

The Denby Dale Traveller

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Water, water everywhere!



Photos courtesy of
Woodentops &
Mossie net
Photography

Junior Corner

Time flies - *Contributed by the Editor*

It's hard to believe that the DDAC Junior section has just celebrated its 1st birthday. Although in many respects, the weekly attendance of around 50 young athletes, the constant influx of siblings & friends coming to see what we do at Shelley on Wednesday evenings, the amazing progression in running, jumping and throwing skills that we've seen and growing enthusiasm to compete on track, fell & trail, the Junior section feels such an established part of the DDAC; it's difficult to remember a time before.

The 1 year milestone was marked at Shelley with a Summer Track & Field competition featuring 100m sprint, 400m race, long jump & vortex throw followed by LOTS OF CAKE! We have had more than our fair share of inclement weather on Wednesday evenings and the birthday celebration was no exception with driving wind and rain although it failed to dampen enthusiasm & effort of those present. Even the photographer from the Huddersfield Examiner was amazed at the fortitude of youngsters and parents turning out on such a dire evening. The occasion was also marked by the first official appearance of the new club gazebo – a joint investment by the junior & senior sections. This will be a great asset especially for the cross-country season; not only will members be able to locate fellow club athletes much more easily, it will provide often much needed shelter pre & post races as well as helping to promote the club.



**Birthday outing for the club's
new gazebo**



**Birthday cake made by Simon Ellis,
coaching assistant Phil's brother**

The last three months has also seen many of our juniors taking part in the Spring and current Summer calendar of events drawn up by the Junior coaching team.

The first **Junior Parkrun Challenge** saw a total of 22 DDAC juniors run at Greenhead Park in Huddersfield. The challenge involved 5 parkruns (Feb – April) although for some parents this has become something of a regular feature at 9am on Sunday mornings (*sorry, if this has spoilt your lie-in!!*). Based on age graded % scores, the winners of the Spring Challenge were as follows:

Parkrun age category	Girls	Boys
Under 10's	Daisy McClelland	Joseph Roberts
11 – 14yrs	Frances Worboys-Hodgson	Billy Browne

The **Summer Parkrun Challenge** is well underway and this time involves 6 parkruns, alternating between Greenhead & Ravensknowle and will hopefully be contested as strongly as the Spring Challenge. *Many thanks to Phil Ellis for devising the challenge and collating the scores. More on parkrun from William & Joseph in Junior Spotlight.*

The inclusion of **Silkstone Shuffle** (see results in Race Reports & Results) and **The Trunce** race series on the events calendar has seen a growing following of our athletes taking part in the junior versions of these local multi-terrain races. Gus and Abigail are leading the DDAC Trunce scoreboard but it is also notable that ALL our juniors are getting faster – which is brilliant.

Our juniors are also making their mark out on the fells on some challenging courses. At **West Nab**, Gus was 1st U14 boy and 3rd overall, beating many U16's. Sylvie was 2nd U8 girl and Victoria, 3rd U10 girl. Euan, William and Ben also did really well up and down very steep hills. And six juniors competed at **Saddleworth** amidst stunning scenery. In the U14's race Gus and Euan came 3rd and 5th against some very experienced young men and Abigail was a fantastic 2nd girl. Our U12, U10 and U8 fell runners were Ben, Victoria and Sylvie. Sylvie chose to run with the U12 & U10's as her race would have been a less challenging fun run and she did really well against the older children coming in 1st U8 girl with Victoria 2nd U10 girl and Ben 4th U12 boy. So, *well done everyone.*



Abi, Jo & Victoria at Saddleworth fell races

Not only is it great to see our juniors doing so well and enjoying all these events but it has provided the opportunity for senior and junior members to watch each other and provide mutual support – *after all we are hoping that today's juniors will be the future of the senior section of the club in the years to come.*

PS. Don't forget to put joint junior/senior club events, Race the Train (21st June) & Deffer Dash (5th July) in your diaries!

Junior Spotlight — William & Joseph Roberts (aged 9 & 6)

Tales from two Junior Parkrun novices

On the 29th of February we took part in our first Junior **Park Run at Greenhead Park**; we did it as part of the DDAC Park Run Challenge. We were a little scared at first as we didn't know the route or what to do, but everything was fine. Everyone was really friendly and there were lots of people showing us where to go and cheering us on. We have now completed 10 Junior Park Runs, including Greenhead, Barnsley, Dewsbury and Tolson - Greenhead is our favourite. We love trying to beat our time each week and we are looking forward to getting our ½ marathon wrist bands when we have finished our 11th Park Run. In the DDAC Park Run Challenge we came in first and second place for the under 10 boys. We hope to see you at future Park Runs (*check the Junior events calendar for dates of the club's Summer Parkrun Challenge*).



The two of us wearing our club vests at Junior Parkrun (with barcodes to hand)



I (William), have also really enjoyed doing the Cross Country runs; I love running through the mud!!

I really enjoyed the **Deffer Dash**, the **Silkstone Shuffle** and thought the **West Nab Junior Fell Race** was great fun.

Me (William) descending a tricky narrow path at West Nab Fell race.

Future Junior events & dates for your diary



Denby Dale Athletics Club Junior Calendar

Saturday 18 th June	Pontefract Open Athletics Meeting – 10.30am Thornes Park Stadium, Wakefield. www.pontefractathleticsclub.webeden.co.uk/
Sunday 19 th June	Junior Parkrun Challenge 4 – 9.00am - Tolson Memorial Museum, Ravensknowle
Tuesday 21 st June	Can You Beat Badger? - 7pm, Kirklees Light Railway, Clayton West A joint away day for juniors & seniors to race Badger over 4 miles from Shelley back to Clayton West. No entry fee but donations to Cancer Research UK.
Monday 27 th June	Junior Trunce 5 – 6.45pm The Waggon and Horses, Sheffield Rd, Oxspring S36 8YQ, United Kingdom 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/
Sunday 3 rd July	Junior Parkrun Challenge 5 – 9.00am - Greenhead Park, Huddersfield
Tuesday 5 th July	Junior Deffer Dash 2 – 6.45pm An undulating course over approx. 1.75 miles on woodland tracks. Series of 3 races. The Junior 'Dash' will be marshalled and supervised by the Junior Coaching Team. The Senior 'Dash' will start at 7.15pm
Saturday 9 th July	Charlesworth Carnival Junior Fell Race - Charlesworth (Near Glossop) http://www.charlesworthcarnival.org.uk/fell-race . Choice of 3 different fell races , according to age. Race entry is £5.00 on the day or £2.50 in advance. Places are limited and allocated on a first come – first served basis.
Sunday 10 th July	The 2 Paul's Athletic Open meeting , Dorothy Hyman's Stadium – details TBC
Sunday 17 th July	Junior Parkrun Challenge 6 – 9.00am - Tolson Memorial Museum, Ravensknowle Park
Monday 18 th July	Junior Trunce 6 – 6.45pm (details as above)
Wed 20th July	Widdop Junior Fell Race , Halifax http://www.cvfr.co.uk/juniors Races for all age groups U8(over 6) to U18. U8, 7.15 p.m.; all others at 7.30 p.m
Mon 29th August	Denby Dash Junior races—10am at The George in Upper Denby http://denbyvillage.org.uk/

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 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.



Do you want to go to sleep with a 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.

**DENBY DALE ATHLETICS CLUB
CAN YOU BEAT BADGER?
TUESDAY 21st JUNE 2016**



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

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

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

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

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

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

CAN YOU BEAT BADGER?

Letter From America ~ also on a watery theme

Contributed by Bob Johnson, Colorado, USA

(bob.johnson@skybeam.com)

The State of Colorado gets water from two main sources. Firstly, surface water: Springtime snowmelt supplies streams, rivers, lakes and reservoirs. Usage is approximately 20,000 million gallons per day. Secondly, subsurface aquifers: they supply wells and springs. Usage is approximately 2,000 million gallons per day. Data collected by the state since 1950 indicates that water usage is more or less in line with population growth, 5 million growing to about 350 million.

Water laws in Colorado are complex and colorful. The state climate is semi-arid because we get less than 15 inches of rainfall per year. (Everybody is happy when it rains! We also get the proverbial 100 year flood, the last was in 2012 and wreaked as much havoc as the inundations in the Calder Valley and the Lake District). Early settlers, especially those engaged in mining, built dams and sluice gates at higher elevations to satisfy the needs of hydraulic mining practices. Not surprisingly, disputes between claimants were commonplace but, basically, it was first come first served (and still is).

Initially, riparian rights meant that only settlers living on riverbanks could make use of river water for crop cultivation. Once fertile land was discovered, especially in eastern Colorado, colony settlements grew via the construction of canals and ditches for crop irrigation which are still in use today. Shirley and I live in Weld County which still has the most canal infrastructure in the state.

During the drought periods in the late 1800's, violent conflicts arose amongst water consumers leading to the Water Wars of 1874. This precipitated Water Use legislation which is complicated to say the least. One interesting law is that water can only be used once. For example, water from a bath or shower cannot be collected, recycled and reused, likewise for rainfall. Such water must be sent to a sewer for treatment and return to the local stream or reservoir for use by others in the state. Water butts are prohibited.

