

Denby Dale Travellers AC

# Denby Dale Traveller

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[www.denbydaletravellers.org.uk](http://www.denbydaletravellers.org.uk)

Jul/Aug 2014

## Speedy boys!



***Ross, Kev, Phil and Johnny pictured above at Kirkbymoorside 10K in May which kicked off this year's DDT road race championships. They almost but not quite won the men's team prize apparently—well done lads! Results inside on page 12***

## Sue's 5x10k Challenge

My running challenge started much earlier this year and took much longer, but the aim is still the same, to raise much needed funds for two charities - 50% split - close to my heart and maybe yours too? Also to challenge me and hopefully ensure I keep myself fit

Those who know me well, know the angst I give myself when faced with being part of an organised running event, so 5x10k runs in 5 consecutive months was the aim, with a total of 50k, on both roads and multi-terrain. Actually it's 51k, but that's another tale

Well, now all five runs have been achieved, no more to go!!!! I did Vale of Clwyd on March 30th, a pretty route around lanes of Wales and yes of course it's undulating. However the weather was kind, long shorts and a t-shirt and I ran it all, slowly!!

April 6th was the next run, Harewood House 10k, and a very different experience. A trail run this time and very muddy in places and that was just the parking area! I hadn't expected the land to be so wet, but I had heeded the pre-race information and came prepared with trail shoes - I was very pleased and fear others will have slipped much more than me. The weather again was kind, I wore a waterproof as rain was forecast, but it wasn't needed. I found it hard - very hard - and what a hill at the 8k mark. Having acquired a head cold the day before didn't help matters, but I got round, received my memento medal and some very kind fellow runners pushed my car to get out of the mud in the parking area.

May 10th was my next one - Kirklees 10k Challenge in Huddersfield. A very well organised run and another I would recommend - easy parking, plenty of clean loos, a very nice cafe, and an excellent t-shirt, and the run? Hard especially as it was wet, some road, but mostly on the canal bank which proved to be rather muddy. Lots of short but steep ups and downs at the locks, and yes steps as promised, so not boring and I am sure it was scenic once you were out of the town, but the weather meant I spent most of the time looking at my feet! Anyway successfully accomplished

Next one, number four, June 28th, Clumber Park, so in the forest. I had done this one before, so I knew what to expect to a certain extent, which included getting wet, just as the weather was forecast. But no, it stayed dry and was mostly dry underfoot. I gave myself plenty of time to get there - very necessary as you park a distance away and have to register. So time to enjoy the environment and it didn't rain! Cool yes, but excellent running weather. This run is so well organised, well signed and plenty of stewards, and running through the woods is lovely. Hard, yes, but do I ever think otherwise? And yes I ran it all except for when I had a sip of water. Great t-shirt and goody bag.

Last one is now achieved, first weekend in July, Sunday July 7th. We have done this one before, in fact looking back at the different coloured t-shirts, it seems I had done it 7 times, yes I like this one alot, maybe not at the time, but the whole occasion is good. First and last of the challenges in Wales, and with my good friends Joy and Goeff. This one Llyn Alwen 11k. Weather forecast was unsettled, so what to wear? The decision of shorts and t-shirt was correct, but even fifteen minutes before the start I was taking another layer - not necessary. Weather was kind, not too hot, a sprinkling of rain for all of 2 minutes once we were warm. Terrain is paths, trails and through the woods and around the lake I ran all I had planned - not the very steep hill nor when I wanted to drink, but I only had 4 sips and I ran the rest, very pleased.

So challenge as set completed and yes I am chuffed. Challenge it has been, doing an organised event at what was frequently for me has not been easy, keeping 10k running fit is an effort, different to others over the last few years, but one that has kept me training

Thank you for being a part of it, Sue

<http://uk.virginmoneygiving.com/SueLevinson>

## Letter from America

If you fast-forward 40 years or so from my last letter you will find Shirley and I permanently resident in Colorado. This is my 2<sup>nd</sup> sojourn in the USA: I was seconded to ICI Americas in 1988 and lived in Wilmington Delaware for about 2 years. Thankfully my wandering days are over!

Like most schoolboys in the '60's I was acutely aware of social developments taking place in the USA, albeit from a distance. And as a university student in the '70's the Vietnam War and its fallout were constantly capturing the headlines world-wide. Bob Dylan's 1964 ballad "The Times they are a-Changin'" definitely summed up this period of intense flux.

In 2014 we are reminded of the 50 year anniversary of the signing, by President Lyndon Baines Johnson, of the Civil Rights Act 1964. This was ground-breaking legislation for minority and ethnic groups, especially African Americans and was originally introduced by President Kennedy. The earlier 1862 Emancipation Proclamation tabled by President Abraham Lincoln in 1862 freed Negroes from physical slavery, but on paper only. As Rev Martin Luther King Jr rightly said in his famous Dream speech in August 1963: "Negroes are still crippled by manacles of segregation and chains of discrimination". Perhaps MLK is best known for his shameful and tragic assassination but his modus operandi is probably his lasting legacy: the advancement of civil rights by non-violent civil disobedience. At the time this was remarkable given widespread racial discrimination, particularly in the Deep South of the United States. Thankfully, MLK lived to see the legislation enshrined in law before his untimely death.

