

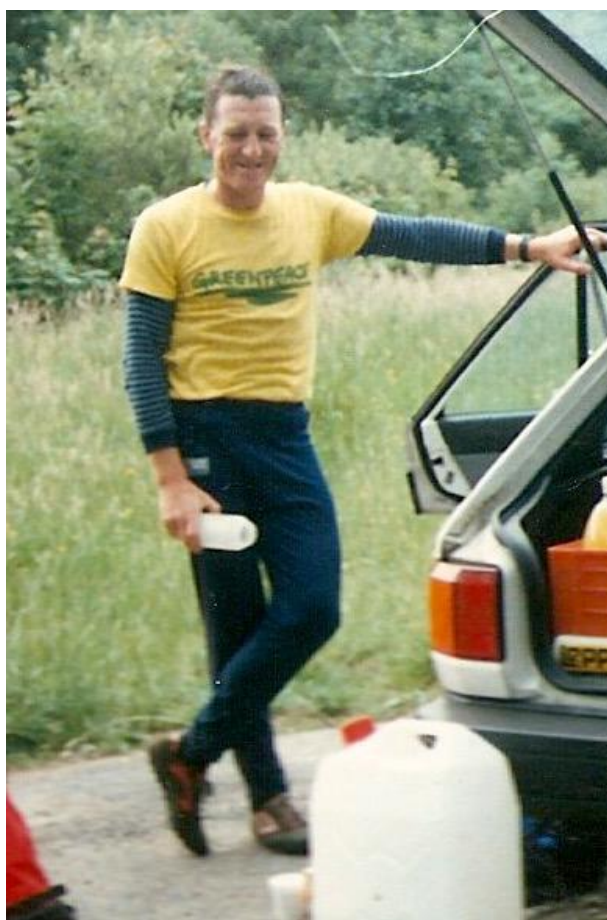
The Denby Dale Traveller

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A Farewell to 'Robbo'



Steve Robinson
was not just a
founder member of DDT,
but its early inspiration & provider
of its informal philosophy.

Steve Robinson - during his successful Bob Graham Round attempt in 1989.

Following the sad passing of Steve Robinson, this edition of the Newsletter includes special tributes from his friends & an opportunity for us to look back at the club's roots whilst celebrating recent successes of current members, young and old.



Steve Robinson (Robbo)

3rd December 1950 – 8th January 2016

*Contributed by George Russell with help from others,
especially Neil Denby*

This 'special' looks at Steve's influence on the foundation of Denby Dale Travellers (DDT) and charts his efforts in the early days, which include original affiliation to the AAA's and establishment of the women's section. Above all he set the direction of the club as one that was rooted in the countryside.

How was DDT formed? In 1982 Steve and a number of local guys such as Bob Johnson (Letter from America fame), Andy Blanshard, Neil Denby, Mike Devlin and others all used to play football in Denby Dale and also enjoyed some gentle jogging to keep fit. Together with other local runners they decided to form an athletics club as a good way to stay in shape and as an excuse for beer and craic.



Steve was not only a founding member in 1982 of Denby Dale Travellers; he was also the first Chairman, Secretary and Newsletter Editor. He remained Secretary of the club until 1990 and was always delighted to hold the subs at £1 per year, which DDT did for many years. Extracts of his letters to the Athletic Association to become an official running club, the birth of DDT in 1983 when the club was formerly accepted and affiliated to No.11 district committee of the AA together with a copy of the first newsletter in March 1983 and some of his SEX NOTES (Secretary's notes) are copied below for your enjoyment.

Steve was influential, wise, sincere, kind and considerate. A down to earth type of individual, who was genuine and helpful to all. He would do anything for anyone if he could help and was always involved even outside the workplace. He was more than a founding member he was its inspiration and the provider of its philosophy. He was not a supporter of the stuffed shirt and blazer brigade of the AAA's approach to athletics. Let's get on with it was his approach and he made sure than when the club was established it was run on the absolute minimum of bureaucracy and with only the AGM meeting required by the AAA's constitution taking place and all other decisions made amicably over a beer or two in as informal a setting as possible.

Steve was always a doer first and the quote ***“When all’s said and done, there’s more said than done”*** carried much resonance at his funeral. Running was about self-improvement but it was also about friendship, immersing yourself in the countryside having fun and enjoying the experience, albeit the training runs, the race, the beer afterwards!

Steve worked hard but also played hard. A strong work ethic, a positive attitude to life, his gentle but persuasive personality made an impact on those he met along life’s journey. He was a role model to many, did not seek praise or reward, he was just happy helping out. He packed a hell of a lot into his 65 years. A life in which he had many happy memories and no regrets, a life which brought him much pleasure and help to others, from his professional work, Leeds University, playing football (but sadly supporting Liverpool FC!!) his running club - Denby Dale Travellers, his love of folk singing, guitar playing, fly fishing, cycling and of course as a CAMRA member, the occasional pint when he had some spare time!!

Steve was born in Cottingham a few miles north of Hull and lived there with his family. He attended Beverley Grammar School before going to Leeds University to read Geography. After completing his degree he later attended Wye College in Kent to complete his MSc. As a Landscape Architect he worked across in Ormskirk before coming to Denby Dale and working for the local authority in Barnsley. Always a keen football player at school, university and also for DD he was also a very keen cyclist years before lycra became fashionable and would think nothing of completing a round trip of over 150 miles to the York moors.

His love of the Countryside was not only as a result of his work but long before that as a keen walker/cyclist/runner and latterly as a fisherman. He was also involved with developing and implementing sections of the Trans Pennine Trail, a trail which many of us have used. His knowledge and love of the local countryside and its paths and byways was also a key factor in ensuring that the

Travellers was not just a road running club but making its mark on the fell and even ventured into the infamously stuffy cross country circuit.

He was also instrumental in putting together such events as the Deffer Trial (Dash) - the event we all love to hate, the Yuletide Jog, the duathlon—Runner v Bike and of course the Travellers 6.

Steve at a start line somewhere with Tony Sharpe



As you will see, early newsletters were handwritten & drawn in Steve's distinctive handwriting, often wry, always interesting and ever willing to share and promote the success of others.

Many of you have run sections of the Barnsley Boundary Relay, but in 1993 for Red Nose Day Charity Steve ran all 75 miles supported by DDT Club runners in 12 hours 45mins and 69 jelly babies!! (Article by Tony Sharpe attached). He completed the Bob Graham Round with Patrick Green in the Lakes—74 miles, 28500 ft of ascent and 42 peaks in 1989, cycled Lands' End to John O'Groats with his wife Maggie, Tony Sharpe and George Russell, completed The Polaris on mountain bikes with Andy Blanshard, did two day Karrimor events with Mike Edger and also ran 197 miles on Wainwrights Coast to Coast also with George.



Events he enjoyed were The Wheeldale Tandem, The Cleveland Survival, The Tour of Pendle and numerous marathons including Windermere and Snowdon. He was a sub 3 hours marathon man and a sub 60 mins for 10 miles.

Steve is also a world record holder, having decided to run the 30 mile Long Distance Walker's Association route called The Cal-Der-Went Way which links the Calder and Derwent rivers. It goes from Horbury Bridge to Ladybower Reservoir over the ridges via Bretton, Cannon Hall, Langsett and Cut Gate. He and Andy smashed the record, admittedly held by walkers!!

Towards the last few days of his life I asked him about any particular races that he recalled? His favourite was Wasdale, the hardest the 1000 metre peaks in Wales – he got lost (he never got lost when he navigated) he said because for once he decided to follow some local runners!! He enjoyed the Old County tops in The Lakes running with Mike Edger, although he recalled Mike having to wait for him! There were so many happy memories of his running life but he recalled running the Tripod with Patrick and me in The Lakes. It started early morning in Threlkeld, went up Skiddaw across the tops to Scafell and then to the top of Helvellyn, where we saw a magnificent sunset. We managed to descend and finally get to my car to go home winners. I could not drive as my legs refused to bend again and he drove back home, maybe that's why he enjoyed that day!!

His legacy to the Travellers include his philosophy, his favourite running routes, his wisdom and events that he introduced to the Club that are still run today; to the village, his tireless work on conservation including the inspiration for the purchase of Wither Wood and a founding membership of Denby Dale Parish Environment Trust: to his friends and family, his wit and wry sense of humour. He will be missed.

My thanks to so many of Steve's friends who have been in touch and sent me information/ details about him which I have tried to incorporate, but in particular Neil Denby who sent me so much of what I have documented above that I may be sued for plagiarism!!



Steve—in more recent times

What No beer!!



Tues 12th Jan—Members decided to jog the route of Deffer Dash by torchlight in memory of Steve—we *have much to thank him for.*

The total of all the kind donations for Steve came to £1835 (& 41p!!) which has been split between Kirkwood Hospice and Cancer Research UK —a magnificent collection from his friends.

1982 /3—Steve was instrumental in setting up the Travellers

Conception . . .

14th September 1982. Letter to the Amateur Athletic Association.

Dear Sir,

I write on behalf of Denby Dale AFC to enquire about procedures necessary to add an athletics section to our club.

Although based only in a small village the football team is actively expanding with the addition of a second team and organised training. A considerable number of club members and other village 'non footballing' sportsmen and women have expressed an interest in the formation of an athletics section to permit them to participate in the increasing number of road, cross country and fell races. A number of our members have competed for one season in such races and need therefore to join a club. They would prefer to run for a local small club and thus the possibility of strengthening the village sporting body by the formation of a village club possibly linked to the soccer club has obvious appeal.

I would be grateful therefore if you could send details of the necessary procedures to start such a section, ie affiliation procedures, insurance arrangements etc.

I look forward to your reply,

Stephen Robinson

. . . And Birth

9th March 1983

Dear Mr Robinson,

I am pleased to inform you that the application made by Denby Dale Travellers for affiliation to this Association has been approved. The club will be listed as an open club and attached to the No. 11 district committee, the secretary of which is: Mr J.G. Beckett, Huddersfield. I now send you the club membership card for the current season, together with the receipt for the fee paid. The AAA handbook containing up to date rules is awaited from the printer. A copy of this will be sent on to you when they are ready.

The committee extend to the club a sincere welcome and trust that we shall both benefit from our association.

Yours sincerely,

(illegible)

Northern Counties Athletic Association. (Founded 1879).



