

The Denby Dale Traveller

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Summer of fun for the young & young at heart!



Preparing to 'Race the Train' for Cancer Research UK



Junior Corner

DDAC Juniors - conception, birth and postnatal nurturing!

April 29th 2015 saw a major milestone for the club with the launch of the new junior section and 54 young people from 10 local schools attended the free 'taster' session at Shelley College. Reaching this milestone was the culmination of an idea and many months of effort from a small band of members, with encouragement from the club's management committee.

It is perhaps worthwhile reflecting on the journey which led up to launch day, which went something like this:

A couple of years ago a number of members with young children saw the need for a junior athletics club in Denby Dale, partly to inspire the next generation to be active but also, in time, to bring younger blood to the somewhat ageing membership of Denby Dale Travellers running club. During winter 2013 Jo explores the idea looking for suitable venues and funding options before presenting a 'junior vision' to the 2014 AGM which was unanimously passed.

Throughout the summer of 2014 agreement is reached to use facilities at Shelly College and West Yorkshire Sport & Kirklees Council agree funding to help with set up and coach training costs. Jo & Claire start the long journey to becoming EA athletics coaches, involving 4 study days and many months of weekly mentored training at local junior athletics clubs. Ross, Bronwyn, Jan, Sally, Jade & Phil undertake the 2 day EA coaching assistant course during the winter of 2014. Christine also agrees to help, bringing over 30 year's experience as a PE teacher.

Early in 2015 equipment is purchased, the team attend first Aid and safeguarding courses, the club is renamed to reflect the expanded focus of the club, Bronwyn & Jan design a new club logo & flyer for distribution to local schools, along with visits by Jo & Simon to local schools promoting the new junior club. All culminating in the excellently attended first session on April 29th.



So after something of an elephantine gestation and trouble-free, if not stress-free birth, how is the fledgling doing?

The statistics certainly tell part of the story. During the first 4 months, the club has provided over 500 x 1.5-hour athlete training sessions to local young people, a significant achievement in itself. Of the 54 young people who attended the initial taster session, 75% now attend regularly and many have brought along friends and siblings (we've even seen children pleading with parents to be able to attend!). On average 41 children have attended term-time training sessions; with an expected reduction during school holidays. Although promoted for children aged 8 – 18, current ages range from 6 – 15, the average being 10 years. It would be good to attract more teenagers and there are plans for further promotional sessions at local middle and secondary schools. There are now 33 athletes who have registered as full members; which allows them to compete for the club in junior



events.

As for **the training sessions**, the coaching team has adopted the EA Athletics 365 development programme which is based on the key skills of jumping and throwing as well as running. This approach is designed to develop the all-round athlete, whilst avoiding potential injuries from concentrating on one event too early. Sessions usually start with a fun warm-up and then athletes rotate around a variety of age-related work stations before finishing with a group relay or ever popular game of dragons. Come wind, rain or shine, junior athletes have turned up with big smiles on their faces, keen to learn and develop new skills and compete against their peers in a friendly atmosphere. Come home time, most appear happy but exhausted!

As well as weekly sessions at Shelley College, juniors have relished the opportunity to join in with long-standing senior **club events** such as 'Race the Train', surprising coaches and parents with their stamina in running back from the various stations along the line. The first junior Deffer Dash was held on 7th

July, when 25 juniors (& some parents) turned up for the tough course on the woodland tracks of Deffer Woods. There were some fantastic finishing times and great team spirit was shown by everyone.

Several of our young athletes have already represented the club at Burnley in a track and field competition (see race report later) and a couple of junior fell races. With this year's WY cross country league only a few weeks away, the coaching team will be helping young members, who wish to be involved, to build up their endurance and prepare them for the mud!

But, what do the athletes themselves make of their new club?

'I like going to the athletics club because the jumping, running, throwing and this game called Dragons is great fun. You should join in!'

Isabel Farmer (Age 8)

'Why I Love Athletics'

'I love athletics because I like doing the running. I also like long jump and javelin throw. I like long distance running the most. I loved doing Deffer Dash. I came 10th in the race. I have made new friends which is good. The coaches are nice, I especially like Claire'.

Sylvie Ellis (Age 6)

'We do all sorts of sport such as running, jumping, throwing etc.

Since I have been there, I have improved in sport by a long way.

We also do running races out of the club grounds such as the Deffer Woods Dash, Race the train and all sorts of cross country races'.

Thomas Farmer (Age 12)



At the **four month check-up** our fledgling is growing nicely and the club should be proud of its new venture. So, **'CONGRATULATIONS'** to those who had 'the vision', to the coaching team who are committed to making it happen and to our young athletes who make it all worthwhile.



Junior Co-ordinator & Athletics Coach Jo with Coaching Assistants, Sally, Jan & Phil

Contributed by the Editor

DDAC Juniors Section

- We meet 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)

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

If you would like to get more involved by volunteering to help or are interested in coaching then please speak to Jo Worboys-Hodgson.

Letter From America

I don't often get the opportunity to visit the UK nowadays but I always think "Hmmm.... Pints of real ale, fish and chips, pie and peas and other tasty stuff uniquely British"! My last trip was about a year ago for a reunion with friends from Liverpool University. It was the 40th year anniversary since we all graduated in 1974 so it was an excellent reason to return to my home town.

I was pleasantly surprised at how the city had developed over the years. I also visited the Chemistry Department where I studied and was astonished how much it had expanded. The Alumni Department arranged for a guided tour so I got a first-hand explanation of key developments and planned upgrades.

During the trip I visited an Uncle I hadn't seen for many years. He was able to give me the contacts for all of the surviving family members so I sent them all a Christmas card. I wasn't aware that one of my Dad's sisters was living in New York State near the Canadian border. I've just visited her and, coincidentally, one of my other Aunts from Liverpool was visiting at the same time so I got to see both for the first time in over 45+ years. Another wonderful reunion and great to hear a Scouse accent again!

We had dinner one evening with a lady that originally lived in Honley, she was curious to hear how Yorkshire had changed over the years. Sometimes it really is a small world.