My favorite quote from the same speech is: "I have a dream that one day my four young daughters will not be judged by the color of their skin but by the content of their character". And yet what do we find, even today, but that wealthy and powerful white bigots - like Donald Sterling ex LA Clippers basketball team owner - continue to make racist remarks in public. Just this week Republicans in the Carolinas have approved State legislation that will restrict voter access during elections, thereby intimidating and disenfranchising Latino and disadvantaged African American and other minority citizens who traditionally vote Democrat. This is not what JFK, LBJ and MLK envisaged in the Civil Right Act and subsequent amendments. Progress has been made but there is still a long way to go.

As it happens, my best friend in Colorado is an African American, George Hamilton (see attached photo). George and his elder brother Alan are both decorated Vietnam Veterans; Alan was awarded 3 Purple Hearts for courage and bravery in combat. Their sister Phyllis was appointed a Federal Judge by President Bill Clinton. Yes, success is possible for minority groups. On a personal note I am proud to say that I helped elect Barack Obama as the first African American President of the USA. Yes, You Can!

The Civil Rights Act applies to sport as well, where African Americans abound. In the world of boxing there is the inimitable Muhammad Ali ("fly like a butterfly and sting like a bee") and his nemesis Smokin' Joe Frazier. We remember also Sonny Liston, Sugar Ray Leonard, Mike Tyson and George Foreman.

In athletics we have Florence Griffith Joyner (FloJo), Jackie Joyner-Kersey, Evelyn Ashford, Allyson Felix, Lucinda Williams and Gwen Torrence spearheading the Ladies, all Olympians.



For the Men we have Carl Lewis who won 10 Olympic Medals in various disciplines. Bob Beamon who set the incredible WR in the long jump at the 1968 Mexico Games, a record which was held until 1991 when bettered by Mike Powell in Tokyo. Jesse Owens won 4 Olympic Golds in front of another infamous racist Adolf Hitler at the Berlin Games in 1936. Roger Kingdom, Ed Moses and Michael Johnson were supreme sprinters and hurdlers. Bullet Bob Hayes is the only person to win an Olympic Gold and a Super Bowl Ring.

In golf there is the spectacular Tiger Woods whose achievements are well documented. But we await his return to winning ways.

In baseball, Jackie Robinson was the first African American to play in Major League Baseball in 1947. Like MLK he practiced non-violence and became a leading light in the Civil Rights Movement. The MLB also has a tradition embodied in "Jackie Robinson Day" when every player in the league wears his # 42 jersey. Another famous slugger is Barry Bonds who hold the records for most career Home Runs and most Home Runs in a season. Unfortunately, he is also infamous for suspected use of steroids for which he has, controversially, not yet been inducted into the Baseball Hall of Fame.

In tennis, we have Wimbledon Champions Venus and Serena Williams and Arthur Ashe.

On the basketball court we have Earvin "Magic" Johnson (perhaps more famous for contracting HIV, but a truly great player and ambassador for Basketball). And Shaquille O'Neal, Charles Barkley, Kobe Bryant and - of course - Michael Jordan head up an illustrious list of athletes.

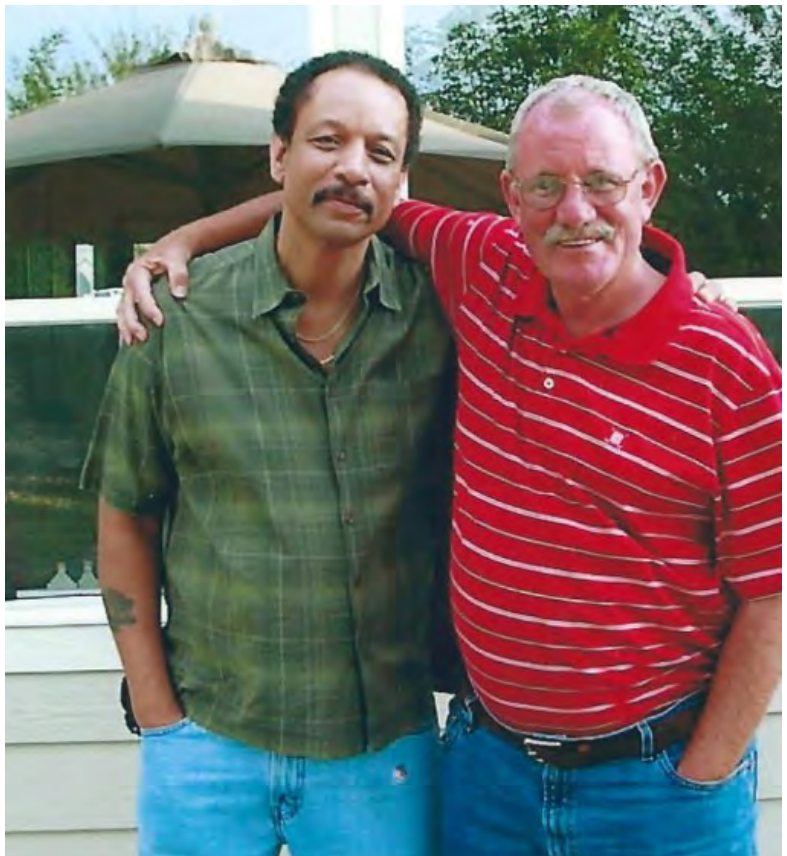
On the football field (American-style that is), African Americans probably make up the majority of players in today's game. But, once again, the famous OJ Simpson ("The Juice") rules the roost. He held numerous records in the NFL before his retirement and induction to the Pro Football Hall of Fame. Sadly, the world knows only too well the saga of the Nicole Brown Simpson and Ron Goldman murder case. Although acquitted in the criminal trial, he is a convicted felon and currently incarcerated for other crimes. Oh how the mighty have fallen!