1983—The First Newsletter

In it Steve sets the tone and direction of the club - serious about running, but not stuffy about procedure. The original was, of course, written by hand and (as with many of our newsletters over the years) photocopied with the 'assistance' of a local employer!

Denby Dale Travellers Newsletter

March 1983. The first club newsletter.

Why a running club in Denby Dale? Well a few reasonably regular runners noticed several other such persons plodding the lanes and footpaths around the village and it seemed that we might all share problems eg finding and entering suitable events, concern re eligibility to enter events, finding others to train with or join team relays, etc. Hence the 'Travellers' - a suitably global term to cover the abilities and aspirations of those who might want to join, with a merely coincidental fact that several interested parties choose to partake of apres jog beverage at the Travellers Rest, Wakefield Road.

As you are reading this you must be interested, so where do we go from here? The club will only reflect the interest and requirements of its members, so perhaps a few prompting comments would be of help.

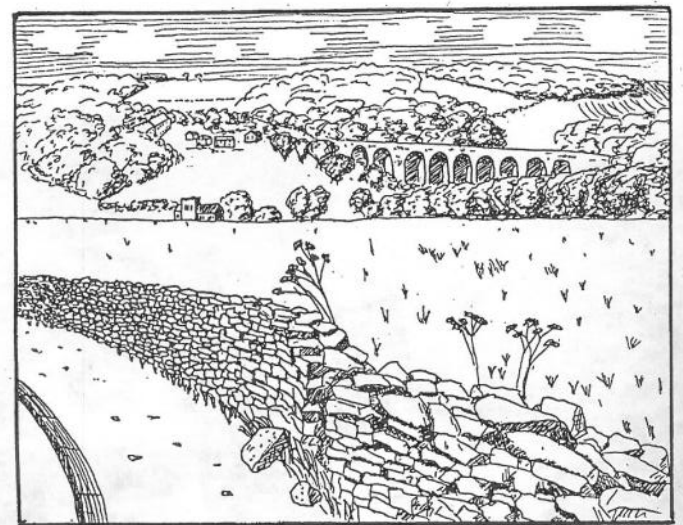
We have affiliated to the AAA and have a constitution built up from standard clauses suitably amended (available for anyone who wishes to study in detail). This means that we are a bona fide athletics club. Affiliation to the Women's AAA could follow if sufficient interest is forthcoming. That apart we want everything as informal as possible. We can't offer a track or even training rooms as yet; no coaches; no established events, etc; but we can offer the chance to meet and run with others of similar interest, to share information and experiences on all things running plus many other possibilities - club entry fee rates to events, team races, discounts on sports goods, etc. Who knows what other things might follow?

To date we have a temporary President, Secretary and Treasurer, we now need a willing chairman and mens and women's captains (any offers?). We also have registered club colours - green with navy lettering. We really need to meet and discuss what everyone wants from the club and what we need to do to achieve this. I hope that the following date suits most people:-

Meeting - Wednesday 23rd March 8:30pm @ Travellers Rest.


See you there.

Steve Robinson



SEX NOTES

- WELCOME TO ALL NEW MEMBERS.
- To all the old lags please pay up your 1984 subscription if you haven't already done so, as the travel company are asking Treasurer Mike Court for the down payment on his flyer to the Bahamas.
- Affiliation to Women's AAA has not yet been confirmed although we applied two months ago and sent reminder - such are the ways of traditional athletics! However as our brass has not yet been returned I hope that all is well for the ladies. Keep running, never mind the bureaucracy.
- We did vote, albeit by proxy, in the Turner Report debate which you may have been following in the press. Our representatives cast our votes independently on our behalf. However both voted for the formal resolutions in support of the Report recommendations but also for the amendment deleting the reference to the achievement of its objectives by the expansion of the existing infrastructure of the BAAB. The main resolutions were carried, the amendment was defeated. We await the speedy implementation of the Turner Report recommendations with bated breath!
- This issue raised the question of the means of club representation. If folk are not happy with how we achieved this please let it be known as there are alternatives e.g. that we don't vote, or we have formal meetings to discuss such issues. The gut reaction was that we would wish to do neither of these and so a convenience was chosen. But speak or forever hold thy piece!
- If anyone wants to read the Turner Report, or AAA Handbook, Eccu Handbook, NcWccA Rule Book (when it arrives) just let me know.
- On the kit front I hope that everyone is getting good discounts. I have some T-shirts and odd vests 'in stock' but I cannot find a source of reasonably priced mesh vests that would suit. It is somewhat difficult keeping track of everyone's needs and in addition Hnats, who do our printing have moved closer to Sheffield centre (not quite so convenient for me). Could people let me know their specific requirements, or obtain their own garments which I can then get printed.
- Perhaps we could have an informal open meeting in the Travellers Rest after the 11th July Deffer Trial to talk about club matters generally over a couple of pints.

 Steve

Steve's work for charity and community was legendary, and he managed to combine it with his love of running. The 'Jelly Baby' run was low-key but a fantastic achievement that raised money for Comic Relief.

The Round Barnsley Run or "How many jelly babies would you need to run 75 miles?"

Those of you who have ever had the misfortune to look tired in a fell race will know that Steve Robinson thrives on them and believes that you should too. Just when you are too tired to resist he pounces on you and force feeds you. But for once the tables were turned when Steve was propositioned into running the Barnsley boundary route just to settle a bet as to how many he would consume whilst doing so. One tipster guessed at 1800, a figure that even Alf Tupper would have had major indigestion over. The attempt was duly brought to the attention of Bassetts, the makers, who duly sent a consignment. Red nose day was chosen so that a bit of money could be raised and at 7.00am Steve set off from Bretton towards Notton accompanied by Neil Devlin and Dave Morgan and setting a pace targetted to be 10km per hour. After a while they left to do a days work, leaving Steve to do his. Two hours later Steve heard a loud panting from behind and Alan Town appeared from nowhere in Wombwell. Alan stayed with us (I joined in at Elsecar) until

we crossed the A629 between Wortley and the A61. The mystery of what he intended to do at this point consumed my thoughts for the next two hours. How do you get from the middle of nowhere back to a car park in Wombwell? We climbed upto Wharnccliffe woods and followed the valley. We even sighted some railway workers at the former Deepcar station. It was pretty clear that a train hadn't touched these tracks in many a month so the next hour was consumed with thoughts about what they were supposed to be doing.

At Wortley station (75km) Steve had a 15 minute rest and more jelly babies. I was still strong enough to fend off his advances. Then came Hunshelf Bank which reduced us to a walk. Soon we were enjoying a delightful 500m alongside the Stocksbridge bypass, the smell of diesel being a refreshing change from all that fresh air on Hunshelf Bank. We didn't say much because you couldn't hear yourself think, let alone someone else talk.

Langsett beckoned as Steve started to feel tired. More jelly babies and a drink helped a little as we went past the Straddle start/finish and climbed towards Woodhead. So in case you didn't know, there are grouse moors in Barnsley. "Not many people know that" as someone once

said. We crossed Woodhead towards Winscar. When the warmth goes out of the day and you've already been running for 9 hours and there is a marathon left to run the one then you don't want to see on approaching your support cars is a bunch of smiling Travellers warming up for the Olympic 100m final. However Dave Sharp, Neil Denby and Martin Hurst took it in good heart and allowed Steve his 10 minute rest and me to bow out. Next stop Upper Denby at least a thermal warmer than Windscar.

At the George for once no-one mentioned going in only going on. If Steve was feeling tired then the next event made it all worth while. Apparently from nowhere a bunch of Travellers appeared ready for the final leg through Gunthwaite, Cawthorne, High Hoyland etc. Amongst the group was a familiar figure in yellow T-shirt and blue shorts, Alan Town last seen 15 miles away from the George and 15 miles from his car had reappeared. How?

The night was drawing in and the group donned head torches or rather four of them did. The next sighting was as they ran through the wood on the way upto High Hoyland. A passer by thought there were fairies dancing. All this emotion carried Steve up the hill at the front of the bunch and then Bretton was in sight

except being dark it wasn't. All that remained was a hole for Maddog dog to trip on and limp in after Steve had finished. Steve was taxed to the Pie Hall where he replaced the lost fluid for the rest of the evening. No-one complained that he didn't go to the bar very often. Thanks to all who helped. Even though I know you found it worthwhile, he wouldn't have skipped up the hill to High Hoyland without you.

Tony Sharpe

So, now you know—it takes 69 jelly babies to run around Barnsley, unless you can do it in less!!!



Letter From America

Contributed by Bob Johnson, Colorado, USA

(bob.johnson@skybeam.com)

The passing of Steve Robinson marks, for me, the end of an era in the history of Denby Dale Travellers AC. It is the end of a chapter in which Steve played a pivotal role in our club: not only was he one of the founding members, he was also the first Secretary and first Newsletter Editor. All of Steve's Newsletters were handwritten in his unique and distinctive style, most of which have been archived. In the early days it is said that Steve WAS the running club.

I first met Steve in the summer of 1981; I was running up Poole Hill one Sunday morning, he and a few friends were running down from the summit. I'm not certain but the group probably included Mike Devlin (RIP), Bill Barton, John Shone and Tony Peace. We had a brief chat (and a rest!) during which I was invited to join them for a pint at the Travellers Rest on Wakefield Road the following Wednesday.

They played football for Denby Dale at the time and it wasn't long before I was coaxed into joining the team. Steve liked his footie but woe-betide the poor fellow who muffed a cross or a corner, it's the only time I've ever seen him agitated.

I didn't see it but Steve put an advert into the Denby Dale Chronicle inviting interested parties to come for an informal run starting at the Travellers Rest on Wednesday evenings. The first to attend were Steve, Chris Sheard and Barry Crozier. Before long, Wednesday evening runs – before the pints – became a regular fixture. By mid-1982 the group had grown with some even taking part in organized events. It soon became apparent that we had to pay more than affiliated club members to take part in race events. And some races wouldn't accept us because we were unaffiliated – especially Cross Country fixtures. That's when the notion of forming a club was born so Steve and I set about learning how to get affiliated to the then Amateur Athletic Association (AAA).