Although I've visited New York City several times I had never toured the State proper. I was pleasantly surprised at how picturesque it is. I was reminded of Derbyshire scenery with a very hot and humid climate. I also drove up Whiteface Mountain which, at ca. 1500m elevation, is the highest peak in the State. To get to the top there is a long tunnel that leads to an elevator just like you see in hotels, this leads to the summit. Apparently President Roosevelt (FDR), who was wheelchair-bound due to polio, visited the summit in 1945 and directed that every American should have access to this particular summit regardless of disability. But I was able to descend via a hiking trail with handrails for support. Wonderful panoramic views, I haven't yet seen a mountain I didn't want to climb!

I also took the opportunity to visit Lake Placid, the location for the 1932 and 1980 Winter Olympics. There was also a Triathlon taking place at the time so the village was quite busy. I was surprised how small the place is, it must have been heaving during the Olympics. The town is surrounded by several impressive lakes and lots of ski runs but very few places to park.

One of the highlights of the 1980 Olympics was the "Miracle on Ice" where the USA defeated the firm favorites USSR at Ice-hockey, and subsequently went on to win Olympic Gold by beating

Finland. Eric Heiden was the only other American to win Olympic Gold that year in 5 individual speed-skating events, setting four Olympic and one World record in the process.

Sweden's Ingemar Stenmark won Gold in both slalom events whilst Britain's Robin Cousins won Gold in the Men's singles figure skating. The Lake Placid Games are also notable for two other events: the People's Republic of China was represented and artificial snow was used, both firsts for the Winter Olympics. Curiously, the Athletes' accommodations are now a prison!

The attached photo was taken at a road relay near Sheffield (*thought to be Damflask*), it's the only photo I have of our friend and good club-mate the late Peter Sugden. There are some other familiar faces you will recognize.

Happy Running, DDAC!

Contributed by Bob Johnson, USA



Denby Dale Travellers at Damflask sporting a variety of club kit—from left to right—John Shone (80), Dave Booker, Derek McRae, late Peter Sugden (79), Tony Sharpe (78) and Bob Johnson (77) [race numbers rather than age!]

Race reports and results

Austwick Amble—25th May 2015

The novice fell runner

Austwick village fete is held once a year in the sleepy village of Austwick nestled in the Yorkshire Dales against Ingleborough. Market stalls lined the streets selling everything from antiques to pulled pork sandwiches.

In the centre of the fete, just in front of the village pub was a tent heaving with activity as 150 fell runners register for the annual Austwick fell run. Competitors of all of all abilities were ready to compete, including me, ‘the novice fell runner’ (especially after watching 4 junior DDAC runners complete their race and survive!)

At 1 o'clock fell runners including Johnny Ridge, Simon Brown, Phil Ellis, Jo Worboys and the novice fell runner lined up in Austwick main street armed with essential fell running kit (hat, gloves, waterproof, whistle, compass and the all essential map) waiting to start. The shout to go was given and we went off down the road and out of the village to the first hill.

Fell running I have concluded is extreme cross country and ‘tough mudder’ combined, with the first obstacle being a hill followed by what I now realise was a proper hill and I was running up the wrong side of it. Maybe run was a too strong a word; stumble as quickly as possible following sheep trails, would be more accurate. With Jo's expert tutelage I got to the top where I encountered my second obstacle, a stile as tall as me that went over the dry stone wall. I was grateful for this reprieve as like the good British citizen that I am, I queued to go over.



Running across the top of the dale was exhilarating and the scenery beautiful but involved a very different running style - different from any form of running I had done before; trail running and cross country hadn't quite prepared me for this and road running definitely had not. When fell running the ground on which you are running is constantly changing. With one foot strike my foot was on tufts of grass whilst the next was on limestone pavement. I had to really concentrate so I didn't fall and that was before I encountered the downhill. Thankfully in this particular race the downhill was not as vertical as the up! There is a knack to running downhill at speed but I haven't figured it out yet.

Appropriately for my first fell run I came last. I was just happy that I had completed the race in one piece. Being last had its advantages though, especially when the race is run as part of a village fete, as I finished to a loud round of applause and cheers. It helped that the Denby Dale groupies were there too.

'The novice fell runner' enjoyed and survived her first fell race to the extent that she has since completed a few more, always bringing up the rear but learning from each race and more importantly still enjoying it.

Contributed by Abbie Dagg

Austwick Amble - 25th May 2015

Position	Name	Club	Age category	Time	Comments
1	Nick Charlesworth	Wharfedale	MV40	56:03	1st man
19	Holly Page	Unattached	Lady	56:03	1st lady (course record)
37	Jonathan Ridge	DDAC	Man	59:25	
44	Simon Browne	DDAC	MV40	01:01:09	
72	Philip Ellis	DDAC	Man	01:06:30	
166	Abbie Dagg	DDAC	Lady	02:11:35	
167	Jo Worboys-Hodgson	DDAC	LV40	02:11:36	

Austwick Amble Under 12 Boys - 25th May 2015

Position	Name	Club	Time
1	James Bowen	Ambleside	09:46
11	Billy Browne	DDAC	11:49
27	Ben Hodgson	DDAC	15:46

Austwick Amble Under 12 Girls - 25th May 2015

Position	Name	Club	Time
1	Sophie Stanworth	Trawden	11:37
12	Victoria Hodgson	DDAC	15:33
13	Frances Hodgson	DDAC	16:19

Bluebell Trail - 3rd May 2015

Position	Name	Club	Age category	Time	Comments
1	Gareth Raven	Sale Harriers	M40	01:19:02	
41	Bridget Coomber	DDAC	FV50	01:31:55	1st Lady
169	Peter McEvoy	DDAC	MV60	01:51:22	
311	Norman Roper	DDAC	MV60	02:12:44	

Milton Keynes Half Marathon - 4th May 2015

Position	Name	Club	Age category	Time	Comments
1	Magnus Engstrom		M	1.15.72	
3	Sophie Carter		F	1.23.17	1st Lady
658	Sarah Everett	DDAC	FV40	1.56.52	

Buttermere Sailbeck - 9th May 2015

Position	Name	Club	Age category	Time	Comments
1	Simon Booth	Borrowdale	M40	01:34:29	
18	Catherine Spurdin	Keswick	F	01:53:09	1st Lady
100	David Gill	DDAC	MV50	02:33:49	

Buxton Half Marathon - 24th May 2015

Position	Name	Club	Age category	Time	Comments
1	Ben Fish	Blackburn Harriers	M	01:12:48	
40	Deborah Thomas	Trentham RC	F	01:31:36	1st Lady
260	Peter Ramsden	Denby Dale	MV60	02:02:35	