Interesting footnote: the 2012 London Olympic Games was the first event where women competed in every sport under contention.

Happy Running, Travellers!

Bob Johnson, August '14 Colorado.  
([bob.johnson@skybeam.com](mailto:bob.johnson@skybeam.com))

Acknowledgements: Wikipedia



## Family and Health: Running - the cheap, easy way to beat obesity

Music teacher Ralph Barker has been a lifelong runner and says it's the best way to get fit and prevent weight gain.

Music teacher Ralph Barker, known to young musicians all over Huddersfield, took up running more than 30 years ago because he was starting to feel 'lethargic'.

There's no doubt in his mind that if he hadn't bought a pair of training shoes he would have developed a weight problem, because if there's one thing that Ralph enjoys as much as running it's eating.

"I run so that I can eat," said Ralph, now 58, "I enjoy food a lot, I love cooking and I eat healthily. But because I run I don't put on weight."

Running was recommended to him all those years ago by friends who said it was the cheapest and easiest way to get fit.

"I'm very obsessive person," he added, "I threw myself into it and within a year I was running 70 miles a week and going out every day."

Over the decades he has competed in a number of marathons, Lakeland fell races and other competitive events. He was recently given an award for being the only person to run in all 30 Calderdale Way Relay Races, a 50-mile race run in six legs through the Calder Valley's beauty spots.

He is now a firm believer in the restorative powers of running and recommends it to anyone who wants to shift excess weight and gain a greater sense of wellbeing.

He explained: "The whole thing with weight loss is that running increases your metabolism and clears toxins from your body – the bad stuff gets flushed out faster. I firmly believe this."

And he acknowledges that brisk walking and gentle jogging can have the same effect as competitive running. "It all about getting out there and exercising," he said.

Despite rising national obesity levels there are signs that in Huddersfield more people are becoming more active. Ralph joins the popular weekly 5 kilometre Parkrun every Saturday at Greenhead Park, which is part of a national movement to stimulate interest in exercise.

"After the Olympics there was criticism that it hadn't inspired people to take up sport," said Ralph, "but the Parkrun attracts 600 people, of all ages. It is the second largest Parkrun in the world."

"Those doing it are not necessarily serious runners, some walk and some push buggies around. It's run by volunteers, it's huge and it's great. It has a real family ethos."

(New runners need to register at [www.parkrun.org.uk/huddersfield](http://www.parkrun.org.uk/huddersfield))

Cont.....

Although Ralph still runs competitively, often against much younger runners, and enjoys the sense of achievement from taking part in events, he says running offers many other rewards.

It has kept him fit enough to indulge in his other hobby - mountaineering (he once climbed Anna Purna with his daughter Elisa) and has been a stress buster.

As Senior Upper String Teacher for Kirklees Music School and conductor of youth string orchestras, Ralph has a busy professional life with many demands made upon his time.

But once he steps out into the countryside near his home in Bolster Moor the pressures melt away.

"I do a lot of thinking when I'm running," he says, "I think better while running than sat down. And you feel really energised afterwards.

"Professionally I know quite a few musicians who run.

"When you're feeling tired, the best thing to do is to go out and exercise in the fresh air.

"That sense of wellbeing is enhanced when you are out in all weathers and if you know you are going to get a buzz afterwards you look forward to going."

As well as maintaining a steady and healthy body weight, Ralph has acquired the other health benefits of regular exercise.

He is rarely ill, has good blood pressure, and boasts a resting pulse rate of just 47 (according to NHS Choices, the average in UK adults is between 60 and 100), which is typical for athletes who train regularly.

These days Ralph runs three or four times a week, fitting it around his commitments.

He is a member of Oakes Baptist Church, trains with the Denby Dale Travellers running group, enjoys eating out with his wife Tish and visiting his two daughters and two grandchildren, who live the South of England.

He plans to keep running "forever" and his top tip for those who want to emulate him is



in

## **Denby Dale Travellers - Fell Championship 2014/2015**

### **Remaining races**

#### **Short**

**Sun 7th Sept 2014, 11.00am - Shelf Moor 5.7m/1499' Cat: AS**

Venue: Scout Hut, Old Glossop. GR 042949 (race start 15 min walk from registration).