We quickly learned that the formal application to AAA had to be accompanied by a Club Constitution which, of course, had to describe the name of the club. The original name Denby Dale Travellers AC was decided upon for obvious reasons. Steve made the application to the AAA in Sept 1982 and the club became formally affiliated in March 1983. Steve's first Newsletter was published the same month.

By the end of 1984 there were approximately 50 members; by 1993 the number had grown to about 120 members, no small feat given the competition from other long-established, local running clubs.

In addition to introducing the Deffer Dash and helping with all club races, Steve introduced a fitness training session at Shelly High School. This usually finished with 5-a-side football for those still standing. He obviously had a knack for making us suffer!

Another regular fixture not mentioned very often was the Whitby Weekend, usually during October. Dave Booker (RIP) had access to a school outward bound property in Goldsborough village near Whitby. We had lots of running, lots of home-cooked meals and lots of fine ale during these weekends which also included the obligatory Whitby Cod and Chips at some point. On the way home we sometimes stopped off for a run up Roseberry Topping and Captain Cook's Monument. But it was Steve who introduced the Friday afternoon kick-off with a long bicycle ride to get us warmed up for the weekend. More often than not the ride took in the famed Sutton Bank hills, even worse than the fiendish Deffer Dash.

These are some of my memories of our friend. I'll close with a selection of remarks I've received since Steve's passing:

- He was one of the nicest blokes I knew - always dead straight, with no "side" to him & with good values. He also actually listened when you had a conversation with him, an increasingly rare attribute these days, sadly. (Gene Goodwill)
- Lovely bloke. (Dave Maddox)
- Yes we'd heard, very sad indeed; too young. (David & Lesley Gill)
- Steve was one of the people who got me running on the fells. Like you did. He was always laid-back, no fuss, never confrontational, keep it simple and enjoy was his motto. (Judith Johnson)
- He packed hell of a lot into his 65 years. (George Russell)
- Steve was more than a founder member of Denby Dale Travellers, he was its inspiration and provider of its philosophy. He set the direction of the club as one that was rooted in the countryside. (Neil Denby)

Neil Denby has put together a summary compilation of early club matters including an omnibus collection of memorabilia concerning Steve, ***some of which have been included in this newsletter & more will appear in later editions [ed]***. I commend all members to peruse this collection because it defines the original ethos of the club. It behoves us all to understand how the club came about and flourished. Moreover, we should never forget our roots. That would be the best way to remember our late friend.

Rest in Peace Steve and thanks for the memories.



This photo was taken at an early Travellers 6 race; Steve was giving out the prizes.

Junior Corner

So what have our Juniors been up to recently?

Contributed by the Editor

The last three months have seen a growing number of our junior athletes competing in the last of the West Yorkshire Cross Country series (at Nunroyd Park), the Yorkshire Cross Country championships at Lightwater Valley (where Gus narrowly missed being in the top 20 U13 boys) & Spenborough Open Cross Country races. Balance and agility skills developed at Shelley were put to good use at the roller skating Christmas party, an evening that appeared to be enjoyed just as much by parents who were keen to show off their (somewhat dormant) skills to their offspring!

It was fantastic to see DDAC vests at the West Yorkshire Sports Hall Athletics competition in January where Tamsin, Isabel, Thomas, Daisy, Billy and Ben excelled at their chosen running, jumping and throwing activities. Daisy was subsequently selected to represent West Yorkshire in the Regional Finals – *you can read her account in Junior Spotlight*.

Earlier this month there was a great turn out at Langsett for an introduction to fell running, in which juniors (& several Dads) ran almost 4 miles, experiencing some steep ups, negotiating trip hazards like roots and rocks as well of the joys of wet feet. These newly learnt skills were quickly put into action by Billy, Ben, 'Vee' and 'Lexie' at the Ilkley Fell race the following day.



Fell training at Langsett



'Vee' & 'Lexie' at Ilkley Fell race

To help get the New Year off to a flying start, the coaching team has put together a spring junior event calendar which includes a track & field competition and off-road race series such as **The Trunce** and **Silkstone Shuffle**. It would be great to see lots of our juniors having a go at these low key local friendly events.

Following on from the successful senior **Parkrun challenge**, assistant coach Phil Ellis has devised a junior version which involves a series of 5 runs at Greenhead Park in Huddersfield over the next 3 months. The 2km timed run is free and suitable for children aged 4 – 14 years; the only snag for parents is getting there for 9am on a Sunday morning! To give all ages an equal chance of winning, scoring will be based on the age-graded percentage rather than actual position. The best 4 runs will count. The first run in the series took place last weekend and such was the influx of DDAC runners (17 of them) that the results system temporarily crashed.

Training sessions at Shelley College continue to attract a steady influx of new members with weekly attendance now averaging 50 or so young athletes. Over the winter months sessions are split between indoor and outdoor activities and juniors continue to develop their running, jumping and throwing techniques although team relays seem to top the popularity charts and could probably go on all night but for parents coming to collect their youngsters and the caretaker wanting to lock up! The grant from Denby Dale Parish Council has been put to good use, allowing new equipment (high stepper, bounce mat, hurdles, hammers & shots) to be purchased; now we just need a van to transport it all! As membership increases, there is a need for the coaching team also to grow; Simon Browne joined the team as a qualified coaching assistant in January and Anne Middleton also recently completed her training. However, there is still a need for more coaches – please talk to Junior Co-ordinator - Jo Worboys , if you are interested & remember you don't need to be an athlete to coach!



So.... The junior section is fast approaching its first birthday – the fledgling is developing and growing very nicely. We will need a very large cake!

Billy & Ben proudly wearing their club vests at Ilkley Fell race

(Vests available at Shelley—£12)

Junior Spotlight — Daisy McClelland (10 years)

My amazing day at the West Yorkshire Sports Hall Athletics Regional Finals

Hi my name is Daisy McClelland and I have been part of Denby Dale AC since it first started.

Recently, I went to Bradford to have a go in the trials for the West Yorkshire Athletics Team, with my club mates. I did: 2 lap time trial, standing long jump, javelin, speed bounce and under over race. One of my best events was the under over race, it's where you run over hurdles, then through a tunnel and over a hurdle, I won my heat for this race, I think it was because I am so small so I could just bend over to go through the tunnel.

The next week on Tuesday night I got a letter from West Yorkshire Athletics saying that I had been selected for the 'West Yorkshire Team' to represent West Yorkshire in the regional finals on February 14th.

On Sunday February 14th we set off as a family for Halifax, we arrived in time for me to sign in for the under 11's team, find out which events I was competing in, I needed to collect a bib and warm up. I was in the 'Over/Under relay in last position, and Javelin.

After some team photos the competition started, I had a long wait as my events were towards the end of the day. Finally it was time for the 'Over / Under' race, I went over to the mat where we sat, with the other three girls and just like that the first runner was off. As she came back we were winning, same for second and third, then my turn, I was off and just had to keep the lead. Yeah we won.

Straight after that event I went to Javelin. I got 11.11.12. At the end of all the events we all sat in our teams to wait for the results to be announced. The under 11's Girls West Yorkshire team won, a great team effort !



*Thanks for reading
and make sure you
have a go next year ...*

Daisy

Future Junior events & dates for your diary



Denby Dale Athletics Club Junior Calendar

Wednesday 17 th February	No Athletics Session – Half Term Holiday
Saturday 20 th February	Training session at Langsett – 10.00am
Sunday 21 st February	Ilkley Moor Fell Race – 10.30am Entry on day from 9.30am - £2 – minimum age 6 on race day www.ilkleyharriers.co.uk/ih/imrjunior.html
Sunday 28 th February	Junior Parkrun Challenge 1 – 9.00am (Greenhead Park, Huddersfield) Free timed run of 2km for juniors aged 4 – 14yrs You must register before your 1 st ever Parkrun & remember to bring your barcode to all races. www.parkrun.org.uk/huddersfield-juniors/ www.parkrun.org.uk/register/
Sunday 13 th March	Junior Parkrun Challenge 2 – 9.00am (Greenhead Park, Huddersfield)
Saturday 19 th March	Junior Silkstone Shuffle 1 – 9.45am A tough 3km multi-terrain course – great challenge to all youngsters. Series of 4 races. Entry on day – 50p/race. www.barnsleyharriers.org.uk/index.php/silkstone-shuffle
Sunday 20 th March	Winter Warm-Up Meeting – 11.00am (Spenborough & District AC) Princess Mary Athletic Stadium, Cleckheaton Track & Field event for Juniors & Seniors – Choice of 3 events. Pre-entry £4; entry on day £5. Minimum age – 8 yrs on 31/8/16 www.spenac.co.uk/entries/winterwarmupevent
Sunday 27 th March	Junior Parkrun Challenge 3 – 9.00am (Greenhead Park, Huddersfield)
Wednesday 30 th March	No Athletics Session – Easter Holidays
Sunday 3 rd April	Junior Parkrun Challenge 4 – 9.00am (Greenhead Park, Huddersfield)
Monday 4 th April	The Trunce 1 – 6.45pm (starts near Wagon & Horses, Oxpring) Series of 9 multi-terrain races. Juniors must be at least 10yrs on day of race. Entry on day - £1.50/race www.trunce.org/category/latest-news/
Wednesday 6 th April	No Athletics Session – Easter Holidays
Sunday 17 rd April	Junior Parkrun Challenge 5 – 9.00am (Greenhead Park, Huddersfield)
Monday 25 th April	The Trunce 2 – 6.45pm

DDAC Juniors Section

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

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

****Calling all Parents****

Would you like to start running but are apprehensive about joining a club because you don't think you will be fast enough or have no child care facilities?

DDAC have the solution for you!

Each Wednesday at 6pm, Si Warsop, one of our DDAC members, has kindly offered to run with anyone who would like to run with him. Si is an experienced runner who will run at whatever pace you feel comfortable running at, and for whatever distance you are able to run. He knows many routes around the area - both on and off road. Running is a great way to stay in shape and clear the mind after a stressful day at work!

If you would like to become as fit as your children then please come to Shelley College Sportshall at 6pm wearing a pair of trainers and suitable clothing for our wonderful weather, and enjoy a run around the area with Si.

Si will ensure that you are back in time to pick up your children after Athletics.

a



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

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

Contributed by John Shone

This is quite significant for the club.

For many years we would meet at this tree at 08.30 on Sunday mornings and go for a run.

