

Denby Dale Travellers AC

# Denby Dale Traveller

Volume 31, Issue 1

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

April/May 2014

## Almost Summer



The bluebells are out in Upper Dearne Woods so it is that time of year again  
We are back off road on Tuesdays and most Thursdays now

Team DDT in action above at Kinder Downfall  
Anne, Rosalind, Dave & Phil  
Results within.



## Lands End to John O'groats 2014 Cycle Challenge

Well, after looking to do this one for many years an opportunity has finally presented itself to do the Lands End to John O' groats cycle challenge, more formally known as LE-JOG.

I am doing it with a couple of colleagues from work and in aid of Leukaemia & Lymphoma Research. We will be doing this unsupported throughout, so anything we want to take will have to be carried with us all the way. We begin on 10<sup>th</sup> June, stopping at B&B's along the way and our challenge is complete it (around 930 miles) in 10 days

I would have considered it a fair old challenge 20 years ago so this is going to be one serious bike ride. Of course, all the pain we will go through, both training and the actual event has to warrant a decent amount of fundraising and we are looking to raise £5000 between us. So if you feel it is a worthy challenge, we would be really grateful for any support you can give towards our target.

Also, any advice, tips you have will be gratefully received. Don't worry though the Sudocrem was the first thing on the list!

If I have the energy after a hard day in the saddle, I am planning to do a facebook type blog of the ride as it progresses.

Regards,

Tony Weston

Le-Jog 2014

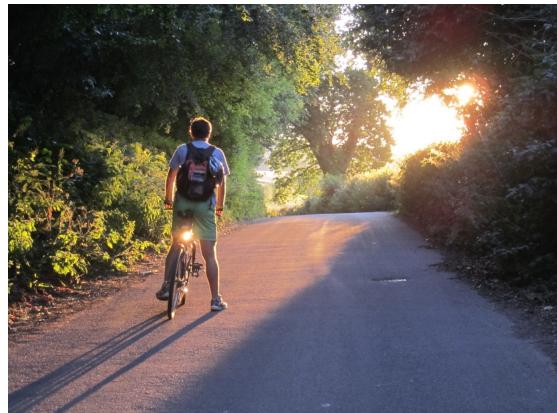
Riding Land's end to John O'Groats for charity

<https://www.justgiving.com/teams/le-jog2014>

Or Text JMTG90 followed by £1, £2 or whatever the donation to 70070

**LEUKAEMIA  
& LYMPHOMA  
RESEARCH** 

Beating Blood Cancers



## **The lakes biggest & longest Lake District Challenge!**

If you didn't already know I've taken on a mad challenge up in the Lakes to raise money for The Sick Children's Trust. No running, but a lot of canoeing 32k - if we can manage to go in a straight line. That's Windermere, Derwent Water and Bassenthwaite, 21k of cycling and 17k of walking/ climbing: and all under 24 hours!

If you could spare even the smallest amount to donate to my charity and motivate me to keep lifting those weights then visit the just giving website

Thanks to everyone that has already sponsored me!

Sarah xxx

[www.justgiving.com/sarah-everett3](http://www.justgiving.com/sarah-everett3)

## **DDT subs**

It's that time of the year again folks.

Subs are due for 2014-5

They are £15 as before.

You can pay in two ways:

1) By electronic transfer direct to DDT account HSBC sort code 40-37-04 A/c No. 11166654

2) By cash to me at the PH, after running.

At the AGM there was a request for a group list of phone numbers but I can't circulate that without your permission due to Data Protection legislation.

So please let me know if you are willing to allow your phone number/email to be shared within DDT.

If you no longer wish to be on the DDT members list, technically to resign your membership, please let me know too.

Tony Sharpe  
Membership Secretary



## Denby Dale Travellers - Fell Championship Races for 2014/15

### **SHORT**

**Sat 17th May 2014, 11.00am - Charlesworth Chase (Simon's Seat) 5.2m/1201' Cat: BS**

Venue: Craven Arms, Appletreewick, North Yorkshire BD23 6DA. GR 050602.

£6.00 on the day – includes beer prior to the finish and soup afterwards.