£4.00 on day. Website: [glossopdale.org.uk/races/racessm.html](http://glossopdale.org.uk/races/racessm.html)

**Sun (mid) March 2015, 11.00am Lad's Leap 11.00am 5.9m/1699' Cat: AS**

Venue: Crowden Campsite, nr Woodhead, off A628. GR 073993

£?? usually entry on day. Email: [desgibbons@live.co.uk](mailto:desgibbons@live.co.uk)

*NB: final race date/details will be confirmed in FRA Calender published in Dec 2014*

#### **Medium**

**Sun 2nd Nov 2014, 10.30am - Cop Hill 7m/899' Cat: CM**

Venue: Meltham Sports & Community Centre, HD9 5QT.

£4.00 pre-entry or on day. Website: [melthamac.com](http://melthamac.com)

#### **Long**

**Sat 27th Sept 2014, 10.30am - Good Shepherd 14.3m/2001' Cat: BL**

Venue: Good Shepherd Centre, Mytholmroyd. HX7 5EA. GR 013258.

£7.00 on day. Email: [steve.woodhead1060@btinternet.com](mailto:steve.woodhead1060@btinternet.com)

**Mid-January 2015 - Trigger Race (linear race from Marsden to Edale) 21.7m/4921'**

**Cat: BL.** Venue: Marsden Cricket Club, West Yorks, HD7 6NN. GR SE044106

Entry fee in 2014 was £10.00

## **Denby Dale Travellers - Road Championship 2014/2015**

### **Remaining races**

#### **Short**

Huddersfield 10k 22nd Feb 2015 [www.huddersfieldroadrunners.co.uk](http://www.huddersfieldroadrunners.co.uk)

#### **Medium**

Guy Fawkes 10 2nd November 2014 [www.niddvalleyroadrunners.co.uk](http://www.niddvalleyroadrunners.co.uk)

#### **Long**

Langdale Half Marathon 20th Sept 2014 [www.greatlangdaleroadaces.co.uk](http://www.greatlangdaleroadaces.co.uk)

Spen 20 8th March 2015 [www.spenac.co.uk](http://www.spenac.co.uk)

## DDT ROAD RACE CHAMPION SHIP 2014-15

### LADIES OVERALL, VET & SV - after Kilburn

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 Sally Campbell please

	SHORT			MEDIUM			LONG						
RACE	Kirkby 10K	Penistone 10K	Hudders 10K	Otley 10	Kilburn 7	Guy Fawkes 10	Eyam Half	Langdale Half	Spen 20				
DATE	4-May-14	29-Jun-14	22-Feb-15	11-Jun-14	13-Jul-14	2-Nov-14	19-May-14	20-Sep-14	8-Mar-15	Total Point	POINTS TO Count	Position	Age Category
Claire Wilkinson	9			9			9			27	27	1	
Jo Worboys	10	9					10			29	20	2	V
Sarah Everett	8			8	10					26	18	3	V
Lesley Leggett		10								10	10	4=	SV
Sally Campbell				10						10	10	4=	



## DDT ROAD RACE CHAMPIONSHIP 2014-15

### MENS OVERALL, VET & SV - after Kilburn

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 Sally Campbell please

	SHORT				MEDIUM				LONG						
RACE	Kirkby 10K	Penistone 10K	Hudders 10K		Otley 10	Kilburn 7	Guy Fawkes 10		Eyam Half	Langdale Half	Spen 20		POINTS TO COUNT		
DATE	4-May-14	29-Jun-14	22-Feb-15		11-Jun-14	13-Jul-14	2-Nov-14		19-May-14	20-Sep-14	8-Mar-15			Position	Age Category
Kev Jackson	9				10				10			29	29	1	
Ross McClelland	10											10	10	2=	
Ed Townend		10										10	10	2=	
Tom Rowley		9										9	9	4	V
Phil Ellis	8											8	8	5=	
Dave Gill		8										8	8	5=	SV
Johnny Ridge	7											7	7	7=	
Ian Sargeant		7										7	7	7=	V
Dave Townend		6										6	6	9	SV
Richard Bradley		5										5	5	10	V

## DDT FELL CHAMPIONSHIP 2014-15

### Ladies Overall, Vets & SV's - after Ingleborough

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

Points will be based on your best

short, medium and long plus your best 2 others

You must also be a paid-up club member.