Unfortunately a number of people who were in this group are no longer around.

I still maintain the tradition and memory.

Where Once a Mighty Oak Stood.....

On Sunday November 22nd (at about 2pm) we are going to plant a sapling oak tree on 'the Inkerman Way green'.



The old oak tree that stood on the green was here before our houses. It was a landmark on the estate, a meeting place for local residents and a place where our children played. Sadly, the oak on the green had to be felled last year. It is pictured here in its last winter.

After its removal we thought it would be lovely if we could replace it.

Eleven years ago an acorn fell from the large oak and was collected and planted by our grandson Euan, when he was a toddler. The sapling that grew from the

acorn stands in a pot in our garden. So what could be better than replacing the felled oak with a tree that has grown from its own seed.

We have spoken to the Council, who maintain the green, and they are more than pleased that we replace the tree at the original location.

We hope that our young tree lasts as long and becomes as familiar a landmark for future residents as its parent was for us.

Bernard & Alison (and Euan)

24 Inkerman Way

Denby Dale Hospitality

Contributed by Ian Walton, Catalonia

It's where I grew up is Yorkshire. I don't wave flags and the like, but I am proud of the White Rose. But it takes going away and living abroad to realise how lovely a place I grew up in. Or certainly to remind you thus.

I have been living away from Yorkshire for over 20 years now, on and off, but more and more I am aware of how beautiful a place it is and how wonderful a set of folk Yorkshire people are. We are!

It is further reinforced when my Catalan Spanish girlfriend spends a week there with my parents on her own, running with my Dad and spending time there with both Mum and Dad, then comes back glowing about how amazing the place and the people are. And we currently live in amazing Catalonia so it hits home just how special those green fields, dry stone walls and big hearts are.

Then there is the mud. Over Christmas the two of us went to my folks in Skelmanthorpe. The floods around Yorkshire and the North were devastating and our hearts went out to all suffering. We had both lived in Brisbane when those floods hit about 5 or so years ago so we had some idea of the clean up and spirit needed. At least it was warm in Brisbane when it flooded. Less so up there in the North. But not one of those going through it seemed to grumble, just got on with helping each other. Brilliant. But, no, we were lucky and on safe high ground. But that didn't mean that we were spared getting wet. Not from rain, no, but from that glorious childlike fun inducing material mud.

We went out on 3 or 4 runs over the holidays and got ankle to knee deep in the stuff, but under glaring sunshine. It was like being a 10 year old again.

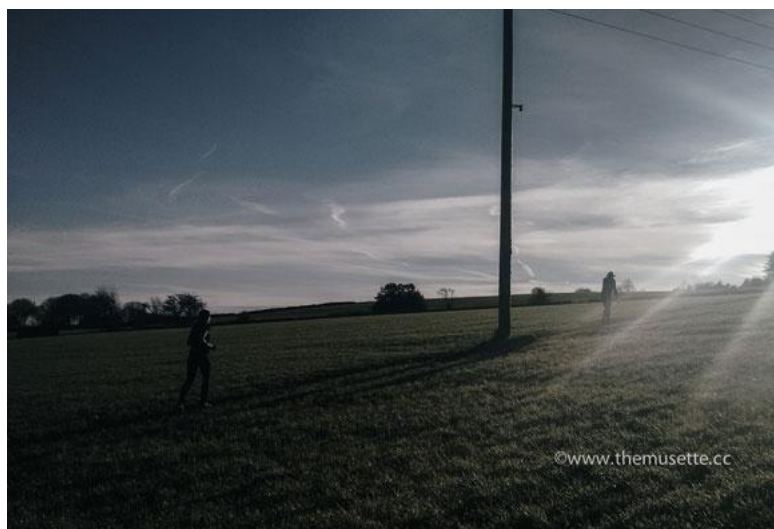
The runs with just my girlfriend, my Dad and I were great. Fresh clean air, chatting, in the mud. But we did a run at my Dad's local running club, the Denby Dale Travellers, or Denby Dale AC as it is now. I wouldn't call it a race, as that would imply that we felt there was a competition. It was organised and co-ordinated as a race, but it was so social and fun (at our end of the 30 strong field anyway) as to deem calling it a race somewhat unjust – to the event, not the term 'race'. It was just too much fun. It was, in theory a **Runner vs Bike race**, but it was so muddy and so render the bikes mere weights to run with for large parts of the route. We ran. Dad was navigator in chief – I hadn't run or ridden these paths in years and though I recognised bits here and there, better to leave it to the breathing GPS of those snickets and ginnels he is – and 90 minutes or so later after leaping streams, sinking into mud, getting electrocuted (mildly and briefly), scaling styles and generally having the best 90 minutes in the crisp winter sun one could imagine we were back at the famous Denby Dale Pie Hall to receive our prizes.

Prizes? Yep, everyone brings a Christmas present to this (free!) event. And everyone leaves with a different one. So everyone wins. And extra minced pies and cake and stuff are there as well. Mum came down, joined the post run social to complete one of the friendliest nicest mornings I have spent in a long while. In one of the most beautiful parts of the world.

Thanks, on behalf of myself and Vinyet (the missus), to my Dad for taking us along (and Mum for the lift!) and to all the Denby Dale AC (Travellers) who welcomed us with open arms!

Proud to be a Yorkshire lad.

Here's just a few of the lovely images that Ian took whilst slip sliding around Runner vs Bike.



Race reports and results

One tends to think that the winter months are quieter for races but the following pages just go to prove that we haven't all been hibernating. Also, as this edition of the newsletter looks back at the roots of the Club it seemed appropriate to check out race results from the archives—younger members may be impressed to find that those who now run with slower groups or who are more often found enjoying a pint in the Pie Hall were once quite fast. *Many thanks to Bridget for collating results from the archives.*

Montecute 10m - 6th December 2015

Position	Name	Club	Age category	Time	Comments
1	James Green	Axe Valley	M	01:14:57	
15	Amy Greenhalgh	Axe Valley	F	01:23:37	1st Lady
187	Sarah Everett	DDAC	FV40	02:01:52	

Percy Pud 10k - 6th December 2015

Position	Name	Club	Age category	Time	Comments
1	Alan Buckley	Leeds City	M40	00:32:26	
54	Nicola Squires	Hallamshire Harriers	F	00:36:25	1st Lady
	Bridget				
169	Coomber	DDAC	FV50	00:40:06	1st Lady v50



Bolsover 10k - 13th December 2015

Position	Name	Club	Age category	Time	Comments
1	Richard Weir	Derby AC	M	00:30:35	
25	Emma Neil	Barrow Runners	F	00:36:57	1st Lady
	Bridget				
62	Coomber	DDAC	FV50	00:39:28	3rd Lady/ 1st Lady V50

Ward Green 6 - 27th December 2015

Position	Name	Club	Age category	Time	Comments
1	Mike Burrett	Leeds	M	00:29:59	
24	Evie Brailsford	City of Sheffield	F	00:37:13	1st Lady
35	Bridget Coomber	DDAC	FV50	00:37:47	3rd Lady/ 1st Lady V50
71	Peter McEvoy	DDAC	MV60	00:43:21	
109	Norman Roper	DDAC	MV65	00:49:37	



Bridget at Bolsover



**Bridget at Ward Green
'have you noticed, my nails
match my shoes'? !!!**



**Bridget on unfamiliar terrain at
Mickleden Straddle**



**Bridget at Brass Monkey—
determined not to be
overtaken**

www.benmcneilage.com

From the archives



Percy Pud 10K

04.12.1994

1st Male - Mark Lavender – Barnsley AC – 31.14
 Jim Bell – 36.27
 Bridget Coomber – 38.31
 David Stockdale – 39.28
 David Townend – 41.18
 David Wyatt – 48.26

03.12.1995

1st Male – Eamonn Hyland – Redhill RR – 30.16
 Philip Bucklet – 36.56
 David Townend – 39.12
 Bridget Coomber – 39.31
 Richard Scott – 43.30
 David Wyatt – 44.34
 Sue Glover – 44.59
 Andrew Neesam – 44.59

01.12.1996

1st Male – Chris Parkes – Rotherham – 30.05
 Adam Corn – 37.43
 Bridget Coomber – 38.12
 David Townend – 39.31
 Andy Neesam – 42.21

29.11.1998

1st Male – Nigel Allison – Sheffield AC 30.48
 Steve Boulby – 34.50
 Jim Bell – 35.46
 Tony Weston – 36.28
 Bridget Coomber – 37.46
 Jan Harley (now Yates) – 38.57
 Lesley Robertson (now Ewert) – 39.59
 Laura Kent - 40.21
 Stewart Yates – 40.32
 David Townend – 40.50
 Andrew Kirby – 44.25
 Joy Hemmings – 48.03
 David Wyatt – 49.26
 Sue Levison – 58.57

05.12.1999

1st Male – Robert Holaday – Morpeth – 31.02
 Steve Boulby – 34.41
 Mike Horsfall – 38.30
 Bridget Coomber – 39.00
 Lesley Robertson (now Ewert) – 40.50
 David Townend – 41.03
 Laura Kent – 43.10
 Norman Roper – 44.14
 Maggie Dunn – 45.32
 Andrew Kirby – 46.04
 Collen Morris – 54.13

Brass Monkey Half

1996

1st Male – Chris Bartle – Bingley Harriers – 71.13
 Jim Bell – 77.53
 Phil Buckley – 83.46
 Bridget Coomber – 86.46
 Stuart Walton – 92.00
 Sue Glover – 99.19
 Dave Wyatt – 104.58

1998

1st Male – R Simpson – Nestle Rowntree – 1.09.14
 Mike Horsfall – 1.24.51
 Bridget Coomber – 1.25.15
 Andy Kirby – 1.38.19

1999

1st Male – Ian Fisher – Otley – 1.06.36
 Bridget Coomber – 1.23.21
 Laura Kent – 1.27.36
 Leslie Robertson (now Ewert) – 1.29.06
 Stuart Walton – 1.37.07
 Andy Kirby – 1.39.49

Ward Green 6

26.12.1993

1st Male – C Thackery – Hallamshire – 27.02
 Tony Sharp – 33.56
 Andy Blanchard – 35.45
 Steve Robinson – 36.24
 Bridget Coomber – 37.42
 George Russell – 38.27
 Bill Barton – 38.30
 Mike Devlin – 39.26
 Colin Town – 41.13
 Dave Maddox – 44.44
 Bob Johnson 48.46

26.12.1996

1st Male – M Jubb – Derby – 29.46
 Jim Bell – 33.50
 Tony Weston – 35.15
 Phil Buckley – 36.02
 Lesley Robertson (now Ewert) – 36.24
 Bridget Coomber – 37.00
 Dave Sharp – 39.27
 George Russell – 39.32
 Dave Gill – 39.48
 Jegs Morris – 41.13
 Steve Robinson – 41.24
 Dave Maddox – 41.42

26.12.1999

1st Male – Rob Holiday–Morpeth – 29.48
 Martin Holroyd – 34.31
 Jim Bell – 35.46
 Bridget Coomber – 38.10
 Lesley Robertson (now Ewert) – 40.01
 George Russell – 42.02
 Tony Sharp – 42.02
 Bill Barton – 42.45
 Ian Glover – 43.00
 Sandra Kay – 43.18
 Dave Gill – 43.30
 Mike Devlin – 43.55
 Steve Robertson – 44.52
 Dave Maddox – 45.54
 Anita Nicholson – 46.12

Denby Dale Travellers 6

not only did DDT organise and marshal the race but we also ran it.