Website: wharfedaleharriers.co.uk

**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

**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 27th April 2014, 11.30am - Kinder Downfall 9.6m/1968' Cat: BM**

Venue: Hayfield Village (register at Scout Hut, Swallow House Lane, Hayfield. GR 035873).

£5.00 PRE-ENTRY ONLY by April 6th – Limit of 300.

Website: [www.cs.manchester.ac.uk/~temples/hc/](http://www.cs.manchester.ac.uk/~temples/hc/)

**Sat 19th July 2014, 3.00pm - Ingleborough 6.8m/1968' Cat: AM**

Venue: Community Centre Sports Field, Ingleton, LA6 3HG. GR 695731.

£4.00 on day. Website: [ingletongala.org.uk](http://ingletongala.org.uk)

**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**

**Sun 25th May 2014, 12.00pm - Helvellyn And The Dodds 14.9m/4386' Cat: AL**

Venue: Threlkheld Cricket Club, off Westbound side of A66. GR 325255.

£6.00 on day. (includes food). Website: [keswick-ac.org.uk](http://keswick-ac.org.uk)

**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)

**Sat (late) April 2015, 10.30am - Three Peaks 23.2m/5276' Cat: AL**

Venue: Playing Fields, Horton-in-Ribblesdale, North Yorks. GR 805727.

Approx. £25.00 Pre-Entry Only. Website: [threepeaksrace.org.uk](http://threepeaksrace.org.uk)

## Denby Dale Travellers - Road Championship Races for 2014/15

### **Short**

Kirkbymoorside 10k 4<sup>th</sup> May 2014

Penistone 10k 29<sup>th</sup> June 2014

Huddersfield 10k 22<sup>nd</sup> Feb 2015

### **Medium**

Otley 10 11<sup>th</sup> June 2014

Kilburn Feast 7 13<sup>th</sup> July 2014

15k Coniston Trail Race 4<sup>th</sup> October 2014

### **Long**

Eyam Half Marathon 19<sup>th</sup> May 2014

Langdale Half Marathon 20<sup>th</sup> Sept 2014

Spennings 20 8<sup>th</sup> March 2015

## **Marathon times used for 2013-14 road champs**

### **Ladies**

Lesley	3:10	London	April 2013
Sally	3:45	Sunderland	April 2013
Jo	3:48	York	Oct 2013
Rachel	3:52	Sunderland	April 2013
Rosalind	4:06	Sunderland	April 2013
Claire	4:23	York	April 2013
Charlotte	4:27	York	Oct 2013

### **Men**

Paul	3:15	London	April 2013
Mark	3:35	London	April 2013
Ralph	3:41	Kent	June 2013
Pete R	4:04	Chester	Oct 2013
Roger	4:10	Sunderland	April 2013
Graham	4:23	York	Oct 2013
Chris	4:45	York	Oct 2013

## DDT ROAD RACE CHAMPIONSHIP 2013-14

### LADIES OVERALL, VET & SV - final table

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

RACE	SHORT			MEDIUM			LONG			Total Point	POINTS TO Count	Position	Age Category
	Penistone	Travellers 6	Meltham	Askern	Stockport	Norton	Wolds Half	Dentdale	Any marathon				
DATE	30-Jun-13	15-Dec-13	26-Jan-14	11-Aug-13	8-Dec-13	2-Mar-14	20-Jul-13	8-Mar-14	Any				
Nichola Sykes		10			10	10	10	10		50	50	1	V
Rosalind Bedford		8	8	9			9	9	6	49	49	2	SV
Jo Worboys		9	9		9	7			8	42	42	3	V
Claire Wilkinson		7	6			6		8	5	32	32	4	
Bridget Coomber	10		10			9				29	19	5=	SV
Sally Campbell				10	8				9	27	19	5=	
Lesley Leggett						8			10	18	18	7	SV
Sarah Everett		6	7		7					20	14	8	V
Rachel Lawty									7	7	7	9	V
Jade Hill		5								5	5	10	
Jill White Pierce		4								4	4	11=	V
Charlotte Coleman									4	4	4	11=	V