There are also strict rules regulating the maintenance and upkeep of ditches and canals to minimize wastage, the onus lying with the property owner. The same applies to water wells and springs, in fact all sources of water fall within the purview of the State Engineer who ensures compliance with state legislation.

We live in the Town of Milliken which purchases water from the nearby City of Greeley and from Weld County Water District. The town also has a water well and a reverse osmosis facility and a wastewater treatment plant. To put our home usage into perspective, for most of the year we use about 3,000 gallons per month. However, during the summer months of July through October, our usage increases to 12-20,000 gallons per month because that's when we have to run the sprinkler system to keep the lawn looking green. And that includes only being able to water 3 days per week and a hosepipe ban on Sundays. Absolute madness! We live in a semi-arid climate so we shouldn't have lawns in the first place.

Shirley's brother lives in Las Vegas, Nevada where lawns are banned because of water shortage. Artificial grass is popular there but I still find it odd seeing people on their lawns with a vacuum cleaner to collect windblown sand. On the other hand, it has been estimated that just one of the fountains at a

Las Vegas Casino loses about 12 million gallons of water per year due to evaporation and leakage. We all take for granted that water is connected and permanently available at home. However, in the more remote parts of the USA this is not the case. Arizona is a comfortable 2 day drive away and is home to magnificent desert scenery and buttes and mesas. There are also rivers like the mighty Colorado and the San Juan and huge lakes like Powell and Mead. Unfortunately, large cities consume the majority of water available even though the inhabitants have no legal water rights.

Even in a place like Monument Valley, a world heritage site, local residents have to import drinking water from distant towns. During winter months this can be a hazardous journey because oftentimes the dirt roads are impassable. In larger towns, potable water stands are typically available at Post Offices and other Government facilities. It is a cruel irony that the landscape itself was crafted by the flow of water but now it is a precious resource unavailable to about 40% of the Arizona population. Water wells are used extensively but, after years of mining operations, groundwater is often contaminated and unfit for drinking.

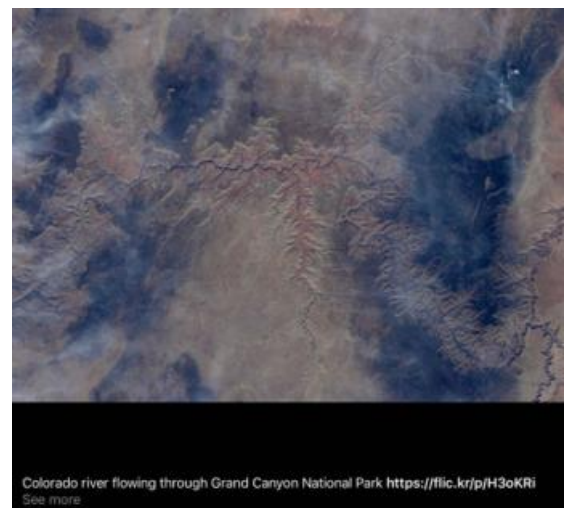
On a recent visit to The View Hotel on the edge of Monument Valley, Shirley and I spoke with one of the Navajo jewelry vendors. He told us that the locals were incensed that the hotel was able to get access to running water and electricity, commodities unavailable to most of the local residents. There is a huge discussion underway about the rights of the Navajo Nation (and others) to water sources on the basis that they were living in the area before any settlers arrived. But it is a double edged sword: to get access to water and the infrastructure to distribute it they have to relinquish ownership rights so that growing towns and cities can be adequately supplied.

There is also mounting concern south of the border. Every time a new dam is constructed or when there is a drought, Mexican farmers get less and less water flowing across the border. It isn't difficult to imagine another round of water wars in the not too distant future. The impact of climate change can only exacerbate the situation.

Our winged neighbours also need water. I snapped the photo below last September, it shows a Great Horned Owl quenching his thirst on our bird bath. We also get Long-Eared Owls which are about twice as big but much more shy and nocturnal.



The other photo was taken by astronaut Tim Peake on the International Space Station and shows the Colorado River flowing through the Grand Canyon.



Acknowledgments to CNN and US Government databases.

And now for a new type of challenge

Why not have a go at Urban O?



The 'O' in the above question stands for Orienteering – now I know some people's eyes will glaze over and they'll think – *'Orienteering , No I can't read a map and I'll end up lost in some forest or on a moor'*, but please read on. Urban races take place in towns, parks, and university & school complexes. The race involves finding selected controls shown on the map. The map is at a very large scale with literally every building shown on it so it's just a matter of ticking off the roads or buildings en route, but the challenge is to find the quickest way (not always the shortest) round the course. This means running as fast as you can but at the same time keeping in contact with the map, so you always know where you are. There's normally a legend on the map showing what everything means but here's a link explaining them all – At first glance it might look a bit daunting but you quickly learn to recognise everything. (it also means you can run anywhere in the world on an O map without needing to learn the local language.)

<http://www.maprunner.co.uk/wp-content/uploads/resources/Maprunner-sprint-map-symbols.jpg>

To record your progress round the course you hire an electronic tag (called a 'dibber') which fits on your finger. Before the start there's a 'CLEAR' box which you put the dibber into and wait for it to beep and flash. This means it has erased any information from when the dibber was previously used. You're then called forward into the start lane (usually 2-3 minutes before your actual start time) and your dibber is checked, pick up loose control descriptions which can be fastened to your top so they can quickly glanced at whilst on the run (the control descriptions are also printed on the map) and with a minute to go there's usually a blank map of the area so you can have a rough idea of the area. When your start is called you put your dibber in the start control box and that means you've started and the clock is ticking! Pick up your map and you're off – To indicate where you are there will be a Triangle on the map and a purple line going directly to the first control, now choose which way to go. Once you've spotted a way, set off. Don't spend a couple of minutes trying to find the shortest way because the time you've lost making this decision is probably more than you'll gain on the shorter route. The control kite and box is always in the exact centre of the control circle and your description sheet will tell you where it is (eg Top the stairs, fence corner) and the number of the control box. When you get there check the number on the box, if it's OK put you dibber in the box and wait for the flash/beep then onto No 2 and so on until the finish which is denoted by a double circle on the map. Then go to the download station where you will receive a printout showing your total time and the 'splits' (time for each separate control)

Things to watch out for

Uncrossable Walls – these are shown on the map with a thick black line & must not be crossed (even if you think you could actually climb over it)

Thick green lines are uncrossable vegetation (usually hedges or flowerbeds)

If you've a control very near either of the above, carefully check which side of the wall or hedge it's on before you get there – it could save you a lot of time

Whilst buildings are shown in dark grey if there's a lighter grey line through the buildings it means there's a passageway through (with a canopy or roof above your head)

Courses are run in age groups both male & female

12 yrs and under

16 years and under

Open

Veterans 40+ years

Superveterans 55+ years

Ultra Veterans 65+ years

However, usually you can enter whichever class takes your fancy but to win an award you must run your correct group. Don't be fooled by the distances shown on the event flyer, because the planner has no way of knowing which way you'll take the distance shown will be a straight line distance (or 'as the crow flies') – you'll go much further on the ground – a rough rule of thumb is 50% further.

Here's a map from a previous race in York

<http://www.ebor.routegadget.co.uk/rg2/#6&course=1>

If you click on 'Women Seniors' up will come the course – look at leg 2 to 3 (3 is outside the City walls) which way would you have gone? To the north or the south? Equally there's a lot of route choice coming from 3 down to 4 by the river

6 to 7 is also a challenge (click on 'results' then on the left hand box of Jane Forrest and it shows the route she took, now click on Elizabeth Britton's and you'll see she spotted a shortcut north of the river which has cut yards off Jane's route.

Hope I've whetted your appetite to have a go – Forthcoming local urban events are

5 June	Sheffield	10 July	Manchester
25 June	Settle & Giggleswick	17 September	Todmorden
3 July	Huddersfield	22 Oct	Scarborough
9 July	Stockport	30 Oct	Saltaire & Shipley

If you need any more info just contact me

Contributed by Guy Goodair (guygoodair@gmail.com)

Race reports and results

Ian Roberts Memorial Fell Race - 6th March 2016

Position	Name	Club	Age category	Time	Comments
1	Ben Mounsey	Calder Valley	M	00:50:15	
11	Helen Berry	Holmfirth Harriers	FV40	00:59:46	1st Lady
82	Richard Howard	DDAC	MV50	01:13:21	



Windmill 6 - 6th March 2016

Position	Name	Club	Age category	Time	Comments
1	Paul Dodd		M	00:36:57	
2	Fiona Davies		F	00:37:33	1st Lady
6	Andrew De Feu	DDAC	VM	00:38:32	
30	Sue Kaye	DDAC	VF	00:50:24	
38	Si Warsop	DDAC	VM	00:53:09	
53	Rachel Warsop	DDAC	VF	00:57:03	
63	Stella Taylor	DDAC	VF	01:02:07	

This was 1st of 6 races in the **South Huddersfield Road & Trail race series**—more results later

Norton 9 - 6th March 2016

Position	Name	Club	Age category	Time	Comments
1	Gareth Sampson	Rotherham Harriers	M	00:48:19	
41	Jennifer Rich	Steel City Striders	F	00:56:20	1st Lady
284	Sarah Everett	DDAC	FV40	01:15:48	

From the archives1990 results !!!!