Saddleworth Fell - 31st May 2015

Position	Name	Club	Age category	Time	Comments
1	Sam Tosh	Rossendale	M	21:56	
9	Caitlin Rice	Glossopdale	F	26:58	1st lady
68	Abbie Dagg	DDAC	F	46:50	

Saddleworth Fell Under 10 Girls - 31st May 2015

Position	Name	Club	Time
1	Victoria Hodgson	DDAC	05:30

Saddleworth Fell Under 14 Girls - 31st May 2015

Position	Name	Club	Time
1	Megan Lewis	East Cheshire	11:21
2	Frances Hodgson	DDAC	15:07

Goole Riverbank Challenge - 7th June 2015

Position	Name	Club	Age category	Time	Comments
1	Alec Gibson	East Hull Harriers	M	48:30	
27	Rachel Cullen	Stainland Lions	FV35	01:03:18	1st Lady
42	Joanne Burgess	DDAC	FV40	01:07:31	1st Lady Vet 40
48	Peter McEvoy	DDAC	MV60	01:07:18	1st Vet 60
105	Norman Roper	DDAC	MV60	01:22:49	

Lincolnshire Wolds 10 - 13th June 2015

Position	Name	Club	Age category	Time	Comments
1	Ian Kimpton	Luton AC	M	53:19	
18	Keri Pearson	City of Hull	F	01:05:39	1st Lady
37	Jake Wade	DDAC	M	01:09:34	



Congratulations to Jon O'Hanlon
who recently completed his 150th Parkrun

Barnsley Boundary Relay—6th June 2015

The club fielded the three teams in this enjoyable annual event, which sees local clubs compete to run the Barnsley Boundary route over 10 legs covering 73 miles in total. A bright sunny day saw almost perfect running conditions apart from a stiff westerly breeze which made the run up the old snow road on leg 8 especially arduous.

First home were the Penistone Mens team in 8 hours 7 mins with our Mens team taking the honours for our club coming home in 11th place overall.

	Denby Dale Men (11th)	Denby Dale Ladies (22nd)	Denby Dale Mixed (23rd)
Leg 1	Ralph Barker 36:06 (5th)	Vicky McClelland 47:35 (17th)	Stuart Walton 50:40 (21st)
Leg 2	Adam Bloomfield 1:16:16 (7th)	Rosalind Bedford 1:36:47 (22nd)	Chris Walker 1:53:59 (23rd)
Leg 3	Mick Collinson 1:11:41 (19th)	Emma Holling 1:12:51 (20th)	Pete Andrews 1:48:03 (23rd)
Leg 4	Ed Townend 48:29 (8th)	Sarah Everett 1:01:21 (20th)	Graham Guest 56:06 (15th)
Leg 5	David Townend 47:22 (8th)	Rachel Warsop 53:15 (21st)	Tony Sharp 52:16 (18th)
Leg 6	Johnny Ridge 1:35:07 (8th)	Anne Middleton 1:47:16 (17th)	Andrew Defeu 1:34:45 (7th)
Leg 7	Dave Daniels 1:14:41 (18th)	Debbie Daniels 1:35:41 (23rd)	George Barker 1:11:32 (16th)
Leg 8	Ross McClelland 43:09 (3rd)	Samara Wood 1:05:44 (23rd)	Katie Sharp 1:03:52 (18th)
Leg 9	Phil Ellis 1:36:57 (18th)	Bridget Coomber 1:19:43 (7th)	Peter Frankland 1:39:37 (20th)
Leg 10	John O'Hanlon 34.46 (14th)	Abbie Dagg 39.37 (21st)	Corrin Harris 55:18 (23rd)





Scissett Triathlon - 7th June 2015

The 2015 event was the 6th running of this popular event which provides a great introduction to triathlon. The event comprises of the following:

- 400m (18 lengths) of Scissett Baths
- 16km bike ride including over Emley Moor
- 4.5km run up Pilling Lane to Skelmanthorpe and back down to Scissett on the road

Competitors set off in 'waves' with 16 people going in the pool for each wave and the 4 swimmers in each lane being set off at 5 second intervals. Each competitor wears a chip and mats in the transition area (Car Park) record the time of the swim, cycle and run as well as the transition time between each part of the event (T1 and T2). The total time for the event is made up of swim + T1 + cycle + T2 + run.

This year was my second attempt at the event (and second triathlon) and I was joined by several other DDACs; some seasoned triathletes (Tony W) and some first timers. We had plenty of support at Scissett Baths HQ and also out on the course. Unfortunately for Graham, a puncture up at Emley meant he had to return to Scissett to change his inner tube and start his cycle again which had a big impact on his overall time - better luck next year Graham!



The event is very novice friendly and for those of us who haven't plucked up the courage to have a go at open water swimming yet it provides an opportunity to have a go at triathlon with the comfort of a pool swim. It's also nice that the event is so local too so both the cycle and run are familiar and can be reccied in advance of the day.

Results:

Pos	Name	Cat	Pos Cat	Swim	Trans	Bike	Trans	Run	Total
1	Lewis Byram	B	1	05:19	00:38	27:59	00:00	14:32	48:28
9	Lucy Farquhar	FB	1	05:47	00:46	32:13	00:28	17:23	56:37
40	Paul Guest	I	10	10:51	01:40	31:23	00:49	19:45	1:04:29
55	Anthony Weston	L	1	09:59	01:30	34:51	00:49	19:22	1:06:31
65	Sally Campbell	FH	2	09:53	01:22	35:37	00:00	22:12	1:09:05
66	Joanne Worboys-Hodgson	FH	3	11:50	01:23	35:41	00:52	19:38	1:09:23
136	Clara Carr	FH	5	10:31	02:20	44:41	00:32	22:31	1:20:34
180	Sarah Everett	FH	12	10:37	03:07	59:25	01:20	23:41	1:38:09
186	Graham Guest	H	28	14:31	02:48	1:39:23	00:39	22:57	2:20:18

Hope to see some more DDACs at next years event!