All results to Sally Campbell please

	SHORT			MEDIUM			LONG						
RACE	Charlesworth	Shelf Moor	Lad's Leap	Kinder Downfall	Ingleborough	Cop Hill	Hellvelyn	Good Shepherd	Trigger Race				
DATE	17-May-14	7-Sep-14	?-Mar-15	27-Apr-14	19-Jul-14	2-Nov-14	25-May-14	27-Sep-14	? - Jan 2015	Total Points	Points to count	Position	Age Category
Jo Worboys-Hodgson	10				10					20	20	1	V
Anne Middleton	9			10	9					28	19	2	SV
Rosalind Bedford	8			9						17	17	3	SV

## DDT FELL CHAMPIONSHIP 2014-15

### Mens Overall, Vets & SV's - after Ingleborough

You need to run one short, one medium and one long to qualify.  
 Points will be based on your best  
 short, medium and long plus your best 2 others  
 You must also be a paid-up club member.  
 All results to Sally Campbell please

	SHORT			MEDIUM			LONG						
RACE	Charlesworth	Shelf Moor	Lad's Leap	Kinder Downfall	Ingleborough	Cop Hill	Hellvelyn	Good Shepherd	Trigger Race				
DATE	17-May-14	7-Sep-14	?-Mar-15	27-Apr-14	19-Jul-14	2-Nov-14	25-May-14	27-Sep-14	? - Jan 2015	Total Points	POINTS TO COUNT	Position	Age Category
										Pts			
Phil Ellis	9			10	10					29	19	1	
Simon Browne	10									10	10	2	V
Dave Gill				9						9	9	3	SV
Stewart Yates	8									8	8	4	SV

### Kirkbymoorside 10K 4 May 2014

1	Mike Burrett	M	Leeds	33:14	
12	Emma Clapton	F	Scarborough	37:55	1 <sup>st</sup> F
14	Ross McClelland	M	DDT	37:55	
18	Kev Jackson	M	DDT	39:11	
24	Phil Ellis	M	DDT	40:07	
27	Jonathan Ridge	M	DDT	40:21	
112	Joanne Worboys-Hodgson	F35	DDT	45:39	
264	Claire Wilkinson	F35	DDT	53:32	
298	Sarah Everett	F35	DDT	54:37	

### Wombwell Trail 10K – 6<sup>th</sup> May

1,	David Thompson	Barnsley AC	35.03
26.	Jacqui Khovery	Holmfirth	41.49
53.	Peter Ramsden	DDT	48.51
120.	Last Finisher		79.17

Really pleased I did this rather than Deffer!

Despite the name it was almost all on tarmac, an out –and-back course with no big hills.

Peter

### Calderdale Way Relay – 30<sup>th</sup> Anniversary Race – 11 May 2014

	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6
<b>DDT A 37<sup>th</sup> Team</b>	Ross McClelland Ralph Barker 1:34:26 (33)	Kevin Jackson Johnny Ridge 1:14:39 (26)	Adam Bloomfield Pete Hayward 0:45:30 (19)	Steve Blackford Stewart Yates 1:37:46 (58)	Mick Collinson Dave Gill 1:14:40 (40)	Phil Ellis Simon Browne 1:25:01 (31)
<b>DDT La- dies 71<sup>st</sup> Team</b>	Jo Worboys Bridget Coomber 1:52:49 (69)	Charlotte Coleman Sarah Ever- ett 1:46:07 (80)	Emma Holling Kay Couldwell 1:12:19 (85)	Jan Yates Christine Blackford 1:47:09 (71)	Claire Wilkinson Vicky McClelland 1:34:29 (81)	Anne Middleton Rosalind Bedford 1:43:46 (72)



**Calderdale photos - © Woodentops & © Holmfirth Harriers**



## 30 Years of Calderdale Relay



A presentation was made to Ralph Barker at this years relay in recognition of his participation in every single one to date. He has even been known to run more than one leg before!

A few facts from the DDT Calderdale archive.....

The DDT time of 1991 (6hrs 27 min) would have achieved 4th place this year!

- 1 Barry Crozier, Tony Sharpe 1.26.47
- 2 Pete Buttery, Steve Robinson 1.01.22
- 3 Mike Meysner, Pete Belsey 38.57
- 4 Ralph Barker, Mike Egner 1.10.30
- 5 Ian Milburn, Mike Horsfall 59.54
- 6 Andy Blanshard, Roger Wallage 1.10.12

Good to see a few names that still appear at the Pie Hall currently. There's a target to aim for next year!

Ralph B

I'm pleased you mention the 1991 Calderdale Way, because in that year two highly trained athletes running leg 1 for the Denby Dale B team actually beat those running in the A team. Modesty prevent me from naming one of the runners, but Mick Collinson was the other one!

Andy K

## British Masters Road Relay: Sutton Park: 17 May 2014

### W45 Team Results

#### Winning Team!!! – 1 – Denby Dale Travellers

Lesley Leggett	19:25
Bridget Coomber	19:02
Nichola McNally	19:00
	<b>57:27</b>

**National champions!!!  
Fabulous result ladies!**



### Charlesworth Chase – 1trh May 2014

1	Ian Holmes	M40	Bingley	37:12	
18	Simon Browne	M40	DDT	46:07	
23	Gill Myers	F50	Wharfedale	47:19	1 <sup>st</sup> Lady
28	Phil Ellis	M	DDT	47:54	
50	Stewart Yates	M50	DDT	54:00	
51	Joanne Worboys-Hodgson	F40	DDT	54:06	
56	Anne Middleton	F50	DDT	55:51	
73	Rosalind Bedford	F50	DDT	1:01:16	