Ralph Barker 51:23

Tony Sharpe 53:10

Andy Kirby 56:17

And back in the olden days....

Black Combe Fell Race – 12th March — *Contributed by Fell Captain, Simon Browne*

This was the first race in the FRA English Champs 2016 calendar and is a Medium distance but ‘A’ category (the hardest) with 3281ft of climbing packed into 8.1 miles. Black Combe is the most Southern and Western Fell in the Lake District and as such takes some getting to!

Being on a night shift directly before the race (as per usual!) wasn’t exactly the best race prep, but a short dash to Bingley to car share with 3 Harriers soon saw us on our way. Most of the country was bathed in early spring sunshine however as we headed west the weather steadily deteriorated and by the time we arrived in Silecroft, the infamous Lakeland clag was well and truly down on the fells.



Due to the large number of competitors, the Ladies race began 10 minutes before the Men’s and they galloped across the field and began climbing into the mist. Then it was our turn. Nearly 400 men took to the start line and we were off, literally taking the starter with us (it was a bad place to stand!). A short hop across a field soon narrowed down to a single lane and there were many moo’s and baa’s as we filtered through the gate. A gradual incline took us across more fields to the open fell and then, Boom! One of the steepest inclines I have experienced in a fell race. This was the climb to the first Check Point on Sea Ness, a 500ft scramble straight up which had my calves screaming and me questioning whether to quit there and then. That first mile to the CP took me approx 16 minutes.



ME!!

After that it was more climbing and loads of it, but the majority of it was runnable. By this time we had climbed well into the clag but fortunately a big track lead straight to CP2 on Black Combe. It was at this point that the race became interesting. A fast grassy descent found me desperately trying to hang on to the coat tails of the runner in front with visibility now down to around 50 feet. I was in a group of around 4 runners when we reached CP3 and I asked one of them if he knew the route. “No” came the reply “let’s hope they do!” was my answer as we rapidly descended the short distance to the CP4.

Despite the close proximity of the check points, it was becoming apparent that some people were having navigation problems as runners were approaching CP4 from all directions! A quick blast down some more steep bracken to the stream then signalled the start of a mega climb of approx 1,400ft back to the South Summit. This was steep, tough terrain with thick clumpy grass and for mere mortals such as myself, unrunnable. It was a shock then to hear people running up behind me as I neared the summit. This became a bigger shock when I realised that the runners were Rob Hope (2 time English Champion), Tim Ellis (Previous Mickleden Winner) and a couple of other top runners. The weather was wreaking havoc with the form book!

At this stage, I made my smartest move of the race and got out my map and compass. Luckily I had plotted all my bearings the night before and when reaching the final trig point set off down the hill in the direction indicated. It's a strange sensation to run off into the mist on your own instead of following others but I put my faith in following the needle and successfully intercepted the path to the finish. Dropping out of the clag for the last 5 minutes of the race saw folk finishing from every direction with lots of people having gone wrong from the last CP including many top runners.

This was not the case for Ben Mounsey of Calder Valley who won the men's, however, an even better performance was made by Victoria Wilkinson of Bingley Harriers leading from start to finish with no one to follow whilst also breaking the course record. A great achievement.

I finished 204th out of 385 men in a time of 1:37:51. Only 27 mins behind Ben Mounsey.

More training required!!!

Black Combe - 12th March 2016

Position	Name	Club	Age category	Time	Comments
1	Ben Mounsey	Calder Valley	M	01:10:28	
33	Victoria Wilkinson	Bingley Harriers	F	01:18:29	1st Lady
224	Simon Browne	DDAC	MV40	01:37:51	

Edale Skyline - 13th March 2016

Position	Name	Club	Age category	Time	Comments
1	Jack Wood	Ilkley Harriers AC	M	02:55:54	
10	Jasmin Paris	Carnethy Hill RC	F	03:15:01	1st Lady
127	Joanne Worboys-Hodgson	DDAC	FV40	04:25:43	



Epilepsy Action Bradford 10k - 13th March 2015

Position	Name	Club	Age category	Time	Comments
1	Joe Sagar	Spenborough AC	M	00:32:58	
22	Faye Beckett	Wakefield Harriers	F	00:38:01	1st Lady
510	Simon Ellis	DDAC	MV40	00:55:08	

Silkstone Shuffle Junior Race - 19th March 2016

Position	Name	Club	Age category	Time	Comments
1	Hugh Mackie	Penistone Footpath Runners	M	00:10:44	
7	Frederick Naivalura	DDAC	M	00:12:17	
8	Ben Worboys-Hodgson	DDAC	M	00:12:35	
9	William Roberts	DDAC	M	00:12:40	
10	Euan Dady	DDAC	M	00:13:08	
13	Alice Campbell	DDAC	F	00:14:02	1st Girl
14	Victoria Worboys-Hodgson	DDAC	F	00:14:09	
18	Frances Worboys-Hodgson	DDAC	F	00:14:37	
20	Tamsin Warsop	DDAC	F	00:14:53	
23	Sylvie Ellis	DDAC	F	00:16:15	





Photos courtesy of
Mossie Net



Silkstone Shuffle Senior Race - 19th March 2016

Position	Name	Club	Age category	Time	Comments
1	Andy Swift	Penistone Footpath Runners	M	00:26:01	
15	Jonathan Ridge	DDAC	M	00:29:40	
24	Julie Wilson	Hallamshire Harriers & AC	LV40	00:32:12	1st Lady
41	Joanne Worboys-	DDAC	LV40	00:34:00	
64	Sally Campbell	DDAC	LV40	00:37:55	
69	Samara Wood	DDAC	L	00:38:05	
75	Si Warsop	DDAC	V40	00:38:47	
98	Simon Ellis	DDAC	V40	00:42:25	
123	Rachel Warsop	DDAC	LV40	00:46:04	

Heptonstall Fell Race (category BL; 15.4m, 3169ft) – 20th March

Contributed by Simon Browne

On a bright, clear, beautiful Spring morning, myself and Anne turned up to compete in the last of the long fell races in the 2015 Fell Championship Calendar.

Some of you will have come into contact with Heptonstall if you have ever been lucky enough to do leg 4 of the Calderdale Way Relay, and so will appreciate that the topography round there is on the hilly side!

Just under 250 runners packed the start line on the cobbles next to the Church to receive the traditional blessing from the vicar, before being launched up the road to undertake the 15.4 mile course. It is a category BL race across the best of the local landscape around Heptonstall in the upper Calder Valley, taking in a mixture of steep-sided wooded valleys, upland pasture and pathless moorland.

After a mile or so on roads and tracks, the route descends into some woods before a short, sharp pull up to some fields. After this you head out onto open moorland and gradually climb your way across 2km of tussocky ground to the trig point at Standing Stone Hill. Already the rough terrain has started to take its toll on your legs and the beautiful grassy descent to Blake Dean is welcome relief and a chance to get your legs going again.

A few miles of fields, tracks and more open moorland lead you to Walshaw reservoir. Running across the dam I took the opportunity to take on board a gel and some jelly babies before climbing to the highest point in the race on top of Wadsworth Moor. A fast descent then ensues, leading you to the checkpoint at Lady Royd Farm. The descent then gets increasingly steeper as you plunge down into the valley before having to wade knee deep through Hebden Water.



For me this is where the race really started to get tough. A steep 2 stage scramble begins a loop over Turn Hill which eventually brings you back round to Lady Royd Farm. The organisers have thoughtfully put in a section of knee deep, boggy ground here just to spice things up a bit.

At this point I'd like to say that it was plain sailing but unfortunately I can't due to 2 reasons. Firstly some idiot had moved the flags (hopefully not another competitor!) sending all the runners the wrong way. Even though I knew this was wrong, I still followed all the others along a broad track eventually meeting up with the race route again at New Bridge.

The second stumbling block was the HUGE sting in the tail fondly known as the 'Steps of Doom' up through Hebden Wood. This is a real test of one's mettle and I grimaced as I managed to pick up a couple of places towards the top. A quick (well slow!) blast across a couple more fields and the finish line thankfully came into view. This is a deceptively tough race but rewarding at the same time and I was happy to finish in 47th place in a time of 2:23:08.

Anne also had a great run and despite her pre-race qualms, easily got round before the imposed cut-off's and finished 169th in a time of 2:59:43.