Contributed by Sally Campbell

Castle Howard 10k - 14th June 2015

Position	Name	Club	Age category	Time	Comments
1	Mike Jefferies	Richmond & Zetland	M	36:28	
7	Becky Penty	York Knavesmire	F	40:27	1st Lady
82	Peter McEvoy	DDAC	M60	50:00	3rd Vet 60

Burnley Track & Field event –14th June 2015

As a first time introduction to competing for the younger athlete, the Burnley meeting was an absolutely brilliant experience for all involved, well organised and run it gave a complete insight as to athlete participation and spectator (parent) involvement.

Having never competed in any other than at school organised events, Tamsin couldn't wait to take part in her 3 chosen events (of which there were many) although she would have liked to have entered nearly all of them. She found the whole experience very exciting/rewarding and totally overjoyed to win a Silver Medal at High jump.

As a parent I can highly recommend anyone to such an event in the future that your children will thoroughly benefit from the experience and not to hesitate from entering them whatever their ability.

Contributed by Si Warsop



Burnley Results

Sylvie Ellis

U8 150m run 31.2 sec

U8 Long Jump 1.83m

U8 50m run 10.6 sec

Victoria Worboys-Hodgson

U9 150m run 26.8 sec Silver

U9 long jump 2.75m Silver

U9 50m sprint 8.7 sec Silver

Lexi Taylor

U9 150m run 26.9 sec Bronze

U9 long jump 2.82m Gold

U9 50m sprint 8.9 sec Bronze

Kione Wigfield- Turner

U10 600m run 2min 17.6 sec

Shen Wigfield-Turner

U11 600m run 2min 5.8 sec

U11 75m sprint 12.2 sec Bronze

Tamsin Warsop

U11 High Jump 0.89m Silver

U11 600m run 2min 38.3 sec

U11 Cricket Ball 13.41m

Billy Browne

U11 75m 11.9sec Bronze

U11 Long Jump 3.46m Bronze

U11 High Jump 1.07m Bronze

Ben Worboys-Hodgson

U11 75m 12.1 sec

U11 Long Jump 3.01m

U11 Shot Put 3.91m Gold



Silkstone Shuffle -20th June 2015

Position	Name	Club	Age category	Time	Comments
1	David Thompson	Barnsley AC	MV40	26:35	
6	Ross McClelland	DDAC	MV40	27:58	
32	Julie Wilson	Hallamshire Harriers	FV40	31:47	1st Lady
47	Connor Secker	DDAC	M	35:22	
53	David Gill	DDAC	MV50	36:18	
76	Rosalind Bedford	DDAC	FV50	38:47	
89	Vicky McClelland	DDAC	FV40	40:58	
92	Stuart Walton	DDAC	MV70	41:16	
108	Rachel Warsop	DDAC	FV40	43:45	
114	Debbie Daniels	DDAC	FV40	48:13	
115	Sam Dickinson	DDAC	F	48:14	
117	Sue Levinson	DDAC	FV60	50:13	
118	Guy Goodyear	DDAC	MV70	50:17	



Photos courtesy of Mossie Net



Penistone 10k - 28th June 2015

This was the first time I'd run the Penistone 10K and in fact this was my first individual race since Nov 2012. The afternoon was a bit damp but thankfully the rain held off mostly during the race. Abbie and I had travelled together from the Pie Hall.

The race started at the football club field and is a pleasant route on paths and road, also taking in some of the Transpennine trail. The first half was generally uphill followed by a flat or downhill section back via the Transpennine trail to the football club.

The race was meant to have chip timings, so avoiding the scrum I held back at the start, but unfortunately this tactic failed as the system malfunctioned so we just had 'gun' times.

The first man back was Daniel Chan of Barnsley AC in the impressive time of 35.31 with first Denby Dale man being Ian Sargent in a time of 48.54

Contributed by Clara Carr

Penistone 10k - 28th June 2015

Position	Name	Club	Age category	Time	Comments
1	Daniel Chan	Barnsley AC	M	35:31	
7	Fiona Davies	Kingstone	FV40	38:26	1st Lady
89	Ian Sargent	DDAC	MV45	48:54	
96	Peter McEvoy	DDAC	MV60	49:34	
110	Clara Carr	DDAC	F	50:36	
128	Dave Townend	DDAC	MV60	52:06	
134	Peter Ramsden	DDAC	MV60	52:33	
148	Graham Guest	DDAC	MV40	53:53	
156	Samara Wood	DDAC	F	55:10	
214	Abbie Dagg	DDAC	F	01:03:21	

Mont Blanc Cross revisited – 27th June 2015



For many years Chamonix has been a sporting mecca and the last weekend of June sees three days of mountain trail races. There are 6 events catering for all abilities from a children's fun run, 10km, vertical km, 23km cross, full marathon & 80km distances, this year attracting 7000 competitors from 65 countries. The courses are designed to be challenging and make the most of the fantastic scenery. I'd done the Mont Blanc Cross in 2013 but the weather had been absolutely dreadful so I entered again chancing that the weather gods might be in a better mood. The Mont Blanc Cross is a true mountain trail race and although only 23km it involves 5462ft of ascent and 2037ft descent – my favourite sort of race profile!



We arrived in Chamonix a few days before the race to be greeted by wall to wall sunshine, cloudless skies and the rounded snowy summit of Mont Blanc in full view. In fact it stayed like that for the best part of a week; the mountain gods were in deed feeling kind.

On race day, 1590 international (though predominantly French) competitors limbered up on the paragliding landing field for the 8am start. The race briefing included a reminder of the mandatory kit; a mobile phone, 0.5L water, waterproof jacket, whistle & survival blanket – a bit different from FRA requirements (in fact, we had good mobile reception even high up in the mountains). We were also informed that the last runner on the 80km race had just finished after 26 hours! I can't imagine keeping going for that long – I hoped that I would be finished in time for a late lunch.

It was a slightly overcast morning and a good temperature for running. The first 6 miles of the course which goes along the valley floor up to Montroc is a little disconcerting; one expects it to be a nice gentle warm up but it is quite steep in places as we ran quietly on paths through woodland, flower meadows and small hamlets with occasional groups of locals and supporters encouraging us ... 'allez, allez'.