1993

1st Male – David Gratton – Wakefield Harriers – 30.08
 Roger Wallage – 34.19
 Robbie MacPherson – 34.48
 Tony Weston – 34.55
 Ralph Barker – 35.10
 Tony Sharpe – 35.25
 Jim Bell – 36.15
 Mick Collinson – 36.48
 Steve Robinson – 37.28
 Mike Horsfall – 37.40
 Martin Hirst – 37.54
 Adam Corn – 38.09
 Phil Buckley – 38.22
 Bridget Coomber – 38.33
 Bill Barton – 39.02
 Qwen McDonagh – 40.02
 Colin Town – 40.52
 Lesley Robertson (now Ewert) – 40.53
 Neil Devlin – 41.27
 Guy Goodair – 41.32
 Ken Senior – 41.40
 David Morgan – 43.00

1996

1st Male – David Gratton – Wakefield Harriers – 31.11
 Derek Hutton – 31.58
 Martin Holroyd – 33.49
 John Cartwright – 33.56
 Roger Wallage – 34.54
 Ralph Barker – 35.01
 Jim Bell – 35.20
 Mike Horsfall – 37.38
 Phil Buckley – 37.58
 Bridget Coomber – 38.26
 Bill Barton – 39.52
 Dave Gill – 39.53
 Colin Town – 40.07
 Dave Townend – 40.27
 George Russell – 41.02
 Andy Neesam – 41.37
 Sandra Kay 42.11
 Tom Adamson – 45.11
 John Shone – 45.18
 Sue Glover – 47.46
 Joy Hemmings – 48.23
 Kathy Russell – 51.18
 Gavin Adamson – 52.59

1997

1st Male – Rob Halloday – Rotherham – 30.40
 Roger Wallage – 35.00
 Ralph Barker – 35.15
 Jim Bell – 36.18
 Tony Weston – 36.31
 Tony Sharpe – 36.51
 Mick Collinson – 36.58
 Bridget Coomber – 37.41
 Phil Buckley – 39.02
 Gary Boothroyd – 39.12
 Lesley Robertson (now Ewert) – 39.43
 Laura Kent – 40.30
 Bill Barton – 40.39
 Alan Reardon – 40.41
 Colin Town – 40.52
 Dave Townend – 41.03
 Dave Gill – 42.48
 Judith Johnson – 44.17
 Steve Robinson – 44.25
 Pete Andrews – 46.21
 Dave Wyatt – 46.24
 Dave Spencer – 51.50
 Denise Faller – 55.56

Travellers 6 - 20th December 2015

Position	Name	Club	Age category	Time	Comments
1	Brendan Moody	Barnsley AC	M	00:36:29	
10	Jonny Ridge	Denby Dale AC	MV35	00:39:26	
18	Andrew de Feu	Denby Dale AC	MV40	00:41:11	
32	Beth Massey	Barnsley AC	FV45	00:43:39	1st Lady
35	Andy Green	Denby Dale AC	MV45	00:44:00	
	Jo Worboys				
57	Hodgson	Denby Dale AC	FV40	00:46:47	1st Lady V40
74	Peter McEvoy	Denby Dale AC	MV60	00:48:52	
85	Vish Ramdhani	Denby Dale AC	MV35	00:50:13	
92	Samara Wood	Denby Dale AC	F	00:50:53	
97	Tony Weston	Denby Dale AC	MV60	00:51:15	
109	Katie Sharp	Denby Dale AC	F	00:52:55	
116	Norman Roper	Denby Dale AC	MV65	00:54:05	
117	Sarah Everett	Denby Dale AC	FV40	00:54:06	
120	Si Warsop	Denby Dale AC	MV45	00:54:03	
135	Rachel Warsop	Denby Dale AC	FV40	00:59:03	
141	Andrew Pollock	Denby Dale AC	MV70	01:00:45	
145	Graham Guest	Denby Dale AC	MV40	01:02:37	
149	Lynne Pollock	Denby Dale AC	FV65	01:06:21	



Andrew Pollock - descends Common Lane - just 2 more small ups.



Andrew, Vish, Sarah & Sam
pumping those arms on the
return leg of Travellers 6



Photos courtesy of
Mossie Net

Amble's Revenge - 3rd January 2016

Position	Name	Club	Age category	Time	Comments
1	Stuart Vas		M	00:54:02	
7	Ross McClelland	DDAC	MV40	00:56:27	2nd V40
35	Steve Blackford	DDAC	MV60	01:04:10	1st V60
43	Kerry Storrar	Barnsley AC	F40	01:04:48	1st Lady
49	Andy Green	DDAC	MV40	01:05:57	
108	Richard Howard	DDAC	MV50	01:16:20	
109	Anne Middleton	DDAC	FV50	01:16:20	1st Lady V50
	Jo Worboys				
110	Hodgson	DDAC	MV40	01:16:20	
156	Sarah Everett	DDAC	FV40	01:25:25	



Andy, Steve, Anne, Richard & Jo at Amble's Revenge

Diary date : The Summer version of the multi-terrain Amble is on Sat 9th July

Temple Newsam 10mile - 10th Jan 2016

Position	Name	Club	Age category	Time	Comments
1	Mark Smith	Rothwell Harriers	M	01:00:05	
34	Charmaine		FV35	01:11:45	1st Lady
303	Peter McEvoy	DDAC	MV60	01:31:18	
333	Vicky McClelland	DDAC	FV35	01:33:31	
406	Sarah Everett	DDAC	FV35	01:38:41	
458	Norman Roper	DDAC	MV60	01:40:46	
583	Abbie Dagg	DDAC	FV35	01:56:04	



'Girls only'
Temple Newsam

Trigger - 10th January 2016

Position	Name	Club	Age category	Time	Comments
1	Nicholas Barker	Pennine	M	03:40:16	
24	Nicky Spinks	Dark Peak	FV40	04:17:51	1st Lady
106	Jo Worboys				
106	Hodgson	DDAC	FV40	05:23:47	05:22.08 (2015)
159	David Gill	DDAC	MV50	06:02:35	

6/12/92—Marsden—Edale
Steve Robinson 03:58:15
Time to beat in 2017?????



Don't like to admit that I
am actually really
enjoying this!



So am I—cheers!

Brass Monkey Half Marathon - 17th January 2016

Position	Name	Club	Age category	Time	Comments
1	Dan Kestral	Barnsley AC	M	01:08:52	
56	Sharon Barlow	Darlington	FV35	01:18:33	1st Lady
150	Bridget Coomber	DDAC	FV50	01:24:48	1st Lady V50

See page 22 to compare with Bridget's times in years gone by remarkably consistent!

Ferriby 10 - 24th January 2016

Position	Name	Club	Age category	Time	Comments
1	Kris Lecher	City of Hull	M	00:54:00	
72	Keri Pearson	City of Hull	F	01:06:06	1st Lady
463	Sarah Everett	DDAC	FV40	01:27:23	

Well done Sarah—you've just earned 10 points!

Meltham 10k - 31st January 2016

Position	Name	Club	Age category	Time	Comments
1	Matthew Pierson	Stainland Lions	MV35	00:34:36	
17	Christina Singleton	Trawden AC	FV35	00:40:34	1st Lady
101	Jo Worboys				
	Hodgson	DDAC	FV40	00:49:38	
128	Peter McEvoy	DDAC	MV60	00:51:36	
147	Norman Roper	DDAC	MV65	00:54:03	
151	Sarah Everett	DDAC	FV40	00:54:08	

Meltham 10K (used to be Moorside 10K) - from the archives

04.02.1996

1st Male – Mick Hawkins – Bingley Harriers – 31.00

Adam Corn – 40.20

Phil Buckley – 41.04

Bill Barton – 41.15

Bridget Coomber – 41.28

David Townend – 43.25

Andy Neesam – 47.23

Can't wait for next weekend's race—it will be so lovely & warm

Why am I doing this?