Heptonstall Fell Race - 20th March 2016

Position	Name	Club	Age category	Time	Comments
1	Karl Gray	Calder Valley Fell Runners	V40	01:49:05	
9	Victoria Wilkinson	Bingley Harriers	L	02:03:59	1st Lady
47	Simon Browne	Denby Dale AC	V40	02:23:08	
169	Anne Middleton	Denby Dale AC	LV50	02:59:43	

Vale of Clwyd 10k - 20th March 2016

Position	Name	Club	Age category	Time	Comments
1	John Morris	Denbigh	M	00:35:24	
10	Rhian Pierce	Eryri	L	00:41:14	1st Lady
29	Sue Kaye	DDAC	LV50	00:50:05	1st LV50
74	Geoff Mount	DDAC	MV70	01:00:48	
85	Joy Mount	DDAC	LV70	01:05:33	
86	Sue Levinson	DDAC	LV60	01:07:07	

East Hull 20 - 20th March 2016

Position	Name	Club	Age category	Time	Comments
1	Michael Hargreaves	East Hull AC	M	01:51:52	
29	Treena Johnson	Dewsbury Road Runners	LV50	02:10:41	1st Lady
477	Abbie Dagg	DDAC	LV40	03:46:21	



Hoppits Hill—5k, 260m - 20th March 2016

Position	Name	Club	Age category	Time	Comments
1	Dave Lund	Dark Peak	M	00:20:57	
20	Lesley Latchem	Penistone Footpath Runners	LV40	00:26:25	1st Lady
33	Phil Ellis	DDAC	MV40	00:29:40	

Ackworth Half Marathon - 28th March 2016

Position	Name	Club	Age category	Time	Comments
1	Dan Kestrel (Chan)	Barnsley Ac	MSen	1:14:18.2	
22	Jenny Latham	Wakefield Harriers	FSen	1:24:07.6	1st Lady
219	Christopher Walker	DDAC	M60	2:03:18.5	

Dales Trail 20k - 2nd April 2016

Position	Name	Club	Age category	Time	Comments
1	Ben Hukins	Cambuslang	M	01:25:28	
23	Liz Weeks	Sittingborne	FV35	01:49:42	1st Lady
86	Anne Middleton	DDAC	FV55	02:11:41	1st FV55



Lads Leap - 3rd April 2016

Position	Name	Club	Age category	Time	Comments
1	Stuart Bond	Dark Peak	M	00:48:11	
18	Katie Walshaw	Holmfirth Harriers	L	00:56:09	1st Lady
83	David Gill	DDAC	MV55	01:14:47	



**Fountains Abbey Parkrun,
part of the Senior Parkrun Challenge**

2015/16 Challenge Winner

-Si Warsop, closely followed
by Pete Andrews, Stuart Walton,
Rachel warsop and Simon Ellis

Stats for the series:-

Number of DDAC Runners - 19
Total Events Run - 82 at 8 venues
Distance Run - 410Km/255Miles
Number of Men - 13
Number of Ladies - 6
Fastest Man - Ralph Barker, 19.05
@ Greenhead Park
Fastest Lady - Anne Middleton,
22.35 @ Greenhead Park
Most Improved - Pete Andrews -
48.27 to 36.29

Wakefield 10k - 3rd April 2016

Position	Name	Club	Age category	Time	Comments
1	Matthew O'connor	Wakefield Harriers	M	00:32:53	
20	Jenny Latham	Wakefield Harriers	L	00:36:27	1st Lady
28	Johnny Ridge	DDAC	MV35	00:37:15	
144	Jimmy Lodge	DDAC	MV35	00:42:42	
246	Peter McEvoy	DDAC	MV60	00:45:54	
383	Sally Campbell	DDAC	LV40	00:48:20	
449	Samara Wood	DDAC	L	00:49:40	
674	Si Warsop	DDAC	MV45	00:53:40	
753	Simon Ellis	DDAC	MV40	00:54:57	
886	Rachel Warsop	DDAC	LV45	00:57:05	



Spencers Dash - 6th April 2016

Position	Name	Club	Age category	Time	Comments
1	Scott Hinchcliff	Penistone	M	00:21:48	
5	Zanthe Wray	Hallamshire Harriers	F	00:23:04	1st Lady
18	Steve Blackford	DDAC	MV60	00:25:42	1st MV60
60	Si Warsop	DDAC	MV40	00:31:26	
69	David Townend	DDAC	MV60	00:32:32	
82	Sarah Everett	DDAC	FV35	00:34:44	
89	Rachel Warsop	DDAC	FV35	00:35:28	

Yorkshire Half Marathon - 10th April 2016

Position	Name	Club	Age category	Time	Comments
1	John Franklin	Serpentine RC	M	01:10:24	
64	Zanthe Wray		L	01:23:09	1st Lady
190	Bridget Coomber	DDAC	LV50	01:29:27	1st LV50

Overgate 10k - 17th April 2016

Position	Name	Club	Age category	Time	Comments
1	Joe Crossfield	Calder Valley	MU23	00:36:52	
4	Tanya Seager	Stainland Lions	LV40	00:39:02	1st Lady
223	Stella Taylor	DDAC	LV55	01:04:19	
269	Sue Levinson	DDAC	LV60	01:08:53	



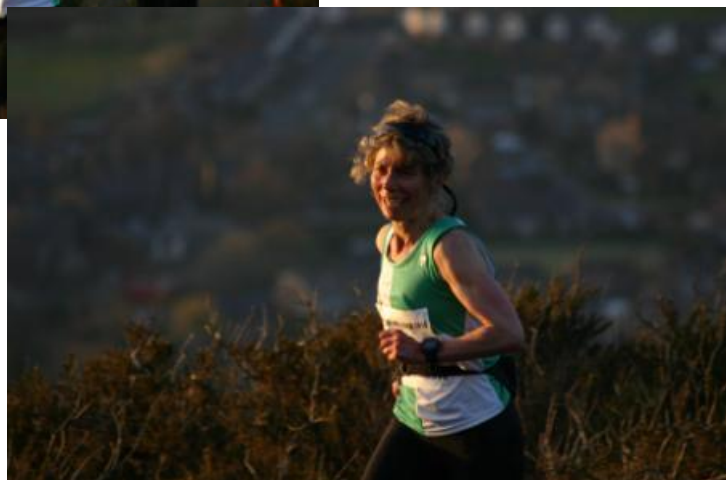
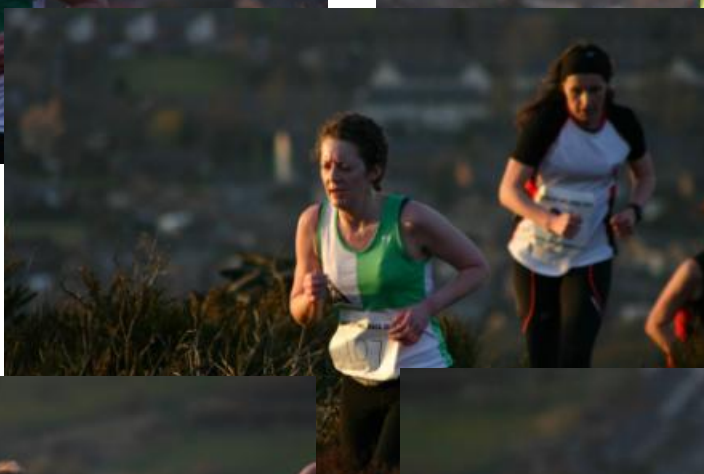
Vale of York 10m - 17th April 2016

Position	Name	Club	Age category	Time	Comments
1	Wondiye Indelbu		M	00:51:00	
26	Hannah Oldroyd	Saltire Striders	L	01:01:02	1st Lady
617	Si Warsop	DDAC	MV45	01:38:52	
638	Rachel Warsop	DDAC	LV40	01:40:51	

Hartcliff Hill - 21st April 2016

(BS; 2.5m, 492ft)

Position	Name	Club	Age category	Time	Comments
1	Andy Swift	Penistone	M	00:17:00	
14	Caitlin Rice	Glossopdale	L	00:19:21	1st Lady
32	Andrew Dufeu	DDAC	MV40	00:20:45	
53	Andy Green	DDAC	MV40	00:23:32	
59	David Gill	DDAC	MV50	00:23:50	
74	Anne Middleton	DDAC	LV50	00:25:37	
87	Samara Wood	DDAC	L	00:27:08	
92	Mike Baldwin		MV60	00:28:01	
94	Rosalind Bedford	DDAC	LV50	00:28:20	
98	Elaine White	DDAC	LV40	00:29:12	



London Marathon – 24th April 2016

Contributed by Abbie Dagg



My foray into the world of the marathon running started the first bank holiday of May 2015 when I decided that I could run a marathon and entered the open ballot for the London Marathon. Well, a friend had entered the ballot the year before and if she could do it never having run a half marathon before, so could I. I had completed several half marathons and thoroughly enjoyed them so decided to up the game. Alas in October a plastic envelope containing a London Marathon magazine with Spider-Man on the front landed on my door mat. I hadn't got a place. I was surprised by how disappointed I was. Suggestions of entering another marathon such as Manchester were made but that wasn't the same. It wasn't THE London Marathon.

Jo, helped ease the disappointment by reminding me that there was always the club ballot. Andy Kirby asked for names so I put my name forward. On a cold dark wet November night after being out for a run, names were pulled out of a hat to decide who would represent Denby Dale Athletics Club at the London Marathon. The name pulled out was mine.