DDT ROAD RACE CHAMPIONSHIP 2013-14

MENS OVERALL, VET & SV -final table

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

RACE	SHORT			MEDIUM			LONG			POINTS TO COUNT	Position	Age Category	
	Penistone	Travellers 6	Meltham	Askern	Stockport	Norton	Wolds Half	Dentdale	Any marathon				
DATE	30-Jun-13	15-Dec-13	26-Jan-14	11-Aug-13	8-Dec-13	2-Mar-14	20-Jul-13	8-Mar-14	Any				
Tom McNally		10		10	10	10	10	10		60	60	1	V
Pete Andrews	6			6	8	3	9			32	32	2	SV
Simon Browne			10					9		19	19	3=	V
Peter McEvoy	10		5	9		7				31	19	3=	SV
Mark Leggett						9			9	18	18	5	SV
Ralph Barker		8						8	8	24	16	6	SV
David Townend	9		3			6				18	15	7	SV
Norman Roper	7		2	7		4				20	14	8	SV
Richard Bradley			4	8	9	5				26	13	9	V
Phil Ellis		9								9	9	10=	
Paul Guest			9						10	19	9	10=	V
Mick Collinson						8				8	8	12=	SV
Dave Gill	8	1								9	8	12=	SV
Adam Bloomfield		6	8							14	8	12=	
Pete Ramsden									7	7	7	15=	SV
Kevin Jackson		7	7							14	7	15=	
Roger Lawty									6	6	6	17=	SV
Johnny Ridge			6							6	6	17=	
Graham Guest			1						5	6	6	17=	
Steve Blackford		5								5	5	20	SV
Tom Rowley		4								4	4	21=	V
Chris Walker									4	4	4	21=	SV



## DDT FELL CHAMPIONSHIP 2013-14

### Ladies Overall, Vets & SV's - final table

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	Eddie's	Gravy Pud	Kentmere	Cracken	Windy Hill	Duddon	Yorkshireman	Heptonstall				
DATE	18-May-13	26-Jun-13	1-Dec-13	21-Jul-13	7-Aug-13	16-Feb-14	1-Jun-13	8-Sep-13	29-Mar-14	Total Points	Points to count	Position	Age Category
Jo Worboys-Hodgson			10	10	10	10	10	9	10	69	50	1	V
Anne Middleton	10		9	9	9	9		10		56	47	2	SV
Rosalind Bedford	9		8		8					25	17	3	SV
Claire Wilkinson					7					7	7	4	

## DDT FELL CHAMPIONSHIP 2013 - 2014

### Mens Overall, Vets & SV's - final table

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

RACE	SHORT			MEDIUM			LONG			Total Points	POINTS TO COUNT	Position	Age Category
	Charlesworth	Eddie's	Gravy Pud	Kentmere	Cracken	Windy Hill	Duddon	Yorkshireman	Heptonstall				
DATE	18-May-13	26-Jun-13	1-Dec-13	21-Jul-13	7-Aug-13	16-Feb-14	1-Jun-13	8-Sep-13	29-Mar-14	Pts			
Simon Browne	10	10	10	10			10			50	50	1	V
Phil Ellis		9			10	10		10		39	39	2	
Dave Bebbington	9			9			8			26	26	3	SV
Ralph Barker					9					9	9	4=	SV
Richard Howard							9			9	9	4=	V
Martin Elliot	8									8	8	6=	V
Stewart Yates					8					8	8	6=	SV
Steve Blackford					7					7	7	8	SV
Graham Guest					6					6	6	9	

## National Cross Country Championships

Wollaton Park, Nottingham

### Ladies Results

346	Jo Worboys	38:00
495	Anita Nicholson	41:41
613	Claire Wilkinson	45:50
629	Sarah Everett	46:47
700	Runners	

**Overall Denby Dale Travellers Ladies Club position: 72/83**

### Men's Results

8	Stuart Walton	37:02
9	Jonathon Brownlee	37:03
788	Simon Browne	48:22
924	Kevin Jackson	49:58
1013	Jonathon Ridge	51:00
1055	Phil Ellis	51:39
1159	Ralph Barker	53:03
1589	Dave Nicholson	1:04:36
1657	Runners in total	

**Overall Denby Dale Travellers Men's Club position: 106/127**

## National Cross Country Championships 2014

### Wollaton Park, Nottingham

The Saucony English National Cross Country Championships were staged at Wollaton Park, Nottingham this year. On a sunny but windy day, 11 fearless DDT's competed at the championships where a fantastic atmosphere was created by over 10,000 spectators and athletes. There were a record number of finishers from the 10 races in the programme.