## Charlesworth Chase pics





## Eyam Half Marathon 18 May 2014

1	Matthew Battenby	M	Burges Salmon	1:21:12
27	Nichola Gleadall	F		1:32:22
34	Kevin Jackson	M	DDT	1:33:46
174	Joanne Worboys-Hodgson	FV40	DDT	1:53:17
323	Claire Wilkinson	FV35	DDT	2:15:09



## Askern 10K 21 May 2014

1	Gareth Lowe	M40	Clowne	32:24	
29	Jenny Latham	F	Wakefield	36:55	1 <sup>st</sup> Lady
64	Mark Leggett	M50	DDT	38:57	
115	Lesley Leggett	F55	DDT	41:07	
282	Peter McEvoy	M55	DDT	46:40	
310	Sally Campbell	F35	DDT	47:40	
405	Norman Roper	M60	DDT	50:16	

## **Saddleworth Fell Race 25th May**

### **3 miles 950 feet climb**

Nice little local race - preceded by U8, U10, U12 and U14 shortened versions.  
Mostly runnable terrain, and certainly one to consider for next year's fell championship.  
Rain before and after the race, but pleasant conditions during the run.  
Jan had a really good run, and despite my best efforts I couldn't leave her going uphill, and pulled out less than a minute on the downhill

1st Colin Bishop 22.20  
1st lady Caitlin Rice 25.11  
43rd Stewart Yates 32.10  
45th Jan Yates 33.03 & Vet 50 1st prize  
69 finished  
70th didn't (twisted ankle climbing over a style)

Stewart Yates

Photos © Woodentops



## Greek Half Marathon

An earlier than usual holiday to our usual destination (Meganisi, Greece) led to a fortuitous 40 min conversation with our fell running taxi driver, who informed me of a Half Marathon the following Sunday!

The logistics of entering, registering, being there for a 9.00am start, (did I mention that the race was on a neighbouring island, Lefkada?!)

After hurdles had been jumped, we borrowed the car of our host, took the ferry on Sat. booked cheap accomodation on Lefkada, and prepared for the race.

Brilliant organisation for three races in one, 5k, 10k, Half Marathon. Chip timing in the disposable number, goodie bags, sponsorship freebies etc, It had the feel of a high profile race.

I tried to find out details re vets prizes, and winning times in last years race, realising I might have a chance of some success.

The race is totally flat, but after a 5k loop of the town, two 8k loops follow, using a road that divides a sea lagoon from the sea itself. (The beach is renowned for its wind sports so problematic for running.)

I seemed to cope with the heat and wind pretty well and finished in a respectable 1.32.

1st vet 55.

The award ceremony was unforgettable! Prizes in all age categories for 1st 3 in each race.

Speeches prizes, etc. It was a fantastic atmosphere.

Ralph





## Barnsley Boundary Relay 2014

	DDT Men (8th)	DDT Ladies (18th)	DDT Mixed (24th)
Leg 1	Tom McNally 34:34 (3)	Charlotte Coleman 43:42 (14)	Corin Harris 1:14:39 (24)
Leg 2	Phil Ellis 1:28:13 (16)	Sally Campbell 1:36:02 (18)	Chris Walker 1:50:24 (23)
Leg 3	Adam Bloomfield 48:57 (5)	Rosalind Bedford 1:00:52 (17)	Pete Andrews 1:33:14 (24)
Leg 4	Mick Collinson 47:58 (9)	Vicky McClelland 1:08:25 (22)	Andy Kirby 1:26:52 (24)
Leg 5	Brian Campbell 38:19 (5)	Jade Hill 1:07:27 (22)	Kathy Russell 1:07:27 (22)
Leg 6	Dave Gill 1:47:27 (10)	Jo Worboys 1:50:16 (12)	Graham Guest 1:20:19 (24)
Leg 7	Dave Townend 1:12:06 (15)	Sarah Everett 1:14:09 (17)	George Russell 1:20:16 (22)
Leg 8	Vish Ramdhani 57:19 (15)	Claire Wilkinson 1:04:07 (23)	John O'Hanlon 59:31 (17)
Leg 9	Stewart Yates 1:32:19 (12)	Bridget Coomber 1:24:50 (8)	Anne Middleton 1:38:13 (18)
Leg 10	David Nicholson 35:30 (15)	Anita Nicholson 36:51 (16)	John Shone 47:53 (24)





## Barnsley Boundary Relay 2014—thanks to Pete M & Chris W for photos



### Otley 10 Mile Road Race – 11<sup>th</sup> June

1	Nathaniel Williams	U/A	M	55:34	
19	Sharon Barlow	Ripon	F35	1:03:45	1 <sup>st</sup> Lady
40	Kev Jackson	DDT	M	1:06:06	
228	Sally Campbell	DDT	F35	1:23:49	
310	Claire Wilkinson	DDT	F35	1:32:25	
312	Sarak Everett	DDT	F40	1:32:57	

This was a tough 10 miler with 714ft of climb according to my Garmin. The first mile or so was a bit of a bottleneck along a taped off pavement so it was nice to finally get going once we got away from the main road.