Excitement quickly turned to panic as the realisation of the enormity of the task ahead sunk in. What on earth did I think I was doing? I hadn't run longer the 13.1 miles all at one time. I certainly hadn't spent an entire winter training and going out in all weather's before. However, thanks to lots of words of encouragement, offers to run with me and Thursday night speed training the doubt started to become a little less. So in November my training started in earnest including a three mile run on Christmas day in the rain (Christmas day fell on a short run day, honestly, that's my story and I'm sticking to it). Gradually as the runs got longer my confidence grew. Running the Coventry half marathon in February was fantastic as I was relaxed and gained a personal best, knocking 8 minutes off my previous half marathon time and 3 minutes off my previous PB. I felt great and this did wonders for increasing my confidence.

Then disaster struck. I got a throat infection so severe that I was in bed for 10 days. No running, boot camp or voice. I was finally given permission from the GP to start running again after two weeks but my confidence had been knocked. From my view I'd missed a lot of running. I was never going to be able to make it up. Thanks to the ever reassuring advice from many members of the club and Chris Walking for patiently running my first long run beyond 13.1 with me (16 miles with a load of steps at 15 miles, yes I did complain, loudly) I soon got back on my training track. I continued to run long distances with Chris and saw parts of the world I'd never seen before or realised were on my door step. I should point out at this point that if you are going to run 18 miles on the same day and in the same area as the Windmill 6, be prepared for abuse from a fellow club runner, you know who you are Si, but lots of words of encouragement from the others.

After speaking to seasoned Marathon runners I decided it would be good experience to enter a 20 mile race. I was advised to think of the course I would be ultimately running and pick a 20 mile race that reflected this. This was why at the end of March, Hull saw me arrive to take part in the Hull 20. It was definitely a learning curve. I learnt that I had to set off a lot slower than I did, my vest rubbed behind my left arm and that towards the end I would get cold, very cold so needed to take a jacket with me. On the plus side my shoes, socks and tights were comfortable and my new running belt stayed where it should have done. I learnt when running this distance alone in a race there are others who will happily encourage you and provide you with a pick-me-up whilst on the course. I was adopted by a lovely group of ladies from Ackworth road runners who helped me get round.

4 weeks before The Marathon I ran my final long run of 22 miles along the locks of south Wales and then it was time to taper. This in itself was strange. I'd had weeks of running a lot of miles to then running what seemed next to nothing. The weeks of tapering flew by and I had a week to go. During that week I'm sure every part of my body ached at various times. I could have sworn I had tendinitis of every tendon in my legs. Thankfully I had been informed of this well-known condition of taperitis where everything hurts and that you had every injury under the sun the week before a marathon so didn't panic when all of the above started to occur.

Saturday 23rd April arrived - the day I travelled to London on the train with my motley band of supporters (the kids and my husband). On the same train was Ralph Barker who was also running in the London Marathon but his place was a good for age (he runs incredibly well for a gentleman of his age) so a different start from mine. My next stop after arriving in London was the Excel centre to collect my official number and goody bag. The excel exhibition was fantastic with loads of stores, sponsors and charities inside. I exercised a lot of self-restrain!

Sunday 24th April arrived. I was eating my marathon breakfast and leaving the youth hostel by 7 am, dressed in my marathon gear with my clear plastic bag full of everything I'd need for afterwards. The atmosphere on the underground was one of excitement and anticipation. I don't think I'd ever been on the underground before where people spoke to each other! Whilst traveling to the blue start I met a championship runner who had completed the Boston marathon the week before and a mere 176 marathons in total. Thankfully he was lovely and happily gave loads of hints and tips on how to enjoy the marathon. Looking at his results he had completed it in a staggering 2 hours and 21 minutes.

Having successfully met up with Chris Walker we headed to the blue start on Blacker Heath and the beginning of my London marathon. On a large screen, we watched the start of the marathon as the wheel chair athletes headed off before the IPC runners and the ladies. Alas I didn't get to see the men start as we headed to our start. I didn't see Tim Peak start the marathon either but we certainly heard the cheer. 12 minutes later I crossed the start and was running the London marathon.



It took me until I had run three miles for it to finally sink in that I was running the London marathon. It had definitely sunk in by the time I rounded the Cuttysark where the crowds were most deafening. Around the Cuttysark to Tower Bridge I ran. Tower Bridge was an awesome site. It wasn't long after this I lost Chris as he rounded a crowd of people and I didn't. Around Canary Warf I ran, overtaking dinosaurs, men dressed as ladies nearly 7 foot tall, fire engines containing 4 runners, American Indians paddling a canoe and a man in a loin cloth carrying a cardboard cross and walking barefoot. I was overtaken by an aardvark however. Before I knew it I had run 17 miles.

Loads of people shouted my name and words of encouragement as well as commenting on my outrageous hair. By 22 miles I knew about my feet and my stomach wasn't much happier either but I still kept going thinking of the amazing little boy I was

running for and the club I was representing. At 24.5 miles a familiar voice shouted my name and there in the crowd was Simon Ellis and his wife. I was so grateful to see them. Big Ben came into view as did a sign indicating the last 1km. I'd almost done it. Then a sign indicating 800m. I'd only run 200 meters, this last km seemed to be longer than the rest of the marathon. I ran in front of Buckingham Palace and the finish came in sight. It was there. I crossed it. I had completed not only my first marathon but THE London marathon. I had run it all, all 26.2 miles in 05:06:52. The weeks and miles of training had all paid off as a solid gold medal was slipped over my head. What an experience.

*Thank you to everyone who helped me on my journey.
I loved it.*



Ralph, Abbie & Chris happily wearing their hard earned medals

London Marathon - 24th April 2016

Position	Name	Club	Age category	Time	Comments
3808	Ralph Barker	DDAC	M60	03:14:02	14th V60
30026	Chris Walker	DDAC	M60	05:05:16	
30267	Abbie Dagg	DDAC	L40	05:06:52	

Dick Hudson's Fell Race (Category BM; 7 miles, 1100ft) - 28th April

Contributed by Mick Collinson

Starting from "The Barrier" at the bottom of the track to White Wells on the edge of Ilkley Moor, competitors can choose any route they like to reach the gate by Dick Hudsons pub. Note this is a different starting point to previous years. Once up on the moor there is an obvious choice by way of the Dales Way Link Path which passes by the Twelve Apostles stone circle, at the summit of the moor, then down to the gate at Dick Hudsons. Then turn around and head back over the top. On reaching White Wells; head back down the good track, which serves it, until meeting the finish line by the barrier.

Route map :

<http://www.wharfedaleharriers.co.uk/wp-content/uploads/2016/02/DickHudsonsMap2016.pdf>

Had the day off , so had a look what I could do , and spotted this short fell race. A bit apprehensive having not done a fell race for a while and only got trail shoes, but decided to give it a go. Got to Ilkley about an hour before the race in decent bright weather, and met my old friend Mike Egner (former DDT member). Fifteen minutes before the race started the weather changed dramatically with cloud covering the moors, and bad hail and snow. I was a bit worried about going on to moors in these conditions, but put my waterproofs on and off we set.

It was a steep climb or scramble to the top of Ilkley Moor where I found myself on my own at the back. When I got on to the Dales Way it was better running and caught the back markers up. The route is out and back over Bingley Moor. Saw some runners heading back in the distance; looked at my Garmin thinking I was nearly half way there, but it told me I had been running 2 1/2 miles with 3 1/2 to half way . Managed to reach the gate at Otley road, turn round and climb Bingley Moor again. Picked a few more runners on way back; got running with a young lady to guide me back home. The rain had now stopped and it was getting dusk. Then the Fantastic sight of Ilkley came in to sight with its street lights twinkling down in the valley. The young lady left me now and another couple of people past me as the decent was too much for my trail shoes off the moors. Really pleased with myself going home on the train having not chickened out in the bad weather, and enjoying every minute of the race.

Dick Hudson's - 28th April 2016

Position	Name	Club	Age category	Time	Comments
1	Matthew Cox	Ilkley Harriers	MV40	00:49:59	
11	Mike Egner	Settle Harriers	MV60	00:54:48	
25	Charlotte Milligan	Helm Hill	L	00:59:56	1st Lady
63	Mick Collinson	DDAC	MV50	01:21:34	

62nd Three Peaks Fell Race (Category AL; 23.2m, 5276ft) – 30th April

Contributed by Simon Browne

Had I been running London or any other marathon for that matter, I would have been training like mad since Xmas and getting in long runs every week. Looking back at my training log on Strava I realised that I had done nowhere near enough training to undertake a race such as this, however as 800 of us lined up at the start at Horton in Ribblesdale, I was determined to give it my best shot.

I had reccied most of the course about 2 weeks previously, not so much to learn the route (if you can get lost on this route, then you've no hope!) but more to give me the confidence that I could do the distance, and this helped enormously. I had received lots of sound advice from people who'd run it before and the main point seemed to be not to go out too fast from the start.

With this advice ringing in my ears, I decided to walk the steeper pitches and summited the first peak, Pen-y-Ghent in around 40 minutes. The next part is relatively flat and again I tried to hold back and not get carried away as we made our way across toward Ribblesdale Viaduct.