Although the DDT ladies almost missed the start of their race hunting for the Sheffield AC tent, they were quickly back on track and were undeterred by the mighty felled oak tree which runners encountered in the early stages of the race. The knee deep swamp in the latter end of the first lap proved no match for these DDT athletes.

The huge field that lined up for the senior men's race was spectacular to see. Simon was hot on Jonathon Brownlee's heels finishing just a few (hundred) places behind the Olympian. His fellow DDT team mates stormed in closely behind eager to check into the 5 star hotel which awaited them.

The National Cross Country Championships are proving to be a firm favourite in the DDT calendar. A great time was had by all and we look forward to racing at Parliament Hill next year.



## DDT Club Handicap Race

**Sunday 16 February**

The annual DDT Club Handicap took place on Sunday 16 February, starting and finishing at the Pie Hall, over a course of about 11km. The runners had to visit 5 control points in any order, by any legal route (road, track or footpath etc), with slower runners starting first. The wet weather made it hard work for the runners, although there was at least some sunshine on the day! First home and overall winner was Jon O'Hanlon, with Vicky McClelland second home. Steve Blackford produced the fastest time of the day, completing the course in 1:16:10, only just ahead of Rosalind Bedford who was second fastest in an excellent time 1:16:49. Well done Rosalind! Full results are available on the club website



## Norton 9 March 2<sup>nd</sup>

1	Chris Miller	M	Harrogate	51:10	
10	Tom McNally	M45	DDT	53:53	1 <sup>st</sup> Vet
24	Fiona Davies	F40	Kingstone	55:52	1 <sup>st</sup> Lady
41	Nichola McNally	F45	DDT	58:18	2 <sup>nd</sup> Lady
49	Bridget Coomber	F50	DDT	59:15	3 <sup>rd</sup> Lady
53	Mark Leggett	M50	DDT	59:55	
60	Lesley Leggett	F55	DDT	60:21	
94	Mick Collinson	M55	DDT	63:07	
139	Joanne Worboys-Hodgson	F40	DDT	67:10	
169	Peter McEvoy	M55	DDT	69:33	
211	David Townend	M55	DDT	72:54	
238	Richard Bradley	M45	DDT	75:23	
292	Claire Wilkinson	F35	DDT	77:03	
331	Norman Roper	M60	DDT	79:15	
507	Pete Andrews	M65	DDT	114:22	

Ladies Team Prize won by DDT!



## Dentdale Run 8<sup>th</sup> March 2014

1	Ian McBride	M31	Royton	1:18:01	
21	Tom McNally	M49	DDT	1:30:20	
19	Catriona Probert	F30	Edinburgh	1:31:32	1 <sup>st</sup> Lady
47	Simon Browne	M42	DDT	1:35:18	
48	Nichola McNally	F45	DDT	1:35:21	1 <sup>st</sup> Lady
89	Ralph Barker	M57	DDT	1:41:52	
294	Rosalind Bedford	F53	DDT	2:05:08	
346	Claire Wilkinson	F39	DDT	2:12:24	

## Spenningshoele 20 – 9<sup>th</sup> March 2014

1	Scott Harrington	M	Otley	1:52:02	
13	Shona Fletcher	F	Ripon	2:09:11	1 <sup>st</sup> Lady
85	Phil Ellis	M	DDT	2:36:26	
152	Sally Campbell	F35	DDT	2:54:18	
257	Last			5:00:50	

## St Anne's 10 – 16<sup>th</sup> March

1	Damian Nicholls	M	Wilmslow	55:35	
19	Diane McVey	F35	Wilmslow	1:02:36	
43	Mark Leggett	M50	DDT	1:05:56	
49	Lesley Leggett	F55	DDT	1:07:02	1 <sup>st</sup> FV55

## Liverpool Half Marathon 23 March 2014

2438	Vishal Ramdhani	DDT	M	1:52:50	
2831	Peter Taylor	DDT	M60	1:54:48	
5027	Kirsty Marsden	DDT	F	1:57:44	
5361	Julie Sykes	DDT	F55	2:01:47	