We were rewarded for our efforts with a bottle of Saltaire Blonde from the Saltaire Brewery and a box of Yorkshire Teabags.

Sally

### Joe Percy 10K 16 June 2014

25	Tom McNally	DDT	38:17	M45
46	Johnny Ridge	DDT	39:54	
49	Phil Ellis	DDT	39:59	
51	Mick Collinson	DDT	40:14	M55
52	Simon Browne	DDT	40:18	M40
53	Bridget Coomber	DDT	40:25	F50
59	Adam Bloomfield	DDT	40:51	
72	Ralph Barker	DDT	42:05	M55
136	Jo Worboys	DDT	46:02	F40
152	Anne Middleton	DDT	46:53	F50
155	Edward Townend	DDT	47:06	
171	Sally Campbell	DDT	47:46	F35
195	Vishal Ramhdani	DDT	49:01	
196	David Townend	DDT	49:04	M55
218	Richard Bradley	DDT	50:42	M45
248	Dan Fisher	DDT	52:16	
255	Claire Wilkinson	DDT	52:46	F35
312	George Russell	DDT	58:08	M65
223	Stephen Warner	DDT	61:47	M55

### **Run Northumberland Bamburgh 10k 15/06/2014**

A pleasant Fathers' Day run...

An undulating course with no big hills but there was an annoying breeze in our faces for the second half. The start and finish by the rather splendid castle are just spectacular.

1.	Jonathan Stead	Herne Hill Harriers	33.00
23.	Jane Hodgson	Morpeth Harriers	39.18
185.	Matt Ramsden	Unattached	54.28
186.	Pete Ramsden	DDT	54.28
289.	Last finisher		1:21.38

Cheers

Pete

### **Penistone 10K 29<sup>th</sup> June 2014**

1	Aidan Johnson	M	Rotherham	34:14
4	Julie Briscoe	L	Wakefield	36:25
28	Lesley Leggett	L55	DDT	42:13
48	Ed Townend	M	DDT	44:45
51	Tom Rowley	M40	DDT	45:08
71	Dave Gill	M50	DDT	46:52
73	Joanne Worboys-Hodgson	L40	DDT	47:10
81	Ian Sargeant	M40	DDT	48:36
97	Dave Townend	M55	DDT	50:07
124	Richard Bradley	M45	DDT	52:27

## Ingleborough mountain race 19<sup>th</sup> July 2014 – 6.8miles, 1968ft, FRA category AM

Three of us drove north through wind and rain for this race, an integral part of the Ingleton gala. Listening to weather warnings we half expected that the gala (and thus the race) would have been cancelled so it was a nice surprise to find watery sunshine and the events field busy with blow up noah's ark bouncy castle, duck racing, bands, stalls and a newly crowned gala queen. At 3pm 127 runners set off through the village in the direction of Ingleborough, the top shrouded in cloud. It was a straightforward there and back course on a well-trodden path, the last section a steep stairway to heaven. Phil was on good form and was seen bounding back down off-piste with other fearless fell runners. Meanwhile Anne managed to overtake Jo on the ascent, reaching the summit a nano second ahead, only to pussyfoot around on the wet rocky descent as Jo sped by.

1 <sup>st</sup>	Mark Goldrick	Wharfedale Harriers	0:52:17	
1 <sup>st</sup> lady	Mary Wilkinson	Bingley Harriers	0:53:26	
36 <sup>th</sup>	Phil Ellis	DDT	1:05:22	
74 <sup>th</sup>	Jo Worboys-Hodgson	DDT	1:10:56	3 <sup>rd</sup> W40
91 <sup>st</sup>	Anne Middleton	DDT	1:16:17	1 <sup>st</sup> W50
125 <sup>th</sup>	Last		1:45	





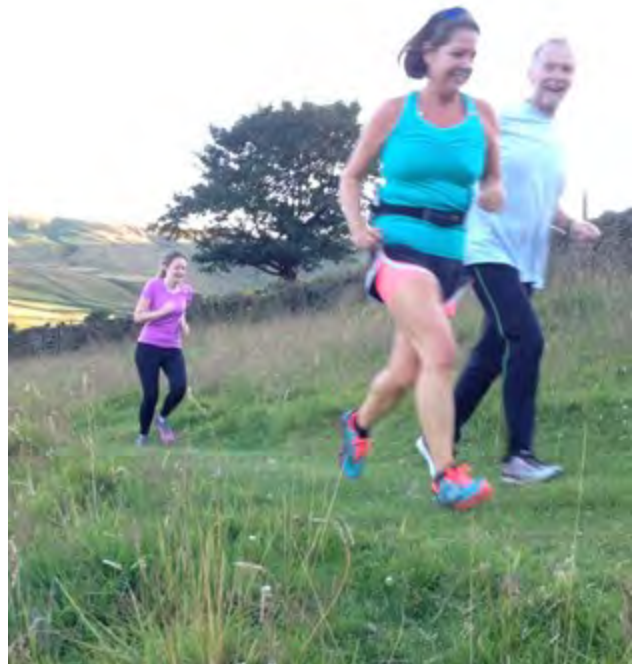
## Holme moss fell race 20th july....