I reached the first major checkpoint at Tre le Champs after 12km and 500m climbing, in 01:19. Tre le Champs is a really pretty little collection of old wooden chalets adorned with geraniums and wonderful views of snowy peaks high above; we'd stayed there for a night when doing the Tour of Mont Blanc. I had made a conscious decision to take advantage of the chocolate, banana, orange segments and alpine H₂O here, having been repeatedly overtaken by an older runner on the Swaledale marathon recently, despite the fact that he had stopped for sandwiches and cake at several of the refreshment stops.



From here the only way was up but first we needed to negotiate a main road and the organisers had kindly provided a temporary bridge (or climbing frame) so we gingerly climbed over the rather wobbly structure. Safely across, we were now on lovely steep alpine paths of the Balcon Sud with an amazing variety of wild flowers, grasses and butterflies. The route was well marked and there were always other runners around, so no chance of getting lost. The course had been tweaked since I'd last done it to include some extra climbing (fine) but also an extra chunk of steep descent (not so good for older knees). Despite the narrow paths, I managed to overtake quite a few runners on the climbs but as usual the younger men doing chamois impressions bounded fearlessly passed me on the rocky downhill section. At one point I caught my foot under a tree root and almost nose-dived down a ravine; somehow I pulled myself upright and continued more cautiously, my heart beating loudly.

There was a long pull up the grassy ski fields to reach the next checkpoint at the Flegere cable car station where Pete offered encouragement and took the obligatory photo. From here it was a traverse towards the final cable car station at Plan Praz and at last opportunity to run more freely on wider paths. By now we were above the tree line with glimpses of the mountains and glaciers in full sun on the opposite side of the valley. There was a steep rocky section with steps and a handrail which I negotiated just fine but then my Salomon Speed Cross's (more designed for mud) must have slipped on gravel and I came down hard on a rock, landing on my forearm. Fellow runners picked me up and dusted me down and I continued, conscious of a growing egg shaped bulge on my arm, sore rather than painful, so I decided it was probably not too disastrous. The finish line with up-lifting music and crowds were now in sight but first we had to make our way up cruelly steep zig zags. I was pleased to overtake a few more ladies before falling across the finish line to collect my medal and a beer and then sat and absorbed the atmosphere and views in the warm afternoon sun.



1st man Stian Hovind-Angermond (Norway)

2:03:39

1st lady Yngvild Kaspersen (Norway)

2:29:20

435 Anne Middleton (GB)

3:37:03

(5th FV50 – although Pete had photographic evidence that the 1st FV50 was actually a man!!!)

If you are inspired to enter for 2016, you need to enter on-line in a couple of weeks as places fill very quickly.

<http://us9.campaign-archive2.com/?u=7ab8b656c4aaa67310122d4ab&id=7f2bb251ea&e=43159937ad>

Contributed by Anne Middleton

Eccup 10 - 5th July 2015

Position	Name	Club	Age category	Time	Comments
1	Chris Smith	Leeds City	M	56:37	
44	Laura Dransfield	Roundhay Runners	F	01:53:38	1st Lady
287	Peter McEvoy	DDAC	MV60	01:20:24	
465	Sarah Everett	DDAC	FV40	01:29:04	

Fairly Freckled Cow - July 5th 2015

Position	Name	Club	Age category	Time	Comments
1	John Spill	Eryri	M	38:33	
22	Tracey Llewelyn	Cybi Striders	F	49:25	1st Lady
100	Geoff Mount	Ex DDT	MV70	01:09:39	
107	Joy Mount	Ex DDT	FV70	01:15:53	1st Lady Vet 70
112	Sue Levinson	DDAC	FV60	01:16:25	2nd Lady Vet 60

Stocksbridge Chase 10k - 8th July 2015

Position	Name	Club	Age category	Time	Comments
1	Joe Sweetnam-Powell	Sheffield	M	40:12	
21	Claire Spencer	Sheffield	F	48:06	1st Lady
51	Sarah Everett	DDAC	F40	02:36	1st Lady Vet 40

Woodland Challenge - 10th July 2015

Position	Name	Club	Age category	Time	Comments
1	Rob James		M	41:55	
7	Tanya Seager	Stainland Lions	FV40	45:25	1st Lady
30	Johnny Ridge	DDAC	MV35	50:19	
157	Rosalind Bedford	DDAC	FV50	01:05:38	
174	Samara Wood	DDAC	F	01:07:35	
189	Sarah Everett	DDAC	FV40	01:10:03	
191	Rachel Warsop	DDAC	FV40	01:10:46	
211	Abbie Daggy	DDAC	FV35	01:15:46	
275	Pete Andrews	DDAC	MV65	01:41:13	

Stoodley Pike Fell race—14th July 2015

A sunny summer's evening saw 5 club runners line up at the Top Brink Inn for the quick short dash upto Stoodley Pike and back. Watching over proceedings, a number of paragliders proved that gliding on thermals is a lot easier than running up the ancient pack horse track to the summit.

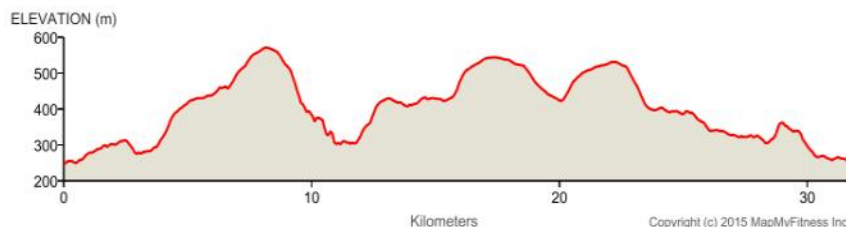
Stoodley Pike - 14th July 2015

Position	Name	Club	Age category	Time	Comments
1	Alex Whitem	Calder Valley	M	19:43	
24	Elizabeth Greenwood	Blackburn Harriers	F	23:45	1st Lady
51	Simon Browne	DDAC	M40	26:10	
99	Anne Middleton	DDAC	F50	30:13	
122	Rosalind Bedford	DDAC	F50	33:59	
136	Sarah Everett	DDAC	F40	36:01	
142	Abbie Dagg	DDAC	F	40:12	



DT30 – 11th July 2015

This was the second race in a new triple series (www.dalestrailseries.uk/) of trail races set in the Yorkshire Dales – I'd done the DT20 in April. Although called the DT30, this was closer to 32km with 3,650ft ascent and despite being called a trail race, it included several sections of remote moorland fell. Designed to be technically and navigationally progressively more demanding, this second race only had route markers at major changes in direction.