## Heptonstall Fell Race 29 March 2014

1	Adam Osborne	M	Leeds City	1:54:10	
28	Jo Buckley	F	Calder Valley	2:21:32	1 <sup>st</sup> L
91	Jo Worboys-Hodgson	F40	DDT	2:40:18	3rdL

## Asics Greater Manchester Marathon 6<sup>th</sup> April

1	Andi Jones	MSEN	Stockport	2:16:55	
22	Emily Wicks	FSEN	Aldershot	2:38:21	1 <sup>st</sup> Lady
93	Tom McNally	MV45	DDT	2:52:17	
235	Nichola McNally	FV45	DDT	3:02:17	2 <sup>nd</sup> LV45
1575	Sally Campbell	FV35	DDT	3:39:41	
5172	Christopher Walker	MV60	DDT	4:58:14	

An alternative spring marathon to London, the Asics Greater Manchester Marathon has a lot to recommend it including a fast flat course and an easy travelling distance from Yorkshire. All 4 DDTs had a good run. Tom had a cracking run to finish well under 3 hours and in the top 100 and PBs for Me and Nichola too.

The course starts and finishes outside Old Trafford football ground and the tram network provides plenty of opportunity for spectators to travel round the course

Finishers were rewarded with a nice t-shirt and very chunky medal

Sally





## Wakefield Hospice 10K 6<sup>th</sup> April

1	Nathaniel Williams	M		33:14
10	Helen Singleton	F		36:26 1 <sup>st</sup> Lady
34	Kevin Jackson	M	DDT	39:19
36	Adam Bloomfired	M35	DDT	39:36
53	Ralph Barker	M55	DDT	40:34 1 <sup>st</sup> M55
301	Edward Townend	M	DDT	47:13
446	Julian Illingworth	M35	DDT	52:29
817	Graham Guest	M40	DDT	59:33
1327	Janet Guest	F65	DDT	1:34:40

## Virgin London Marathon 13th April 2014

### My Story

#### Training

At the beginning of 2014 it was touch and go whether I would be doing the marathon at all. After a recurring calf injury my full training schedule did not start until mid Feb. I slowly started to build up my mileage but limited myself to 3 runs a week for fear of aggravating my dodgy calf and supplemented my training with cycling. I ran the Spen 20 in March and did a hilly 23 miler before tapering with 10 days to go.

#### Race Day

I got up early and had porridge and bananas and set off for the tube. Everyone seemed to be carrying the red marathon bags so I just followed the crowd. The atmosphere even on the tube and trains was buzzing. We arrived at Greenwich and I have to say the organisation was faultless, the queue for the toilets wasn't too long either. I was starting to feel nervous now, don't go out too fast I kept telling myself!! I got myself ready to run, ralgex on my calves, compression socks on my calves, stretch my calves!! I got in to my pen, pen 2 so not too far from the front. In what seemed an eternity they moved us round towards the start. I was fortunate enough to be starting from the same start as the elite men so when we got to the start line they were just being announced. The noise when Mo farrah was announced was deafening. The excitement was unbelievable now and I just wanted to get going, don't go out too fast I told myself, again!

.....continued on next page

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The gun went off and away we go. It only took me 33 seconds to get over the line which was amazing and I was in to my stride. The atmosphere was amazing and I was off with a time of 3hours 15mins as my target but happy with under 3.5 hours. The first 5 miles flew by and I bumped in to a Spenborough runner I know from cross country. “ what time you aiming for” he says to me, “3.15” I reply, “you’re going too fast mate I’m going for sub 3 hours” “oops” I say as the 3 hour pacer overtakes me!! I slow down a little and pass the half way stage in 1hour 34mins and I’m feeling good. I get to 20 miles in 2hours 20mins and I’m thinking this is easy. Then I started to feel the pace and my legs are getting heavy, I caught a brief glimpse of Simon Browne on 21 miles and then I hit the famous ‘Wall’. Miles 22 to 24 took me just over 20 minutes but I have to say the support from the crowd really helped me through my bad patch. An extra Gel and some Lucozade and the fact I saw my Wife, Brother, Dad and the other friends and family that had come to see me at mile 24 gave me a new lease of life and I got back going again. I managed to finish reasonably strong in a time of 3hours 21mins and 10 seconds, so just outside my 3.15 target but I was pretty pleased with my performance. I have to say it was a fabulous event in great weather with an unbelievable atmosphere that has to be seen (heard) to be believed.