Pen-y-Ghent

The weather before the race had been mixed, shall we say? The snow on the tops of the peaks looked glorious in the sunshine as we set off. However, as I approached Whernside things were starting to look ominous with dark clouds shrouding the summit. I tried to ignore this and support from family and friends at this point (including 6 time former DDT fell champ Mike Egner) helped spur me on towards the base of Whernside. The rain had started to fall at this point and I wondered whether to put on my waterproof. Deciding not to, I began the tough climb to the summit and as we reached the snow line, conditions deteriorated dramatically and a full on blizzard blowing right in the face was the reward as I made my way along the ridge leaving me wishing I had donned my jacket! Fortunately the path soon starts to go down and as I descended toward Hill Inn, the snow turned back to rain and then eased off.

Luckily a friend met me at the bottom of the path and as he rode alongside on his bike, I took on some energy drink, a gel and a cereal bar to try and fuel up before the climb to Ingleborough. Feeling relatively ok, I left him to start the ascent and I could hear him shouting “4 hours Browney, 4 hours!” When I had entered the race, this had been my initial target time but with the lack of distance training I had revised my target to just getting round!



Refuelling coming off Whernside

The climb up Ingleborough seemed incredibly tough and from feeling OK at Hill Inn I soon felt exhausted as the gradient ramped up on the way up to the Swines Tail. As I reached the flat summit of Ingleborough, and dibbed the checkpoint, I realised that I had around 35 minutes in which to reach Horton. There is a 5 mile run off the summit back to the finish and you have to judge it carefully especially as the limestone on Sulber Nick can be super slippery with tired, wobbly legs. 7 minute miling?... Hmmm a tall order but I was suddenly feeling rejuvenated and determined to give it a go.

After the initial steep descent the path is good, although very rocky, and I pushed as hard as I dared. To my delight, I was picking people off with ease! Reaching a stile I was informed by a marshal that it was 2.5 miles to the finish. A quick check of the watch told me I still had 20 mins to go under the 4 hour mark. “This is in the bag!” I thought happily.

And then... A couple of stumbles in quick succession and the odd twinge of cramp and my rhythm went completely. It was then that I saw a footpath sign saying “Horton - 1 mile”. This was a body blow as I knew with only 5 mins left that I wasn’t going to make it (curse that marshal!!!).

The wheels fell off at this point and despite catching a Fire Service pal on the run in, the last few rolling drumlins got the better of me and he pulled away to finish 30 seconds in front of me. Despite just missing the magic 4 hour mark, I was really pleased with my run and I know that I can achieve a sub 4 hour time next time out.

This is an absolutely brilliant race with a great atmosphere and fantastic marshals, who all offer encouragement and support the whole way round. I will definitely run it again in the future.



Pleased to see the finish line!

Location	Leg		Total
Pen-y-ghent	00:39:39	00:39:39	
High Birkwith	00:32:45	01:12:24	
Ribblehead	00:27:11	01:39:35	
Whernside	00:40:39	02:20:14	
Hill Inn	00:24:20	02:44:34	
Ingleborough	00:39:30	03:24:04	
Horton	00:37:52	04:01:56	

Three Peaks Race 1984

With Kenny Stuart not turning up as this year's race was not a championship event I thought that I might have a chance! But when the leaders topped Whernside as I just reached its footslopes I thought again.

The day had set fair and warm and 400 plus orange bibbed mad persons left Horton on their 22 mile / 4500' way. The course was done hard and the pace brisk broken only by congestion at the early stiles on ascent of Penyghent where some headbangers tried to gain 'valuable seconds' by scaling and part-demolishing dry stone walls that have stood since the Cistercians built them 700 years ago. This first climb was not too bad and the descent was fast and exhilarating.

Then came the long drag along the Pennine Way and beyond to Ribbleshead railway viaduct - how long will this monument to Victorian engineering survive further B.R. rationalisation I wonder. Whernside was steep and windy on top; still we did not linger long as the Hill Inn at Chapel-le-Dale beckoned. No beer today however as Ingleborough mountain loomed up ahead.

Still I was going O.K., or so I thought until I turned off the road for the last time. Bugger it, I wanted to go on, up and over but my legs weren't so keen and let me know so by cramping up. The stiles and climb, Swine Tail particularly, proved difficult; I thought about missing out the summit. No, not after all this way. On the plateau and the descent things weren't so bad, so long as you take it steady - occasional walks - you know the kind of thing. Through Sulber Nick and away onto Horton, under the railway and into the finish, tired but happy to have completed the course.

I finished an hour behind the winner. How do they do it when the ground's sodden and the mist thick - tough lads up at the sharp end.

I'd always thought 'Me run the 3 peaks! Don't be daft, that's only for supermen' But if you're bored with marathon and fancy a different challenge, try this, you'll not regret it, not in retrospect anyway.

Steve.

Bluebell Trail - 1st May 2016

Position	Name	Club	Age category	Time	Comments
1	Ben Mounsey	Calder Valley	M	01:01:10	
65	Rebecca Milne	Stainland Lions	L	01:25:50	1st Lady
212	Peter McEvoy	DDAC	MV60	01:43:40	



Peter wading across the River Calder to the finish line of this 10.3 mile hilly trail race.

Coiners Fell Race (BM; 7.6m & 1329ft) - 2nd May 2016

Position	Name	Club	Age category	Time	Comments
1	Benjamin Coop	Bury AC	M	00:50:14	
5	Holly Page	Calder Valley	L	00:54:55	1st Lady
25	Paul Gilbert	Calder Valley	M	01:03:02	
26	Steve Blackford	DDAC	MV60	01:03:02	1st MV60
27	Paul Haigh	Calder Valley	M	01:03:02	

Steve finished 26th out of 80 runners at this Mythmroyd fell race— actually he & two others slid over the finish line together landing in a heap. There was also a fantastic junior fell race— something for our juniors for next year.

Burbage Skyline (BS; 5.8m, 1201ft) - 3rd May 2016

Position	Name	Club	Age category	Time	Comments
1	Dane Blomquist	SHUOC	Mu23	00:38:23	
52	Megan Wilson	SHUOC	L	00:48:21	1st Lady
244	Anne Middleton	DDAC	LV50	01:04:27	1st LV50
293	Rosalind Bedford	DDAC	LV50	01:11:26	

Burbage Skyline

Feeling just a little bit guilty, Rosalind and Anne snook off to the Peak District instead of doing Deffer Dash! We joined 340 other runners for this challenging short race. At times it felt like we were lemmings running uncontrollably over rocks, bracken and uneven ground. The views along Burbage Edge as the sun set were just amazing—yes perhaps we should have concentrated on running faster but it felt like an evening to savour.

Editor



Climbing up to Higger Tor



Spencers Dash - 4th May 2016

Position	Name	Club	Age category	Time	Comments
1	Scott Hinchcliff	Penistone	M	00:20:46	
20	Kerry Storrar	Barnsley AC	FV35	00:24:37	1st Lady
79	David Townend	DDAC	MV60	00:31:00	



Dave with Penistone runners on his heels.

Photo courtesy of Mossie Net

Up the Nab Men's Race (AS; 4m, 1197ft) - 7th May 2016

Position	Name	Club	Age category	Time
1	Simon Bailey	Mercia	M	00:34:04
142	Simon Browne	DDAC	MV40	00:44:48

Up the Nab Women's Race - 7th May 2016

Position	Name	Club	Age category	Time
1	Heidi Dent	Howgill Harriers	F	00:38:27
40	Jo Worboys-Hodgson	DDAC	FV40	00:49:41

Up the Nab is one of this year's English Championship races.
The championship comprises two short, medium and long category A races.

Up The Nab – 7th May

Contributed by Simon Browne

This was the second race in the FRA English Champs 2016 calendar and this time it was an AS. Short on distance but still 'A' category in terms of climbing. It's only 4 miles but with 1197ft climb it's still a toughie!

This is a reasonably local race setting off from Glossop Rugby Club and unlike the first race in the FRA champs, the weather was warm and sunny and this time I had some company in the shape of Jo (Worboys-Hodgson).

Yet again the girls had the honour of going first. I had positioned myself about half the way up The Nab and as the ladies went past, Jo was looking strong, running well whilst others were already beginning to walk the climb that lasts for $\frac{3}{4}$ of a mile and is a fairly consistent gradient of around 15%. After a steep descent the girls disappeared from view and it was a while before they reappeared. This is due to the fact that the route descends and climbs steeply twice in quick succession around Herod Farm. The long drag that is the first climb now becomes a rapid descent back to the Rugby Club and it wasn't long before Jo appeared closing fast to the competitor in front of her. Cheered on by myself, she overtook her and hurtled down toward the finish in a brilliant 40th place and 7th V40. (99 ran).

As the ladies race came to a close, it was time for the men. Off we went, and started the climb with Ben Mounsey of Calder Valley blasting off in to the distance. After 5 minutes of climbing I was cursing Jo as I knew that she had run it all and that she was lurking further up with her camera! Passing Jo and receiving some encouragement, I managed to keep the legs turning over all the way to the top.