Race registration was at Usha Gap campsite (with fantastic new toilets and showers), although the actual start line was a 20 minute walk away on the far side of the River Swale. Like sheep, all 115 of us were carefully counted through to the start line before a 3... 2... 1 and off we went, real sheep scattering to avoid the stampede. My aim for the day was to try to keep one of the Swaledale area rangers, that we've got to know, in sight, figuring that he should know the way.

The first 8km was a steady climb on a gravel shooting track, initially towards Gunnerside and then heading north up high above Gunnerside beck, eventually joining the C2C route where we passed a few bewildered walkers.

By-passing the first of four water stations, I managed to overtake a few people, knowing that they were bound to overtake me on the next section, the rocky descent of Swinners Gill, probably the most technically tricky bit of the whole course. This area was extensively mined for lead from 1500's – 1800's and there are still signs of old hushings, smelt mills and dressing floors. We passed the remains of Crackpot Hall, originally a hunting lodge. The name apparently comes from the Norse for 'chasm' frequented by crows, although I failed to spot any. On a better path now, we reached Keld where my support crew was poised to take a photo of me walking!



Here we picked up the Pennine Way for the inexorable climb up to the famous Tan Hill Inn (Great Britain's highest pub). No time for a beer today as I was keen to keep a few other runners in sight for the most remote section on a narrow runners trod over Robert's Seat. The moorland views stretching as far as the eye could see were amazing and we had a wonderful bouncy grassy descent through bright yellow buttercup fields to Ravenseat (famous for its farming family featured on Lambing Live).



The return route to Keld was on a balcony path above a lovely river gorge (if you had time to glance down) but the slippery and rocky terrain (and tiring legs) made it difficult to maintain a steady pace. Cue support crew photo!

If I'd studied the map more closely I would have known that there was still one more climb, but I hadn't and it came as an unwanted surprise, more so because of the awkward descent through woodland with

plenty of trip hazards. But soon we were running down through classic photogenic Swaledale flower meadows to the finish line. Another really friendly, well organised and scenic race in the series completed – the DT40 beckons!

Position	Name	Age category	Time	Comments
1	Ben Hukins	M	02:30:06	
8	Lucy Colquhoun	FV35	02:53:24	1st Lady
53	Anne Middleton	FV45	03:28:44	1st Lady vet 45

Contributed by Anne Middleton

Yorkshire Wolds Half Marathon – Saturday 18th July 2015

Having decided this year to try and do a few races that I haven't done before, and also utilising the club captain's experience and take part in some of the races for the club road running championship. I contacted my pal Steve (my weekend training partner and Katie Sharp's husband) to see if he fancied it, and as it was possibly only 2 weeks before the race he was understandably wary – as was I. After one hilly 10 mile training run we decided to go for it and enter on the day. The half marathon was staged alongside the Bishop Wilton Show and the entry fee included entry into the show.

On the morning of race day the weather was pretty cold and windy so after registering for the race we started our warm up regime – which comprised of sitting in the car keeping warm whilst watching the serious athletes embark on their stretching and jogging etc. As the start of the race approached, we were forced out of the car and made our way reluctantly to the start alongside 175 others. We set off and the weather suddenly improved significantly, and became pretty hot, much to my dismay as I set off with several layers on! The race is predominantly on road with an off road section, very scenic and very undulating. Things were going pretty well until I started to get a bit of a tight calf, (although I don't like to talk about it), it felt ok on the flat sections but not so good on the hilly bits!



Having previously read some of the reviews of the course (this was part of our exhaustive preparation for the run) it stated that the race was very tough but promised a downhill finish! So from approximately 10 miles to the finish we were climbing what seemed like a non-stop hill, all I could think of was the downhill finish, I passed a photographer at the 12.5 mile mark, but I was in no mood for posing for pictures – and was then guided by the marshals up the road we started from. Reaching the top of this road we were into the showground and down the gentlest of slopes you could imagine – if this was the downhill finish I was promised, I was not impressed! (We later found out that since people had posted these reviews, the course had changed)!!!!

On crossing the finish line, instead of a t shirt or medal we picked up our Yorkshire Wolds Half Marathon mugs – I can now see the relevance! As usual Steve thrashed me, finishing in 1 hour 51minutes 57 seconds and I hobbled in after 1 hour 54 minutes 49 seconds.

Despite my moaning and groaning – this is a good event if you want a tough half marathon challenge, but unlike us, you really need to train for this one, as it's not for the faint hearted!!!

Contributed by Ian Sargent

Position	Name	Club	Age category	Time	Comments
1	Phil Taylor	Bridlington Road Runners	M	01:16:39	
22	Sharon Barlow	Darlington Harriers	F	01:32:09	1st Lady
99	Ian Sargent	DDAC	MV45	01:54:49	

Holme Moss - 19th July 2015

Position	Name	Club	Age category	Time	Comments
1	Matthew Lalor	Barlick	M	02:44:21	
6	Helen Berry	Holmfirth	FV40	02:56:57	1st Lady
55	Jo Worboys-Hodgson	DDAC	FV40	03:38:25	
117	Bridget Coomber	DDAC	FV50	04:15:20	



Photos courtesy of Mossie Net & Norman Berry Holmfirth Harriers

Salt Cellar—7th August 2015

We should have known that a warm still summer's evening would not only be a great night for a short fell run in the Peak District, it would also be perfect weather for those small insects known as midges. Salt Cellar is classified as a 'BM' race meaning a nice steady evening race so the hardy 4 club runners were a touch surprised to find it was a long hard run up from Derwent Reservoir to the Salt Cellar rocks and back whilst spectators, camera men & marshalls got bitten alive.

As at Hartcliff Hill race earlier in the championship season, Johnny was first DDAC man back and Anne first lady though both were some way behind the overall winner, Team Accelerate supported runner Tom Saville who broke the course record.