Meltham 10k 2016

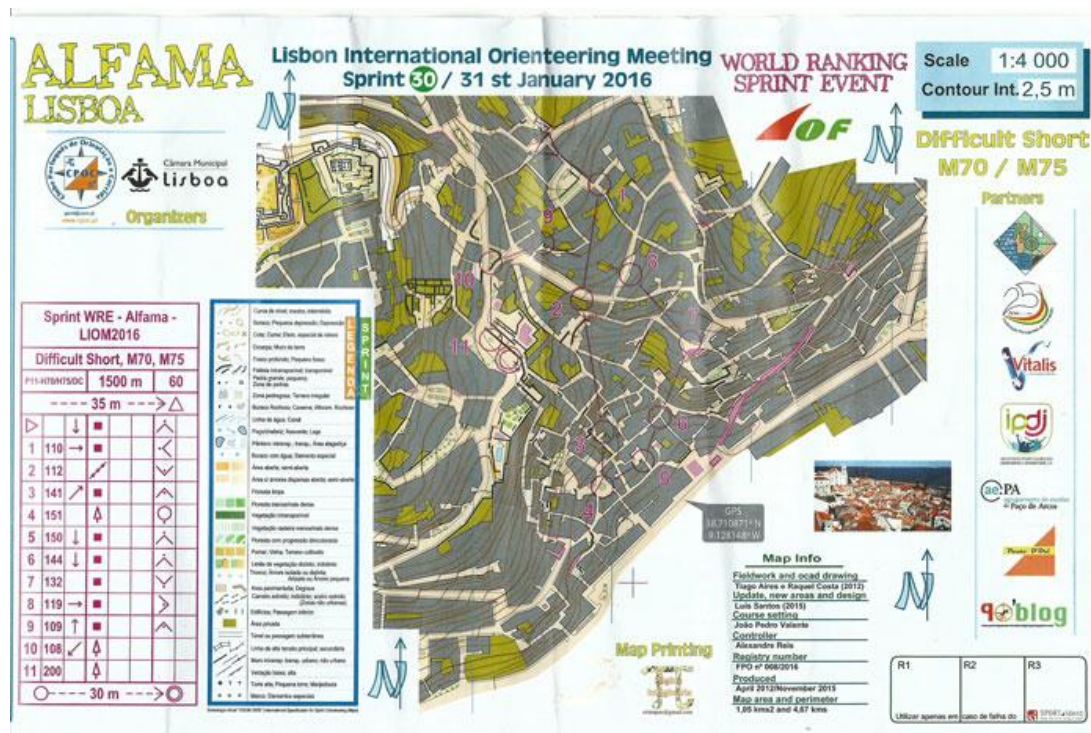


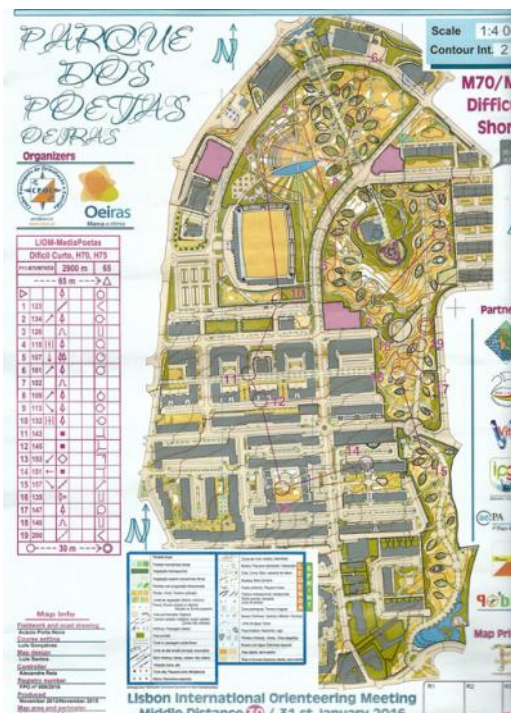
Lisbon International Orienteering Weekend 30/31 January 2016

Contributed by Guy Goodair

Spotted this event last autumn and it seemed like a good mid-winter weekend break. As it was designated a World Ranking Event (for the elite of the sport) it ensured a good entry. We arrived late Thursday night and on the Friday there was a Model event (this is an orienteering course on a similar area to that being used in the competition which gives you an idea of the terrain and the map) It's non competitive and can either be raced or used as sightseeing tour or testing various route options. In fact there were two model maps – the shorter one was designed for a world class runner to get round in 16 minutes (so double that time and add a lot more for us!) and a longer one visiting notable areas of Lisbon. We opted for the former. When we got back we collected our numbers and start times.

Saturday morning was a **Sprint event** around the very hilly area of the Alfama, a maze of narrow streets with loads of steps. Sprint in orienteering terms doesn't really mean sprinting all the way but with a winning time of around 12 to 15 minutes, lots of controls requiring quick route decisions. We went to the Assembly area where we entered a quarantine area, then 9 minutes before our start time followed a tape uphill to the start. Only just made it in time I'd forgotten the Pre-start was -3 minutes so only 6 minutes actual time to the start. After the starting bleep it's my usual panic to find the start triangle – Found control 2 on the map, then 1 then back – got it! First few are straightforward but I realise I'm losing height rapidly so there's going to be a lot of climbing later on – not sure I took best route from 5 to 6. Now here's the cruncher - straight across the road and up a flight of steps, on a bit, another flight, round the corner, another flight, a bit further and yet another set to No7 . Decision time again – right or left to No 8? I opt left but it's yet more uphill stairs. From there only a small climb to 9 then two level controls to the finish. Downloaded – next question how do we get back to assembly? Fortunately the organisers have printed another map on the back of the competition map showing the way!!





Then in the afternoon there was the **Middle Distance event** held in the Parque dos Poetas about 8 miles west of central Lisbon. Again a lengthy walk from Assembly to the start, start triangle is at park entrance and it's a wonderful area for running on – grassy slopes with strange ovoid walled areas. Made a mess of No 4, not reading the map properly and going inside one of these when, in actual fact, it was on the tree just outside. Then went 'brain-dead' at No 9 thinking No 10 was outside the park wall – headed east to get out of the park then almost at the exit realised it was inside and if I went out of the park I'd be stuck. Back into the park skirting people leaving the stadium. After that we'd a few controls round blocks of flats before going back into the park for the last few controls.

The **Long distance event** on the Sunday was held on the Atlantic Coast near Sesimbra, luckily we'd a Portugese friend, Manuel Dias, would insisted on picking us up in his car and taking us there.. The organisers seemed to have taken over what was probably the village green and erected an inflatable finish arch

download area, stacks of chairs and trestle tables for runners to change, relax, eat & drink from the refreshment stalls. The crèche for those with young children was about 100 metres away towards the start (700m) I walked up to the start with Judith and could see the area was basically forested sandy dunes. Watching runners start (following a tape to the actual start kite) they suddenly disappeared from view downhill. After seeing my wife set off I returned to assembly Had a good chat with lots of friends then set off to the start with Linda Hayles a fellow club member. We decided that we must take it very cautiously at the start and not 'muck-up' the first control. Needless to say, I still managed to over run it, Didn't do any better to No 2 misses the clearing completely. After that I started to settle down and began to run on a bearing avoiding the paths where possible because the sand on the paths was so loose and deep it made running hard work. Only one slight hiccup. Glancing at the map for No 13 I thought I was looking for a re-entrant, spotted a control flag, thought it's not mine but just checked the number and it was mine – a shallow spur. I'd read the contour wrongly. Quick dash to the finish.

When it came to the prize giving both Judith and I got medals for winning our respective classes. Hope the weekend is on again next year – Oh forgot to mention – brilliant sunshine the whole weekend.



7th February—A particularly energetic weekend for DDAC members

Torremolinos Half Marathon—7th Feb 2016

Contributed by Chris Walker

The attraction of sunshine, warm weather and tapas saw Sarah Everett and Chris Walker fly off to Torremolinos to fly the Denby Dale flag at the Torremolinos half marathon on 7th February. It was a cold, and very early, Friday morning trip to Luton for the Easy Jet flight to Malaga. What was a woolly jumper and thick coat start to the morning turned into a t shirt and sandals lunchtime, sat in a tapas bar sipping beer and eating Mediterranean sea food.

We had been met at Malaga airport by Malcolm from Running Crazy the tour company we were with for the weekend. Whilst waiting for another three coming in on a different flight he explained the weekend's events. It started with an eleven minute trip on the train to Torremolinos where we were pleasantly surprised to find that it wasn't just bed and breakfast, we got evening meal in with the price as well., bargain!

Saturday was a day for walking along to the local marina and another trip for tapas at lunchtime on the sea front looking at the Mediterranean watching the dragonflies flit in and out of the palm trees. A gentle stroll back up into town and chocolate and cake; carbo loading.

Raceday

The wind was blowing but the sun was high in the sky. An 8.45 meet in the hotel lobby and our intrepid little band set off for the train station. 2 minutes, and one stop later, we are at the start; a local school. Obviously saving money by using the school's facilities meant that three toilets for 1500 runners resulted in some long queues!

Ten o'clock and the sun is climbing in the sky, the wind feels strong but it's definitely shorts and t-shirt weather. Bang! and we're off on quite a complicated route which through a series of hairpin bends and roundabouts meant we eventually, after criss-crossing the same bit of route several times, we ended up at the 10k mark on the sea front. Did I mention the wind. It was a day for drafting the runner in front of you could as you could at some points, particularly when running into the teeth of the wind, have been blown to a standstill. Although the support along the route was sporadic there was plenty to see, the views of the Mediterranean were spectacular. At the far end of the sea front we reached the cafe we had lunch in the day before, tempting to stop for a beer but with the temperature rising it was time to dig in and push for the finish. A couple of miles back the way we came and then another hairpin bend and then back up the hills to the finish. With 2 kilometres to go the road in front starts to rise, and rise. Passing the finish on the left there's still a mile to go it's beginning to feel like hard work. A final water station and one last push over the top and it's just a series of zig-zags to the finish.

The crowd was cheering as I crossed the finish line and then into the finish funnel. Plenty of energy drinks, bananas and a chance to sit down!

Conclusion

At the start of the day I had A, B and C targets. My A target was to finish; there was a cut off at 2.30.00 - achieved. B target - if everything went well, and bearing in mind all my recent injuries, - was sub 2.20.00 - achieved. My C target, at my current level of fitness in my dreams, was sub 2.10.00. I managed 2.09.59 on my watch so delighted. Sarah, managed to wipe the floor with me, as usual, finishing in a very respectable 1:55:41 and while I had a bit of a lie down to recover she was striking the usual yoga poses and amazing stretches!

There was a nice nice goody bag, t-shirt and a medal finished the day off nicely although we left the packages of soup for the cleaners in the hotel as we couldn't bring those back on the plane. Would I do it again? Like a shot. The event is a small half marathon, 1500ish runners, the medal not brilliant but ok, the support ok. However, the tour operator's attention to detail, the weather and good company resulted in one of the best events I've ever done. So if you fancy some February sunshine and with a bit of a running thrown in try the Torremolinos half.

I would have put the route in but it's so complicated you need a degree in geography to understand it. Here's the elevation instead, 151 metres up and down:



And back in cooler climes, it was the weekend of Mickleden Straddle

Mickleden Straddle & experiences of a novice race organiser – 7th Feb 2016

Contributed by Simon Browne

I must admit that I was quite daunted by being the Mickleden Race Organiser for the first time. The thought of being responsible for up to 200 people on the fells in February initially filled me with dread but I received lots of support from those who had been there and done it before not least from Richard Howard who for some reason seemed to be pleased to hand over the reins!