Trying to ignore the fact that I'd done the 3 Peaks the week before, I pushed on but just never felt comfortable. There were people around me who I have beaten in the past but today was not going to be my day. I seemed to have nothing on the climbs or descents and the heat was sapping my determination.

Thankfully it was only a short race but even on the last descent, I was stuck in 3rd gear and got overtaken by half a dozen or so runners before reaching the finish on the rugby field. I finished in a disappointing 142nd out of 267. Despite this being an excellent course, this was one race to forget!!

Ben Mounsey could not hold his lead for this one, eventually finishing in 4th place, with Simon Bailey of Mercia Fell Runners winning this time. Heidi Dent of Howgill Harriers was the first lady home convincingly beating Victoria Wilkinson of Bingley.



Jo making a flying descent



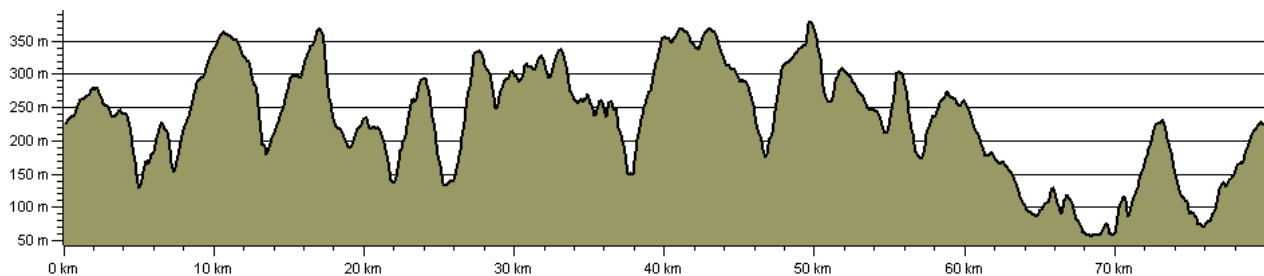
Has Simon forgotten pockets to sockets??



Calderdale Way Relay - 15th May 2016

Now in its 32nd year, the Calderdale Way Relay is the biggest off-road club run in the country. The 50 mile route encircles Halifax, Hebden Bridge and Todmorden, following old packhorse ways across the open gritstone hillsides with sections of traditional stone causeway, passing through hillside villages and old mill towns on the banks of the River Calder. Visit Calderdale describe it as an 'up & down' journey with few level sections— anyone who has done it would certainly concur with that description!!

CWR profile



The relay is split into 6 legs, run in pairs. Traditionally the race was run in December but, following a weather induced cancellation in 2010, is now held in May. The inaugural race in 1984 had just 22 teams; this year there were 102. DDT/DDAC has entered teams each year. Ralph Barker has competed in all 32 races, and done all of the legs, with the exception of leg 6 (*perhaps next year Ralph!*)

It seems timely to look back at that first race and review our race times over the years

Steve Robinson's 1984 pre-race briefing

There are some familiar names in the first DDT men's team. Remember this is before the world of email, internet & mobile phones !

CALDERDALE WAY RELAY SUNDAY 9TH DECEMBER.

If we are going to run this event we need to do it well. By this I don't mean a fast time ; I mean our preparation and organisation, individually in pairs and as a team must be sound. We'll get no thanks from the organisers if we're poorly equipped, get lost and have to be rescued. I could be cold, raining or snowing, and sodden or icy underfoot with bad visibility.

The route is waymarked but it will not be marshalled or flagged and because of the nature of the event we could very well be running with no one else in sight. As it is the last pair will probably be running all or part of their stage in the dark.

Sorry to sound pessimistic but it's only fair to warn you what it could be like. On the other hand it might be a crisp, clear, sunny winter's day to remember.

If you're still interested please confirm the same and let me have your £2.00 entry fee by Wed. 28th Nov. at the latest. (I must send off the team entry to arrive not later than 30th Nov.)

To be more positive you'd be wise to have available in addition to your usual running gear - shoes with reasonable gripping soles, waterproofs including overtrousers, hat + gloves, map/compass/whistle. We'll have to make arrangements for transport. If people don't mind me driving their cars I am prepared to follow the race progress taking runners cars from start to finish of each stage. No doubt we can discuss all this if we decide to proceed.

SKETCH SCHEDULE.

STAGE	DISTANCE (miles)	ESTIMATED TIME HRS - MINS.	START TIME (ESTIMATES)	FINISH TIME	RUNNERS
1	10	1-40	8-30 am	10-10	Andy Blanchard Tony Sharpe
2	9	1-20	10-10	11-30	William Howarth Jazz Morris
3	6	1-00	11-30	12-30 pm	Bob Johnson Neil Denby
4	9	1-30	12-30	2-00	Mike Denton Tony Pearce
5	8	1-25	2-00	3-25	Berry Crozier Ralph Barker
6	8	1-25	3-25	4-50	Steve Robinson Richard Capewell

8-20
TARGET TIME 8 HOURS !

Steve R.



CALDERDALE WAY RELAY 9.12.84

As part of their centenary celebrations Halifax Harriers organised a relay event around the Calderdale Way long distance footpath; 52 miles to be run in six stages.

The day thankfully set fair, clear and dry and the 22 two man teams that set out from Clay House Greenfield included a brace of DDT's.

Despite the alpine start and frosty track Tony Sharpe and Andy Blanshard negotiated the long (10 miles) first stage to Cragg Vale via Rippenden with a good 85 minutes - not bad for these thoroughbreds more use to even surface of road and parkland than open country.

Jegs Norris and William Howarth put in a solid performance for the nine mile second stage to Centre Vale-Todmorden via Stodley Pike. An excellent run by these two newcomers to xc/fell which earned them a pair of socks (each) for DDT's 'men of the match', (83 minutes).

The sprinters went next as Neil Denby and Bob Johnson shot off on the five mile short leg to Blackshaw Head to return a creditable 49 minutes. Such was their pace that a slight hiccup arose next as Mike Devlin and Tony Peace only just arrived at the changeover as the pair came in. Shedding their clothes quicker than Fiona Richmond they then put in a blistering 73 minutes on the nine mile route via Heptonstall and Peckat Well to more than make amends.

At Jerusalem Farm (Huddenden Dean) Barry Crozier and Ralph Barker took over and strode the eight miles to Stone Chair (Shelf) in 74 minutes. Despite the moans of hills and mud I do believe that they actually enjoyed it.

All this put the Travellers well ahead of schedule and provided the last pair with a run in the daylight, albeit fading. Richard Capewell and Steve Robinson ran the eight miles back to Clay House via Brighouse in 79 minutes to give a total time for DDT's of 7 hours 26 minutes. This secured 10th position, not bad for a small club of only novice runners over such terrain.

Winners were Rossendale in 5 hours 50 minutes, almost half an hour up on second place Bingley. Congratulations to them and to Halifax Harriers for organising this somewhat unusual event. Well done Travellers, what's next? - an attempt on the Pennine Way relay record! Who knows, lots can happen before we reach our centenary year.



Steve

Calderdale Way Relay—results from the archives (or rather Ralph's purple folder!)

Best Year for DDT/DDAC

Of the 32 relays held to date, our best year was 1991, when the men's A team finished 24th in a total time of 6 hours 27 mins.

Leg 1 Time	Leg2 Place Time	Leg 3 Place Time	Leg 4 Place Time	Leg 5 Place Time	Leg 6 Place Time	Place
T Sharpe	S Robinson	M Keysner	R Barker	M Horsfall	A Blanshard	
B Crozier	P Buttery	P Belsey	M Egner	I Milburn	R Wallage	
01:26:47	44 01:01:22	19 00:38:57	25 01:10:30	17 00:59:54	47 01:10:12	16
01:26:47	44 02:28:09	32 03:07:06	28 04:17:36	24 05:17:30	27 06:27:42	24

Best Leg times for DDT / DDAC

Leg 1 2002	Leg2 1987	Leg 3 1991	Leg 4 1989	Leg 5 1987	Leg 6 1997
S Boulby	B Johnson	M Keysner	R Barker	R Barker	M Egner
R Barker	P Buttery	P Belsey	M Egner	B Crozier	M Holroyd
01:18:17	01:00:59	00:38:57	01:09:26	00:55:39	01:07:53

2016 results— how did we fair compared with the best of the past?

This year there were 102 teams. Our men's team finished 50th in 08:02:27, so a little catching up required to beat the 1991 06:27 and although Andrew & Johnny finished in a brilliant 14th position, they were still 10 mins slower than the 1997 time for leg 6. Our ladies team finished a respectful 80th. And perhaps more importantly it was a great club day out.