Phil

### Results

3672	Philip Ellis	DDT M18-39	3:21:10
5787	Joanne Worboys-Hodgson	DDT F40-44	3:34:08



## Jan Kjellstrom International Orienteering Event in South Wales

### 18 Apr Sprint Event Swansea University

#### W65

3 Jean Lochhead 14.00

#### M75

2 Guy Goodair 15.59

### 19 Apr Middle Distance Event Merthyr Common

#### W65

7 Jean Lochhead 60.24

#### M75

18 Guy Goodair 91.14

### 20 Apr Long Distance Llangynidr

#### M75

27 Guy Goodair 105.24

Attached pic of Jean on Day 2 (courtesy of Crawford Lindsay)

Cheers

Guy



## Kinder Downfall Fell race 27<sup>th</sup> April – 9.6m, 1970 ft

Just 4 DDTs were lucky enough to get a place in Kinder Downfall fell race, the first race in this year's fell championship. Driving over Woodhead Pass we had concerns about the visibility on the tops and whether navigation skills\* would be tested. In the event it was a glorious day with fabulous running conditions; a far cry from the horrendous wind and rain that Rosalind and I experienced last year. Phil was still on top form after all his London Marathon training. I managed to follow in Dave's footsteps until we got up onto Kinder when he disappeared into the distance. Rosalind got held up with some sort of best running legs competition. Whether you run or walk it, this has to be one of the best local routes for a day out and on this occasion made even better by a drink in the sun at the Royal afterwards.

1 <sup>st</sup> man	Ian Mills	U/A	M	1:11:54
1 <sup>st</sup> lady	Caitlin Rice	Glossopdale Harriers	F	1:21:53
89	Phil Ellis	DDT	M	1:32:57
175	Dave Gill	DDT	M50	1:45:06
192	Anne Middleton	DDT	M50	1:47:23
242	Rosalind Bed-	DDT	M50 allegedly!	1:59:56
277			M60	2:28:59

*\*Please can we arrange a navigation skills teaching session for current and would-be fell runners?*

*Photos c/o Peter Middleton*



*Anne (left)*

*Rosalind—real runner's legs (right)*



## Letter from America

In 1961 I was 10 years old. That was also the year my parents emigrated to South Africa. I still have vivid memories of leaving Southampton docks with blocks of ice floating in the Solent then, 2 weeks later, arriving in Cape Town awash in blazing sunshine against the beautiful backdrop of Table Mountain. Within a week we were on a train northwards towards Welcom, a town in the Orange Free State where Dad had a job in a Gold Mine. We traversed the Karoo Desert and the Drakensberg Mountains and were able to see a variety of indigenous wildlife en route. It was a wonderful experience for me and my two younger brothers (as well as our parents!).

But 1961 was also the same year that South Africa left the British Commonwealth and became a Republic. The policy of Apartheid was rigorously enforced by the ruling Afrikaans Government which meant complete segregation of indigenous African and white immigrant peoples. This extended to both everyday life and also to sporting activities. What I remember most as a youngster is just how much African South Africans (derogatorily referred to as Kaffirs) had to deal with segregation, especially the dreaded Pass Laws: All Africans had to carry a special Pass indicating who they were and where they “belonged” i.e. who their Baas/Boss was - which meant which white person they worked for. And I remember also the repugnant signs everywhere that proclaimed “Whites Only” and “No Blacks” (or other shameful equivalents).

Different degrees of segregation applied to other “non-white” groups like Colored and Indian citizens. Even Mahatma Gandhi was thus classified and treated despite the fact that he was a UK-educated lawyer. My brothers and I were subjected to additional attention by our school-mates because, as sympathetic Brits, we were considered to be Kaffir Boetjies: African brothers (an unwitting compliment, actually). In all of this we didn't even know Nelson Mandela existed whereas, in fact, he was already languishing in prison on Robben Island.