The build-up to the race started way back in October by applying for a licence from the Peak Park Authority, informing the Fell Runners Association and booking Langsett Barn. In December, the entry form went on-line and a steady flow of entries started to trickle in. In the New Year the trickle turned into more of a flood and I was hard pressed to keep up whilst trying to field questions from runners. In the age of I.T. and social media I had to keep my wits about me as I seemed to be fielding enquiries from about half a dozen different sources!

It was about this time that I started approaching club members for assistance on the day and luckily for me, the response was fantastic. Trying to juggle people and distribute jobs was a bit of a headache at times but it all seemed to come together well on the day. I was fortunate that Woodhead MRT had plenty of rescue team members available as well as supporters at Langsett Barn, whose help proved invaluable.

With the race having to be cancelled last year, and having seen pictures of awful conditions on The Wadsworth Trog the day before, topped off by an equally bleak forecast of low cloud, snow showers and storm force winds, I was dubious to say the least, but it seems that the Weather Gods took pity on me and I was amazed to set 167 runners off in clear, bright conditions from Langsett Barn at 10:30 on the dot (not bad for a rookie!)

I had received a report from Mountain Rescue that although the conditions were windy at the top they were not as bad as had been forecasted with speeds of 20-25mph (although Patrick may disagree with this!)

Conditions underfoot were extremely wet due to the previous days deluge but this did not deter the runners as they headed up a windy Mickleden Edge to the first checkpoint at Cut Gate. A new time limit of 1 hour 15 mins had been imposed on this year's race at CP1 but everyone made it comfortably before descending 800ft to CP2 at Slippery Stones, Tom Brunt of Dark Peak already building an unassailable lead.

A quick blast alongside Howden Reservoir followed by a steady but gruelling climb through wet and boggy ground underneath Margery Hill tested the runners mettle, before they finally

descended from Cut Gate back to the finish.

Tom Brunt was a convincing winner in a time of 1:45:25 with Adam Peers of Liverpool Harriers finishing 2nd in 1:49:32. Third place went to Phil Livermore of North Leeds Fell Runners in 1:50:03.

The first lady home, in 15th place overall, was Nichola Jackson of Preston Harriers in a respectable time of 1:58:28 given the conditions underfoot. A battle for second among the Calder Valley ladies pair of Jo Buckley and Gayle Sugden resulted in Jo narrowly beating Gayle by just 15 seconds with times of 2:02:12 and 2:02:27 respectively.

The mens team prize went to Dark Peak (Tom Brunt, Chris Armit, Tom Peel) with the ladies prize going to Calder Valley (Jo Buckley, Gayle Sugden, Nicki Latham).

First DDAC home was Ross McClelland in 29th place and a time of 2:04:11. Next was Ralph Barker in 57th spot in 2:17:47, followed by Andy Green in 67th place in 2:24:07.

The only lady representing the club was Bridget Coomber who finished 108th in a time of 2:36:07, scooping the prize for finishing first in her age category. Well done Bridget!

Come on ladies, if Bridget the tarmac queen can run it, then so can you. I want a ladies team to represent the club next year please!

A massive thanks goes to all the helpers, marshals and Woodhead Mountain Rescue Team without whose help it would not be possible to hold the race. I have received loads of positive feedback from everyone about the race itself but more it would seem about the excellent post-race catering. Many thanks to Jan and Bronwyn as ever especially as Bronwyn was in the middle of moving house!

Finally I would also like to say thanks to Anne & Pete Middleton for their support by posting items on the website, helping with the admin and for being the speediest results service in Yorkshire!

On reflection, to say that I was nervous about being Race Organiser, I totally enjoyed the day and look forward to organising next years race. I'll just have a bit of time off first with my bottle of Rescue Ale!



Ross tip toes through boggy water

Photo courtesy of Mossie Net

Muddy Boots 10k - 7th February 2016

Position	Name	Club	Age category	Time	Comments
1	Andrew Grant	Harrogate	MV45	00:35:10	
10	Heidi Dent	Howgill Harriers	F	00:39:10	1st Lady
160	Peter McEvoy	DDAC	MV60	00:53:19	
215	Norman Roper	DDAC	MV65	00:56:29	



Dewsbury 10k - 7th February 2016

Position	Name	Club	Age category	Time	Comments
1	Mohamed Abu-	Altrincham	M	00:30:06	
16	Charlene Thomas	Wakefield	F	00:33:32	1st Lady
891	Simon Ellis	DDAC	MV40	00:57:22	

Dukeries 10m- 13th February 2016

Position	Name	Club	Age category	Time	Comments
1	David Greenwood	Holme Pierrepont	M	01:07:41	
12	Fiona Stephenson	Canicross Midlands	F	01:19:42	1st Lady
97	Sarah Everett	DDAC	F	01:45:37	
131	Chris Walker	DDAC	M	01:55:36	

10.8 mile loop on
runnable flat trails
near Newark



Chris sporting latest in techno-
coloured leggings & on the
look out for some pink ones!



Liversage Half Marathon - 14th February 2016

Position	Name	Club	Age category	Time	Comments
1	Joe Sagar	Spenborough AC	M	01:13:39	
23	Jenny Latham	Wakefield Harriers	F	01:24:41	1st Lady
188	Jo Worboys Hodgson	DDAC	FV40	01:44:29	

Liversedge Half Marathon—from the archives

1991

1st Male – Michael Pearson – Longwood – 71.32

Bridget Coomber – 87.39

Ralph Barker – 89.30

Laura Kent – 91.10

Lesley Robertson (now Ewert) – 93.32

Pete Andrews – 105.02

Andy Kirby – 105.37

Joy Hemmings – 111.16

David Wyatt – 118.04

Linda Roper – 130.57

Wombwell 5 - 21st February 2016

Position	Name	Club	Age category	Time	Comments
1	Joe Sweetnam				
	Powell	Sheffield	M	00:27:31	
28	Faye Beckett	Wakefield	F	00:31:49	1st Lady
185	Dave Townend	DDAC	MV60	00:42:41	

Huddersfield 10k - 28th February 2016

Position	Name	Club	Age category	Time	Comments
1	Tristan Learoyd	New Marske Harriers	M	00:34:27	
35	Johanna Winks	Halifax Harriers	FV35	00:41:30	1st Lady
239	Samara Wood	DDAC	F	00:52:30	
276	Sarah Everett	DDAC	FV40	00:53:32	
352	Si Warsop	DDAC	MV45	00:56:37	
353	Richard Bradley	DDAC	MV45	00:56:38	
385	Chris Walker	DDAC	MV60	00:57:53	
459	Rachel Warsop	DDAC	FV40	00:01:21	

Ilkley Moor Fell race - 21st February 2016

Seniors

Position	Name	Club	Age category	Time	Comments
1	Tom Adam	Ilkley Harriers	M	00:39:13	
	Bronwen				
23	Jenkinson	Eryri Harriers	F	00:51:11	1st Lady
83	Simon Browne	DDAC	MV40	00:53:39	
251	Anne Middleton	DDAC	FV50	01:11:23	
301	Rosalind Bedford	DDAC	FV50	01:22:19	

Juniors

Position	Name	Club	Age category	Time
1	Alex Flaherty	Bingley Harriers	U12	00:07:57
58	Billy Browne	DDAC	U12	00:10:47
	Ben Worboys			
60	Hodgson	DDAC	U12	00:10:51
1	George Morley	Ilkley Harriers	U10	00:08:56
	Victoria Worboys			
41	Hodgson	DDAC	U10	00:12:08
55	Lexie Taylor	DDAC	U10	00:13:24

Steep moorland, mud of every consistency, gale force winds & some rain thrown in for good measure. Even Fell Captain, Simon Browne, agreed conditions were some of the worst he'd ever raced in. So it really was a baptism of fire for four of our juniors who were absolutely brilliant. Anne & Rosalind were just glad when the ordeal was over!





West Yorkshire Cross Country 2015 - The Final Chapter

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

WYXC Race 4 - Nunroyd Park 6th December 2015

	Position	Name	Club	Time
Boys U11	1	Sebastian Cumming	Skyrac	06:30
	49	Ben Warboys-Hodgson	DDAC	08:09
Girls U11	1	Isabel Richardson	Homfirth	06:09
	38	Daisy McClelland	DDAC	08:29
	59	Tamsin Warsop	DDAC	10:22
Boys U13	1	Scott Nutter	Leeds City	11:52
	26	Gus Defeu-Long	DDAC	14:18
	53	Thomas Farmer	DDAC	16:00
	62	Euan Dady	DDAC	19:20
Girls u13	1	Eve Jones	Skyrac	08:25
	55	Frances Warboys-Hodgson	DDAC	12:09
Ladies	1	Alex Bell	Pudsey & Bramley	20:43
	56	Jo Warboys-Hodgson	DDAC	27:26
	64	Sally Campbell	DDAC	28:42
	69	Samara Wood	DDAC	29:26
	79	Vicky McClelland	DDAC	31:49
	81	Rosalind Bedford	DDAC	32:31
	85	Rachel Warsop	DDAC	33:10
	87	Abbie Dagg	DDAC	33:57
	91	Clara Carr	DDAC	35:43
Mens	1	Simon Deakin	Leeds City	30:16
	40	Ross McClelland	DDAC	35:36
	66	Johnny Ridge	DDAC	37:16
	97	Andrew Defeu-Long	DDAC	39:12
	118	Ralph Barker	DDAC	41:56
	136	Mick Collinson	DDAC	46:10
	137	Peter Frankland	DDAC	46:11
	146	Simon Warsop	DDAC	52:20



DDAC Senior Ladies & Men's teams both came 8 / 8—so room for improvement, but it's the taking part and team spirit that really count. Our juniors were fantastic—it would be great to see even more taking part in 2016.