Photo courtesy of Mossie Net

Salt Cellar - 7th Aug 2015

Position	Name	Club	Age category	Time	Comments
1	Tom Saville	Dark Peak	MU23	49:34	Course Record
27	Helen Elmore	Dark Peak	FV40	01:02:19	1st Lady
38	Johnny Ridge	DDAC	M	01:04:35	
98	Anne Middleton	DDAC	FV50	01:16:26	1st Lady vet 50
151	Samara Wood	DDAC	F	01:39:38	
155	Abbie Dagg	DDAC	F	01:48:50	

Arncliffe Fell Race - 8th Aug 2015

Position	Name	Club	Age category	Time	Comments
1	Simon Bailey	Mercia	M	10:23	
29	Rachel Hill	Settle Harriers	FV40	13:46	1st Lady
95	Rosalind Bedford	DDAC	FV50	19:42	



Photos courtesy
of Woodentops



Askern 10 mile - 9th Aug 2015

Position	Name	Club	Age category	Time	Comments
1	Carl Ryde	Doncaster AC	M	54:56	
33	Helen Cross	Pocklington runners	F	01:03:26	1st Lady
167	Ian Sargent	DDAC	MV45	01:17:55	
243	Katie Sharp	DDAC	F	01:25:05	
312	Sarah Everett	DDAC	FV40	01:30:45	



Dig Deep 12.12 - 15th Aug 2015

Position	Name	Club	Age category	Time	Comments
1	Julian Lings		M	01:21:37	
17	Sally Fawcett	Dark Peak	F	01:41:06	1st Lady
31	Bridget Coomber	DDAC	FV50	01:50:28	
120	Sarah Everett	DDAC	FV40	02:22:20	
149	Chris Walker	DDAC	MV50	02:58:37	



DDAC Road & Fell Race Championships— Update

Reminder of The Rules....

The Senior's, club road race championship

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

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



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

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

New to fell running??

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

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

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

The age categories are:

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

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

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

DDAC Road Race Championship 2015—2016

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

Short

29th Nov 2015 - Barnsley 10K

Royston Park, Barnsley 10:30am start

£12 before 22nd Nov, £17 on the day— www.barnsleyac.co.uk

23rd February 2016 – Huddersfield 10K

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

£10 – www.huddersfieldroadrunners.co.uk

Medium

24th January 2016 - Ferriby 10

North Ferriby – 10.30am Start

£TBC – www.cityofhull.co.uk

6nd March 2016 – Norton 9

Details TBC

Long

25th October 2015 – Holmfirth 15

Holmfirth Community Sports Centre – HD9 7SE – 9.35am Start

£17 (£19 on day) – www.holmfirthharriers.com

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

DDAC ROAD RACE CHAMPIONSHIP 2015-2016

You need to run one race to qualify.

Points will be based on your best

short, medium and long plus your best **three** others

You also need to be a paid-up club member

All results to Anne Middleton please

Men's scores		SHORT			MEDIUM				LONG						
Race	Penistone 10K	Barnsley 10K	Huddersfield 10K		Askern 10	Ferriby 10	Norton 9		Buxton half	York Wolds Half	Holmfirth 15				
Date	28-Jun-15	? Nov 2015	16-Feb-16		9-Aug-15	24-Jan-16	2-Mar-16		24-May-15	18-Jul-15	25-Oct-15	Total Points	Points to count	Position	Age Category
Ian Sargeant	10				10					10		30	30	1	V
Peter Ramsden	7								10			17	17	2	SV
Peter McEvoy	9											9	9	3	SV
Dave Townend	8											8	8	4	SV
Graham Guest	6											6	6	5	V

Ladies' scores	SHORT				MEDIUM				LONG						
Race	Penistone 10K	Barnsley 10K	Huddersfield 10K		Askern 10	Ferriby 10	Norton 9		Buxton half	York Wolds Half	Holmfirth 15				
Date	28-Jun-15	? Nov 15	#####		9-Aug-15	24-Jan-16	2-Mar-16		#####	18-Jul-15	25-Oct-15	Total Points	Points to count	Position	Age Category
Clara Carr	10											10	10	1=	
Katie Sharp					10							10	10	1=	
Samara Wood	9											9	9	3=	
Sarah Everett					9							9	9	3=	V
Abbie Dagg	8											8	8	5	

Denby Dale Athletics Club – Fell Championship Races 2015/16

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

SHORT

Sun (late) Feb 2016 at 11:30am – Ilkley Moor 5m/1316' Cat AS

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

Pre-entry £4.50, Entry on day £10 (2015 prices).

This race usually fills up so pre entry recommended.

Website www.ilkeleyharriers.co.uk

MEDIUM

Sun 4th Oct 2015 at 10:30 – Levisham Limping 7m/1083' Cat BM

Venue: Lockton Village Hall, Nr Pickering, North Yorks. GR 846900

Entry on day £6. Website www.yorkknavesmireharriers.co.uk

LONG

Sun 6th Sept 2015 at 10:30am – Exterminator 16m/4232' Cat AL

Venue: Cricket Inn, Totley. GR 302799

Pre-entry £5. Entry on day £7. Website www.totleyac.org.uk

Sun (late) March 2016 at 10:30am – Heptonstall 15.4m/3169' Cat BL

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

Entry on day £6. Website www.heptonstallfellrace.wordpress.com

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

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 Amble 8.1m/1197', BM	Salt Cellar 6.8m/1594', BM	Levisham Limping 7m/1083',	Howtown 13.3m/4593', AL	Exterminator 16m/4232', AL	Heptonstall 15.4m/3169', BL	Total Points	Points to count	Position	Age Category
Johnny Ridge	10			10	10					30	30	1	
Simon Browne		10		9						19	19	2	V
Phil Ellis	9			9						18	18	3	
Steve Blackford	8									8	8	4	SV
Stewart Yates	7									7	7	5	SV
David Gill	6									6	6	6	SV
Graham Guest	5									5	5	7	V

Ladies' scores	SHORT			MEDIUM			LONG						
Race	Hartcliffe Hill 2.5m/492', BS	Stoodley Pike 3.1m/699', BS	Ilkley Moor 5m/1316', AS	Austwick Amble 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
Anne Middleton	10	10		#####	10					30	30	1	SV
Abbie Dagg		7		10	8					25	25	2	
Rosalind Bedford	9	9								18	18	3	SV
Jo Worboys-Hodgson				9						9	9	4=	V
Samara Wood					9					9	9	4=	
Sarah Everett		8								8	8	6	V

Future events & dates for your diary

Sun 13th Sept—Shepley 10K & Family fun run

Starts 11am from the Shepley cricket club.