South Africa is indeed a beautiful country endowed with many natural resources. I recently had the pleasure of working with 3 SA Engineers in Ethiopia; from what I gleaned the country has indeed improved now that Apartheid has been dismantled. It is heartwarming to know that Mandela lived to see the huge transformation during his own lifetime. Hopefully the upcoming elections will confirm this positive change.

Another thing I strongly remember about South Africa is the immense importance that sport plays in the national psyche. I can still hear the tuneful Vuvuzuelas ringing in my ears after the 2010 Soccer World Cup and the joyful welcome all teams were given throughout the tournament. But it was not always thus: in 1962 President Jan de Klerk declared sports were to be fully segregated. This catalyzed the isolation of South African sport world-wide. To begin with, they were banned by the Commonwealth and Olympic movements from 1964 and were not reinstated until 1988.

The South African-born cricketer Basil D'Oliveira was classified by Apartheid as a Cape-Colored which prevented him from playing at a high level. Consequently he migrated to England and eventually earned his place on the England team. However, when he was selected for the 1968 MCC tour of South Africa, political pressures eventually forced cancellation of the tour by the MCC.

In tennis, South Africans Frew McMillan and Bob Hewitt were men's double champions at Wimbledon. Interestingly, Roger Federer holds both Swiss and South African Citizenship.

In golf, the inimitable Gary Player was followed into the record books by Ernie Els and Charl Schwartzel.

South Africa was readmitted to International Rugby in 1992 after it was declared that Apartheid was to be dismantled. Fittingly, Francois Pienaar, Morne du Plessis, Joel Stransky and Chester Williams (an African!) helped South Africa win the 1995 Rugby World Cup final against the NZ All Blacks. Who can ever forget seeing Nelson Mandela wearing a Springboks jersey and cap awarding the Webb Ellis Cup to Pienaar at Ellis Park in Johannesburg, both smiling proudly!

In the world of South African athletics there is perhaps more infamy than fame. The phenomenal barefoot runner Zola Budd was embroiled in controversy for most of her career. In 1884, aided by The Daily Mail on the basis that her grandfather was from the UK, she was granted a British passport in an embarrassingly short space of time. Nevertheless this allowed her to compete for the UK. At the age of 17 she broke the world record for the Women's 5,000m in 15 min 01.83 sec. She also held the Women's 2,000m world record with a time of 5 min 33.15 sec. She is also a two-time World Cross Country Champion. However, in the 1984 Olympic 3,000m final against her personal hero Mary Decker of the USA, the two collided twice: on the first occasion Budd stumbled but recovered. On the second occasion Decker fell and injured a hip and failed to finish. Budd ended up 7<sup>th</sup> whilst the Romanian Maricica Puica took Gold. It is said that Zola Budd never fully recovered from this traumatic incident although she did subsequently have a successful marathon career. Nevertheless, the armchair pundits have waxed lyrical ever since about the controversial clash with Mary Decker at the 1984 Olympics.

Another famous South African athlete is Oscar Pistorius. A well-established Paralympic, he was allowed to compete in the able-bodied 2011 World Championships and the 2012 Olympics but only after persistent objections were overridden. In the 2012 Summer Paralympics he won Gold in the Men's 400m and the 4 x 100m Men's Relay races with World Records in each. However, he is currently under trial for the sensational 2013 shooting and killing of his girlfriend Reeva Steenkamp.

On a more positive note, Josia Thugwane won marathon Gold in the 1996 Atlanta Olympics in 2:12:36. The following year he won the Fukuoka Marathon in 2:07:28. His compatriot Hezekiel Sepeng won Olympic Silver in the 800m in Atlanta. Finally, Llewellyn Herbert won Olympic Bronze in the 400m hurdles in Sydney 2000.

The attached photo doesn't show any Olympians, just the Langdale Lads, but I don't know which year. A great fell race, give it a go.

Happy Running Travelers!

Bob Johnson, Colorado



## **Thursday Training—7pm at the Pie Hall (unless otherwise stated)**

### **Tom's Intensive Training Sessions**

08-May Pyramid - Skelmanthorpe playing fields - 1,2,3,4,5,4,3,2,1 min ...