Yorkshire Cross Country Championships—2016

Yorkshire Cross Country Champs - 9th January 2016

	Position	Name	Club	Time
Boys U13	1	Tommy Dawson	Leeds City	08:20
	24	Gus du Feu-Long	DDAC	09:53
Girls u13	1	Eve Jones	Skyrac	09:19
	84	Frances Worboys-Hodgson	DDAC	14:28
Ladies	1	Claire Duck	Leeds City	31:51
	63	Jo Worboys-Hodgson	DDAC	41:55
	86	Anne Middleton	DDAC	45:55
	115	Sarah Everett	DDAC	52:10
	124	Abbie Dagg	DDAC	54:09
Mens	1	Jonathan Thewlis	Notts AC	37:09
	88	Ross McClelland	DDAC	44:28
	174	Andrew du Feu	DDAC	49:31
	212	Ralph Barker	DDAC	52:46



Girl's team—Frances, Jo, Anne, Abbie & Sarah




Lad's Team—Ross, Ralph, Andrew & Gus

Northern Cross Country Championships 2016


Northern Cross Country Champs - 30th January 2016

	Position	Name	Club	Time
Mens	1	Charlie Hulson	Sale Harriers	43:16
	509	Ralph Barker	DDAC	01:07:28
	709	Mick Collinson	DDAC	01:33:50

Just two Denby Dalers, Ralph & Mick, competed in this year's Northern XC, with much appreciated support from Pete Andrews. So let's hear from the athletes themselves as to how it went.....



'In 30+ years of XC running, I have never run a tougher muddier race. MUD every step of the way, and all types from shin deep sludge to sticky shoe grabbing stuff. It had everything and even the weather played its part—rain, hail, sleet & wind. It was GREAT!



Absolute nightmare. Got lapped on 1st lap. Winner came in as passing finishing line on my second lap, and being running 40mins and only half way. Slowed down even more on 3rd lap. Wanted to finish even though I should have pulled out feeling exhausted. I walked most of the last lap, with only a few runners behind me in a time of 1-33..... a run I will never forget.

And VERY hot off the press
National Cross Country Championships 2016

National Cross Country Champs - 27th February 2016

	Position	Name	Club	Time
Ladies	1	Lillian Partridge	Aldershot	30:35
	316	Jo Worboys Hodgson	DDAC	40:54
	550	Vicki McClelland	DDAC	47:20
	657	Sarah Everett	DDAC	51:35
	677	Abbie Dagg	DDAC	53:33
Mens	1	Jonathan Hay	Aldershot	42:09
	533	Ross McClelland	DDAC	53:58
	708	Simon Browne	DDAC	56:29
	749	Johny Ridge	DDAC	57:02
	1143	Jimmy Lodge	DDAC	01:02:28
	1390	Ralph Barker	DDAC	01:06:54
	1503	Richard Howard	DDAC	01:10:14
	1591	Phil Ellis	DDAC	01:14:29
	1630	Peter Frankland	DDAC	01:16:29



By all accounts, not the mudfest that
was anticipated



DDAC Road & Fell Race Championships— Update

Reminder of The Rules....

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

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



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

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

New to fell running??

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

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

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

The age categories are:

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

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

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

The Club's Race Championships for 2015/16 are nearing the end so it would be fantastic to see a good turn out from club members at the final races.

DDAC Road Race Championship 2015/16

The following race chosen by our club captains (Jo Worboys-Hodgson & Phil Ellis) is still to be run.

MEDIUM

Sun 6th March 2016 – Norton 9

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

(Also 5K fun run)

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

DDAC Fell Race Championship 2015/16

The following race chosen by our fell captain (Simon Browne) is still to be run.

LONG

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

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

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

Website www.heptonstallfellrace.wordpress.com

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

Club captains will soon be deciding on championship races for 2016/7—so, please let them have your suggestions as soon as possible.



DDAC ROAD RACE CHAMPIONSHIP 2015-2016

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

All results to Anne Middleton please

	SHORT			MEDIUM			LONG						
Race	Penistone 10K	Barnsley 10K	Huddersfield 10K	Askern 10	Ferriby 10	Norton 9	Buxton half	York Wolds Half	Holmfirth 15	Total Points	Points to count	Position	Age Category
Date	28-Jun-15	29-Nov-15	16-Feb-16	9-Aug-15	24-Jan-16	2-Mar-16	24-May-15	18-Jul-15	25-Oct-15				
Ian Sargeant	10			10				10		30	30	1	V
Peter Ramsden	7						10			17	17	2	SV
Peter McEvoy	9	6								15	15	3	SV
Si Warsop		3	10							13	13	4	V
Ross McClelland		10								10	10	5	V
Johnny Ridge		9								9	9	6=	
Richard Bradley			9							9	9	6=	V
Dave Townend	8									8	8	8=	SV
Mick Collinson		8								8	8	8=	SV
Chris Walker			8							8	8	8=	SV
Jimmy Lodge		7								7	7	11	
Graham Guest	6									6	6	12	V
Jon O'Hanlon		5								5	5	13	SV
Norman Roper		4								4	4	14	SV

	SHORT			MEDIUM			LONG						
Race	Penistone 10K	Barnsley 10K	Huddersfield 10K	Askern 10	Ferriby 10	Norton 9	Buxton half	York Wolds Half	Holmfirth 15	Total Points	Points to count	Position	Age Category
Date	28-Jun-15	29-Nov-15	16-Feb-16	9-Aug-15	24-Jan-16	2-Mar-16	24-May-15	18-Jul-15	25-Oct-15				
Sarah Everett		8	9	9	10					36	36	1	V
Samara Wood	9	10	10							29	29	2	
Rachel Warsop		7	8							15	15	3	V
Clara Carr	10									10	10	4=	
Katie Sharp				10						10	10	4=	
Vicky McClelland		9								9	9	6	V
Abbie Dagg	8									8	8	7	

DDAC FELL CHAMPIONSHIP 2015-2016

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

All results to Anne Middleton please

Men's scores	SHORT			MEDIUM			LONG						
Race	Hartcliffe Hill 2.5m/492', BS	Stoodley Pike 3.1m/699', BS	Ilkley Moor 5m/1316', AS	Austwick Ambie 8.1m/1197', BM	Salt Cellar 6.8m/1594', BM	Levisham Limping 7m/1083', BM	Howtown 13.3m/4593', AL	Exterminator 16m/4232', AL	Heptonstall 15.4m/3169', BL	Total Points	Points to count	Position	Age Category
Date	23-Apr-15	14-Jul-15	21-Feb-16	25-May-15	7-Aug-15	4-Oct-15	13-Jun-15	6-Sep-15	20-Mar-16				
Simon Browne		10	10	9		10				39	39	1	V
Johnny Ridge	10			10	10					30	30	2	
Phil Ellis	9			9						18	18	3	
Steve Blackford	8									8	8	4	SV
Stewart Yates	7									7	7	5	SV
David Gill	6									6	6	6	SV
Graham Guest	5									5	5	7	V

Ladies' scores	SHORT			MEDIUM			LONG						
Race	Hartcliffe Hill 2.5m/492', BS	Stoodley Pike 3.1m/699', BS	Ilkley Moor 5m/1316', AS	Austwick Ambie 8.1m/1197', BM	Salt Cellar 6.8m/1594', BM	Levisham Limping 7m/1083', BM	Howtown 13.3m/4593', AL	Exterminator 16m/4232', AL	Heptonstall 15.4m/3169', BL	Total Points	Points to count	Position	Age Category
Date	23-Apr-15	14-Jul-15	21-Feb-16	25-May-15	7-Aug-15	4-Oct-15	13-Jun-15	6-Sep-15	20-Mar-16				
Rosalind Bedford	9	9	9			10		10		47	47	1	SV
Anne Middleton	10	10	10		10					40	40	2	SV
Abbie Dagg		7		10	8	9				34	34	3	
Samara Wood					9					9	9	4	
Sarah Everett		8								8	8	5	V

Future events & dates for your diary

See Junior Section of newsletter for more Junior events



DDAC Senior Park Run Challenge 2015/16

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

Best 6 runs to count

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



DDAC Junior ParkRun Challenge

5 Races in the series—best 4 runs to count

Sunday 28th February
Sunday 13th March
Sunday 27th March
Sunday 3rd April
Sunday 17th April

All races to take place at Greenhead Park, Huddersfield starting at 9am

The scoring will use the Age graded Percentage rather than actual position to give all ages an equal chance of winning.

Club Handicap Race

SUNDAY 13th March 2016, 10.30am Start

This annual off-road event over approx. 10K, involves visiting 5 control points by any legal route (road, footpath, bridleway and permissive paths etc). The only restriction is that the main Wakefield Road at Kitchenroyd is out of bounds to runners. It is a race that anyone can win, as slower runners start first. The race starts and finishes at the Pie Hall, with the first runners starting at about 10.30am.

Please let Andy Kirby or Pete Andrews know if you would like to take part and your most recent 10K time so that individual start times can be allocated in advance. This event is FOC & for DDAC members only.

See DDAC website for map & control points www.denbydaleac.co.uk

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



Deffer Dash Series 2016

For all Junior and Senior members

Now in it's 34th year !!

Tuesday 3rd May

Tuesday 5th July

Tuesday 6th 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 7pm.

The senior 'dash' will start at 7.15pm

Can you beat Badger?

**Tuesday 21st June 2016
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
nearer the time

Christmas Dinner

Saturday 21st May 2016—Save the Date!

The Club Christmas Dinner is to be held as usual in May!

This year at **The Old Canteen, Barncliffe Mills, Shelley.**

Menus and details of how to book your place at this social event of the season will be available soon from Corrin Harris.

Penistone Footpath Runners present "Summer Amble"

Saturday 9th July 2016 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 Rrafters Bar, Waggon & Horses Oxspring. Further details available soon on <http://pfrac.co.uk/>

Thursday evening training for Seniors

- These sessions lead by Si Warsop & Abbie Dagg focus on building speed and stamina working as a group.
- As well as being quite fun, they are great for improving general fitness and preparing for races as well as learning proper warm-up techniques and post-workout stretching to help avoid injury.
- Runners of all abilities are very much welcome.
- Why not come along and give it a try! Every Thursday, 7 or 8pm from the Pie Hall.
- Check Denby Dale Traveller's Facebook for time and training plan.

Denby Dale Athletics Club

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

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

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

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

Next Issue May 2016

Please let me have
contributions by
mid May



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

'Denby Dale Travellers' - for Senior section

'Denby Dale Athletics Club' —for Junior section



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

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