Inspired by the excellent DDT fell taster session the previous tuesday in holme village, i decided to trot round holme moss fell race on the 20th july. Entry on the day and four hours of fun for less than a ten pounds was too much to resist. To my surprise i seemed to be the only DDT runner participating so it would have been good to have a club vest for the photos. Humid and damp conditions made it a bit of a uncomfortable slog on the day but the route is perfect training for those looking to branch out into long distance fell or ultra running. Highly recommend getting a full team out next year ...!

Andy Green



## DDT Summer Away Days 2014—Langsett & Holme





## DDT Update

### **Deffer Dash – Tuesday 1 September**

The final Deffer Dash of the year takes place on Tuesday 1 September over a woodland course of around 1.75 miles. Meet at the Pie Hall at 7pm to jog to the start at Deffer Wood. Further details from John Shone – all welcome!

### **Yorkshire Veterans Cross Country Championships – Sunday 28 September**

The Yorkshire Vets Cross Country Championships takes place on Sunday 28 September at Nunroyd Park, Guiseley. The Club captains are keen to repeat our success of last year when our ladies won the F35-44 team event and Guy Goodair won the MV75 event!

If you would like to run please contact Phil Ellis or Jo Worboys-Hodgson. The entry fee is £5 per runner and you only need to be 35 or over to be eligible to run! The ladies and men over 70 run 5k, with all others running 10k.

Phil - ([pellis1976@gmail.com](mailto:pellis1976@gmail.com))

Jo - [jowor@talktalk.net](mailto:jowor@talktalk.net)

### **British Fell Relay Championships – Sunday 19 October**

DDT have entered a team to take part in the FRA Relay Championships which take place on Sunday 19th October in the Howgills, near Sedburgh. Teams have 6 runners, with two running solo legs, two running a set course as a pair, and two running a navigation course as a pair, with map reading and compass skills required.

If you would like to run or want to know more about the event, please contact fell captain Simon Browne.

Simon - ([simon.browne@btinternet.com](mailto:simon.browne@btinternet.com))

### **DDT Junior Section**

Detailed proposals to establish a Junior Section of the Club were approved at an Extraordinary General Meeting held on 1 July. Draft minutes of the meeting and the agenda are have been circulated.

The Junior Section should start during 2015 with sessions planned for 8-16 year olds at Shelley High School on Wednesday evenings. For further information or if you would like to help in any way, please contact our new Junior Captain Jo Worboys Hodgson:

Jo - [jowor@talktalk.net](mailto:jowor@talktalk.net)

### **DDT Road and Fell Championships 2014/15**

The Club captains have decided on the following amendments to the Club Road and Fell Championship events for the current year:

- Fell Championship – The Trigger race in mid-January 2015 (21.7 miles from Marsden to Edale – category BL) replaces the 3-Peaks Race as the latter race would be held after the end of the championship year.
- Road Championship – The Guy Fawkes 10 on Sunday 2 November at Ripley, North Yorkshire replaces the Coniston 14k trail race as a 'medium' length event, as Coniston is not a road race.

### **Payment of Annual Subscriptions and Entry Fees for Team Events**

The annual subscription of £15 payable by all members became due on 1 April. If you have not yet paid, please do so asap. Payment can be made preferably by bank transfer, or in cash

to Tony Sharpe on Club nights. Details of the Club Bank Account are as follows:

- HSBC Sort Code: 40 37 04,
- Account No: 11166654
- Account Name: Denby Dale Travellers

If paying by bank transfer, please send confirmation to Tony stating how much you have paid and what it is for ([tony.sharpe@talktalk.net](mailto:tony.sharpe@talktalk.net)).

The Club captains are also encouraging payment of entry fees for team races by electronic transfer so please help the Captains by paying promptly in this way, with confirmation to them and Tony Sharpe by e-mail confirming how much you are paying and what it is for.

Andy Kirby  
Club Secretary  
17 August 2014



## Denby Dale Travellers AC

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Sally Campbell  
2 Bank Lane, Denby Dale, HD8 8QP

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We're on the web at:  
[www.denbydaletravellers.org.uk](http://www.denbydaletravellers.org.uk)

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



I am reliably informed that this is what a certain  
DDT regular would like for her birthday

Better get saving David Bedford :-)

### Next Issue Jul/Aug 2013

Please let me have  
contributions by mid July

Check out the 'Denby Dale  
Travellers' page on Face-  
book for extra photos,  
web-links & gossip!

### Fancy something different?

<http://www.teamoa.co.uk/wineathlon.html>

A 9 mile trail run/walk with 4 wine stations!  
In aid of the Laura Crane Trust  
Follow the link above for more info

September 21st starting in Thurstonland