15-May Deffer Wood 4 x upper loop

22-May 12 x 90sec - Skelmanthorpe playing fields

29-May Barnsley Rd Hills Tom/nichola not down

05-Jun 6 x 3min - Skelmanthorpe playing fields

12-Jun Sunny Bank 4 x 2 laps

19-Jun Penistone - 2 mile handicap Time trial 7pm @ pie hall or 7:15 Tesco Penistone

26-Jun Special - TBA

03-Jul Deffer Wood 4 x upper loop

10-Jul Pyramid - Skelmanthorpe playing fields - 1,2,3,4,5,4,3,2,1 min

**All welcome**

## **DEFFER DASH RACE SERIES 2014**

### **Dash Dates**

Tuesday 6<sup>th</sup> May 2014

Tuesday 1<sup>st</sup> July 2014

Tuesday 2<sup>nd</sup> September 2014

The plan is to meet at the Pie Hall at 19.00 and run up to Deffer Wood top main entrance. The Dash will start at 19.15.

For any new competitors the course is on woodland tracks, just under 2 miles in length and undulating.

The event organiser and time keeper is Denise Faller

If you need any more information please contact John Shone

E mail [john.shone@ses-holdings.co.uk](mailto:john.shone@ses-holdings.co.uk)

# DENBY DALE TRAVELLERS CAN YOU BEAT BADGER? TUESDAY 24th JUNE 2014



We have been invited again to accept a challenge from Badger to race between Shelley and Clayton West stations on the Kirklees Light Railway.

The race distance is 4 miles with a fall of 60 metres on a mixed route. Badger's record is 25 minutes 25 seconds. The train will take all the runners and spectators to the start at Shelley Station. Runners will have to call at Skelmanthorpe and Cuckoo's Nest stations, as will Badger. Last years winner was Badger

The event will take place on Tuesday evening with a 19:00 start. The train departs at 19:15. There are plenty of parking spaces at Clayton West Station.

Kirklees Light Railway will provide Badger free of charge to all race entrants, friends and families. Non-runners families, friends and walkers will have free use of the train in both directions. Snacks and drinks will be available at Clayton West station at the end.

There may be no charge for this event but any donations or profit will be given to Cancer Research. Route maps will be available on club nights and on the club web site

The event is by DDT club invitation only. DDT contact John Shone 01484 864177.

## CAN YOU BEAT BADGER?



# Fox Valley Events

presents -

## The Wet Fox Trot

Run - Kayak - Run

4k-2k-4k

Weds 25<sup>th</sup> Jun 2014

Start times in 3 waves 6.30pm. 6.50pm. 7.10pm

**Prizes - 1<sup>st</sup> Male, 1<sup>st</sup> Female**

Race limit 45 competitors (Adult race 14yrs+)

Junior race - 2k Kayak + 4k Run @ 6.30pm

10-16yrs - £10. Race limit 15 only

Refreshments/shower/toilets/parking available

**Start/finish - Underbank Activity Centre**

Oaks Lane, Stocksbridge, Sheffield, S36 4GH

[www.peakpursuits.co.uk](http://www.peakpursuits.co.uk)

Discount lessons/refreshers available before raceday from Peak Pursuits

Please call Matt Collins on 01226 370509 for more details

Entry form

Name \_\_\_\_\_

Gender Male  Female

DoB \_\_\_/\_\_\_/\_\_\_ Preferred wave start time \_\_\_\_\_

Please enter me into the same wave as \_\_\_\_\_ if possible

Cheques for entry fee payable to Fox Valley Events to - Fox Valley Events,  
628 Manchester Rd, Stocksbridge, Sheffield, S36 1DY.

Entry Fee £14.50 - Entry on Day £16.50

All enquiries to [foxvalleyeventservices@gmail.com](mailto:foxvalleyeventservices@gmail.com)



This is Charlotte's first attempt at organising an event so she would really appreciate support of club members

Contact Charlotte if you want any further information

**Denby Dale Travellers AC**

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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')*

**Have fun this weekend  
At the DDT Xmas Dinner  
And Good Luck to those  
Running in the Calderdale  
Relay**

**Next Issue Jul/Aug 2014**

Please let me have  
contributions by mid July

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

**facebook**

