

Race start: 10.30am, behind The George Inn. Scheduled so that parents can support their young athletes before racing in the Denby Dash themselves!

Prize giving: approx. 11.30am

Facilities: Free parking at Denroyd Farm HD8 8TZ, 5 mins walk away. Toilets available at The George Inn.

Refreshments: Hot & cold drinks & cake stall from 9.30am. Burgers from 10.30am. Also, live music & other post race attractions for all the family.

Contact: annemiddleton60@gmail.com

Website: www.denbyvillage.org.uk/

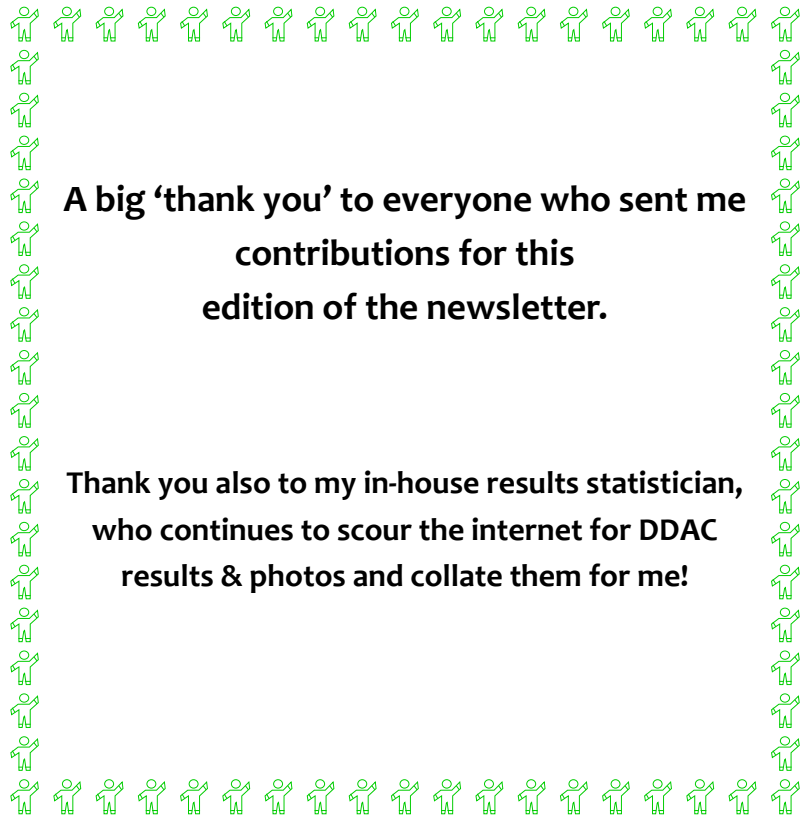
Denby Dale Athletics Club

Newsletter Editor:
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Upper Denby,
Huddersfield HD8 8TZ

Email: annemiddleton60@gmail.com

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 my in-house results statistician,
who continues to scour the internet for DDAC
results & photos and collate them for me!

Next Issue July 2017

Please let me have
contributions by
Mid July !!



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

'Denby Dale AC Seniors' - for Senior section

'Denby Dale AC Juniors' —for Junior section

Senior Members — Information Request

Senior members are kindly asked to confirm their contact details to Tony Sharpe,
Membership Secretary, to ensure that club records are up to date.

Please let Tony have your **address, email and mobile number**—

you can email Tony tonyhsharpe@gmail.com

or see him in the Pie Hall on most Tuesday nights.