Undulating road race on quiet pretty roads of Shepley, Stocksmoor, and Fulstone

Entry £12 on day

A few of us had a good time last year



Mud mud glorious mud !!

West Yorkshire Cross Country Vets Championships

Sat 19th September in Whitby - races start at 1pm

Ladies race - 5.4K

Men's race - 10.2k

Please contact [Jo Worboys-Hodgson](#) (Ladies' Captain) or [Phil Ellis](#) (Men's Captain) if you would like to take part.

2 local short fell races for beginners in September :

Sat 5th Sept — Longshaw Sheepdog trials

6m / 1001' – Cat: BS; starts at 10:30
Longshaw Lodge on Sheffield-Hathersage road
£5 EOD

Sun 20th Sept Fat Boys Stanage Struggle

6.2m / 1165' – Cat : BS; starts at 11:00
Hathersage Primary School
£5 EOD
www.stanagestruggle.co.uk
A great little race!

Sun 27th Sept 2015 - 2 options !!

If you enjoyed Ingbirchworth duathlon, you might like

Holmfirth Duathlon (Hell's Edge)

Starting at 10am, with the transition and other facilities at The Band Room, Greave Road, Hade Edge, Holmfirth HD9 2DF. The first run will be a 4.5km hilly off road excursion around the local reservoir, followed by a 2 lap on road bike course of 20km, on quiet undulating roads. The second run will be a shorter 3.5km route back round the reservoir.

Entry £20

For full race information visit www.toughnutevents.co.uk

Alternatively, you could have a day at the sea-side!

Filey Lions 10K Beach Race

This event is in it's 7th year and in 2014 over 140 runners entered. With the interest since then we anticipate a bigger entry in 2015 perhaps towards 200 runners. The race start & finish is on Filey Country Park and after approximately 1km on road the whole of the race is on the Beach where runners run to Hunmanby Gap where the turning point is and then return to Filey on the sandy beach.

Race entry £11 (affiliated)

All entrants need to sign in at registration and collect their Race Number between 9.30 and 10.30am at:

Race HQ- Filey Country Park Caravan & Campsite, North Cliff, Filey North Yorkshire, YO14 9ET.

Race briefing will take place at 10.45am at the Start Area and the Race will commence at 11.00am.

Race website : www.fileylionsclub.co.uk

West Yorkshire Cross Country League - Fixture dates

This year we are hoping that some of our junior athletes aged 9 and over will join the Seniors for these short but often muddy parkland races. All competitors must have full club membership, a DDAC running vest and ideally cross country spikes should be worn.

Sun 18th October - Wakefield

Sat 31st October - Huddersfield

14th or 15th November (TBC) - Keighley

Sun 6th December - Nunroyd Park

Please contact [Jo Worboys-Hodgson](#) (Ladies' Captain & Junior Co-ordinator) or [Phil Ellis](#) (Men's Captain) if you would like to take part.



Thursday evening training for Seniors

- Organised by Claire Wilkinson, EA Athletics Coach, these sessions focus on building speed and stamina working as a group.
- As well as being quite fun, these sessions are great for improving general fitness and preparing for races as well as learning proper warm-up techniques and post-workout stretching to help avoid injury.
- Runners of all abilities are very much welcome.
- Why not come along and give it a try! Every Thursday, 7pm from the Pie Hall.
- See Denby Dale Traveller's Facebook for weekly session plan.

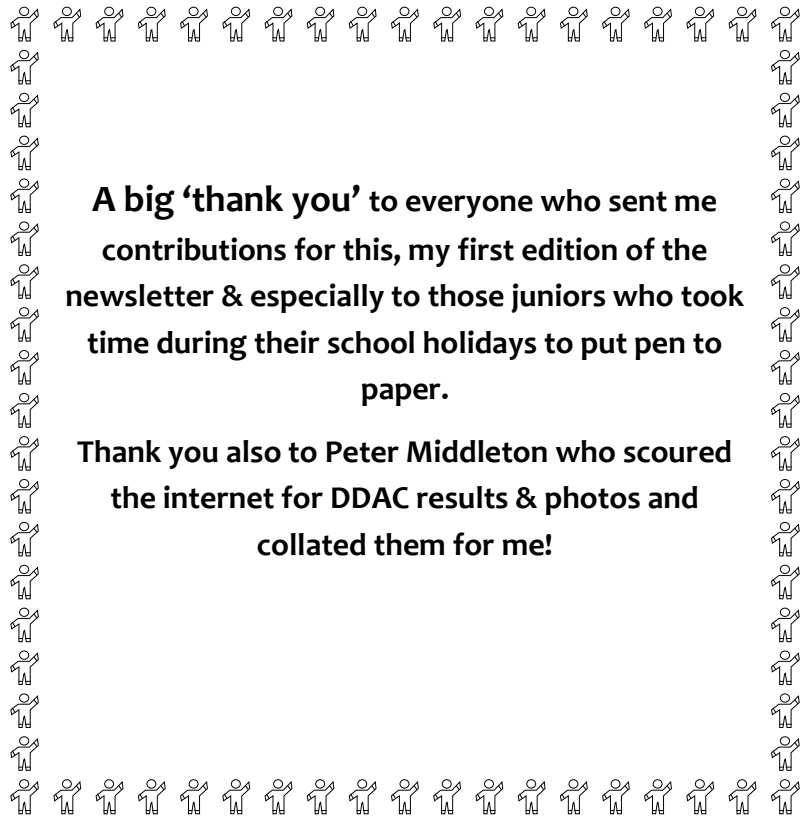
Denby Dale Athletics Club

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

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



**A big 'thank you' to everyone who sent me
contributions for this, my first edition of the
newsletter & especially to those juniors who took
time during their school holidays to put pen to
paper.**

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

Next Issue November 2015

Please let me have
contributions by mid Nov



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

'Denby Dale Travellers' - for Senior section

'Denby Dale Athletics Club' —for Junior section



Senior's annual membership subs (only £15) were due on 1st April.

Please be aware that if you have not paid you should not claim EA or DDAC
affiliated status for race entry and will no longer be a member of the Pie Hall.

Any outstanding payments should be paid asap to Tony Sharpe in cash or transfer
the money electronically to:

HSBC 40-37-04 A/C 11166654

Tony Sharpe