	Leg 1 Time	Leg2 Place Time	Leg 3 Place Time	Leg 4 Place Time	Leg 5 Place Time	Leg 6 Place Time	Place
Men's team	Ralph Barker	Steven Sharp	Peter Hayward	Steve Blackford	Si Warsop	Andrew Du Feu	
	Ross McClelland	Andrew Green	Simon Browne	Phil Ellis	Dave Gill	Johnny Ridge	
	01:31:31	-38 01:19:19	-55 00:42:20	-20 01:36:06	-66 01:35:43	-96 01:17:28	-14
	01:31:31	-38 02:50:50	-46 03:33:10	-36 05:09:16	-41 06:44:59	-55 08:02:27	50
Ladies team	J Worboys-Hodgson	Anne Middleton	Abbie Dagg	Christine Blackford	Sue Kaye	Samara Wood	
	Bridget Coomber	Rosalind Bedford	R Norton-Warsop	Jan Yates	Vicky McClelland	Katie Sharp	
	01:35:44	-49 01:32:33	-92 01:11:44	-98 01:46:17	-86 01:25:10	-84 01:47:29	-82
	01:35:44	-49 03:08:17	-63 04:20:01	-83 06:06:18	-83 07:31:28	-83 09:18:57	-80

2016 Relay Teams in action



Charlesworth Chase (BS; 5.2m, 1201ft) 21st May 2016

Position	Name	Club	Age category	Time	Comments
1	Ian Holmes	Bingley Harriers & AC	M50	00:36:31	
15	Claire Green	Pudsey & Bramley AC	F	00:43:37	1st Lady
103	Rosalind Bedford	DDAC	F50	01:04:21	

And whilst some were thinking of painting nails & ironing their best shirt,
Rosalind was gulping down beer at one of her favourite races!

West Nab Senior Race (AS; 5.9m, 1640ft)- 22nd May 2016

Position	Name	Club	Age category	Time	Comments
1	Tom Saville	Dark Peak Fell Runners	MU23	00:44:11	
10	Katie Walshaw	Holmfirth Harriers	F	00:49:42	1st Lady
18	Simon Browne	DDAC	MV40	00:53:07	
22	Andrew De Feu	DDAC	M	00:53:56	
32	Oliver Ingham	DDAC	MU18	00:56:53	3rd MU23
44	Ralph Barker	DDAC	MV60	01:01:08	
48	Joanne Worboys-Hodgson	DDAC	FV40	01:02:09	
51	Stewart Yates	DDAC	MV50	01:04:44	
65	Graham Guest	DDAC	MV40	01:26:50	
67	Abbie Dagg	DDAC	FV40	01:32:50	



New member Oliver won bronze in his first ever fell race, unaware that it was a Yorkshire U23 Championship race
—Well done Oliver!





West Nab—Before the storm
All smiles but some are a little worse for wear after the 'Christmas do' the night before !



© Woodentops.org.uk



Ben, Victoria & Euan at West Nab fell race

DDAC Juniors were well represented at West Nab

West Nab U8's - 22nd May 2016

Position	Name	Club	Time
1	Maisey Bellwood	KCAC	00:03:39
11	Sylvie Ellis	DDAC	00:05:02

West Nab U10's - 22nd May 2016

Position	Name	Club	Time
1	Patrick Casey	Calder Valley	00:10:40
15	William Roberts	DDAC	00:13:33
17	Victoria Worboys-Hodgson	DDAC	00:14:06

West Nab U12's - 22nd May 2016

Position	Name	Club	Time
1	James Duffy	CVFR	00:17:39
16	Ben Worboys-Hodgson	DDAC	00:23:13

West Nab U14's & U16's - 22nd May 2016

Position	Name	Club	Age category	Time
1	Fionn Kerry	Holmfirth Harriers	M16	00:20:14
3	Gus Du Feu-Long	Denby Dale	M14	00:22:40
10	Euan Dady	Denby Dale	M14	00:28:16

A grand day out at Saddleworth fell races 29th May



Photos courtesy of
Woodentops



Christmas Party & Presentation Evening

This year's 'do' was held on 21st May at the Old Canteen, Barncliffe Mills.
Many thanks to Social Secretary, Corrin for doing all the behind the scenes organisation
& to Pete & Andy for presiding over the evening.



April 2015—March 2016: Prize Winners

Ladies Fell Championship

Overall winner: Anne Middleton

Vet: Rosalind Bedford

Supervet: No prize

Mens Road Championship

Overall winner: Ian Sargeant

Vet: No prize

Supervet: No prize

Mens Fell Championship

Overall winner: Simon Browne

Vet: No prize

Supervet: No prize

Deffer Trial 2015

Fastest man: Johnny Ridge

Fastest lady: Vicky McClelland

Most improved: Andrew du Feu

Ladies Road Championship

Overall winner: Sarah Everett

Vet: No prize

Supervet: No prize

Traveller of the Year: Anne Middleton

Parkrun Challenge: Si Warsop

Race miles lady: Sarah Everett (380 miles)

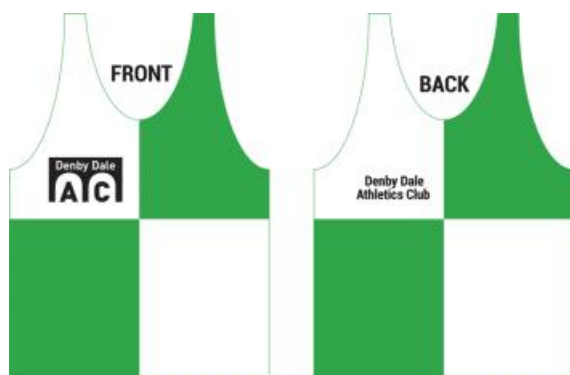
Race miles man: Chris Walker (222 miles)

DDAC Road & Fell Race Championships 2016/17

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 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 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 2016/17 are just beginning
so it would be fantastic to see a good turn out from club members



DDAC Road Race Championship 2016/17

The following race chosen by our club captains (Abbie Dagg & Phil Ellis)

SHORT

Sun 26th June 2016 - Penistone 10km

Penistone Church Football Club S36 6AT, Start 11.00 am, Cost £12.00 or £14 on the day

www.pfrac.co.uk/club-races/penistone-10k

Sun 4th Sept 2016 - Cannon Hall Run 10km

Cannon Hall Farm S75 4AT, Start 9:30am, Cost £12.50 or £15 on the day

www.barnsleyhospice.org/events/latestevents/cannonhallrun2016.aspx

Sun 29th Jan 2017 (provisional date) - Meltham 10km

Meltham Community Centre HD9 5QT, Start 9:30am Cost to be confirmed

www.melthamac.com

MEDIUM

Sun 14th Aug 2016 - Askern 10 mile

Askern Miners Welfare DN6 0AJ, Start 10am, Cost £8.50

www.acshaw.com/askern-10

Sun 6th Nov 2016 - Guy Fawkes 10 mile

Ripley Village Hall HG3 3AY, Start 10:30am, Pre entry only Cost £14

www.niddvalleyroadrunners.co.uk/guy-fawkes-10/

Sun 5th Mar 2017 (provisional date) - Norton 9 mile

Norton DN6 8NS, Start 11am, Cost TBC

www.askerndrc.org/our-races/

LONG

Sat 23rd Jul 2016 - Yorkshire Wolds Half Marathon

High Callis Wold Farm YO42 1TD, Start 10am, Cost TBC

www.bishopwiltonshow.com/half-marathon/

Sun 30th Oct 2016 - Holmfirth 15

Holmfirth Community Sports Centre HD9 7SE, Start 9:35am, Cost £17 or £19 on the day

www.holmfirthharriers.com/joomla-pages-iii/category-list/27-road/673-holmfirth-15-mile-and-10k

Sun 12th Feb 2017 - Liversedge Half marathon

Roberttown Community Centre WF15 7LS, Start 11am, Pre entry only cost TBC

www.roberttownroadrunners.co.uk

The Club's Race Championships for 2016/17 are just beginning
so it would be fantastic to see a good turn out from club members

DDAC Fell Race Championship 2016/17

The following race chosen by our Fell Captain (Simon Browne)

SHORT

Sun 22nd May 2016 at 2:30pm – West Nab 5.9m, 1640ft, Cat AS

[West Nab Results](#)

Mon 4th Jul 2016 at 7:30 pm – Hathersage Gala 4.5m, 1066ft, Cat BS

School field School Lane Hathersage S32 1BZ EOD £5

www.hathersagefellrace.org.uk

End Feb 2017 – Hope Winter 5.9m, 1480ft, Cat BS

Hope Sportsfield Castleton Rd Hope S33 6RD, EOD £5

<http://www.hopefellrace.co.uk/>

MEDIUM

Sat 20th Aug 2016 at 1:30pm – Weasdale Horseshoe 8.7m, 2001ft, Cat BM

Ravenstonedale Show Field Newbiggin on Lune, EOD £8

www.howgillharriers.co.uk/weasdalehs.html

Sat 10th Sep 2016 at 1pm – Hodder Valley Show 6.2m, 1148ft, Cat BM

Boarsden Farm Dunsop Road Newton in Bowland BB7 3ED EOD £10

www.hoddervalleysshow.co.uk/index.php/what-to-see/fell-race

Mid Jan 2017 – Stanbury Splash 7.3m, 1312ft, Cat BM

Penistone Hill Country Park nr Haworth, EOD £4

www.woodentops.org.uk/index.php?topic=stanbury

LONG

Sat 17th Sep 2016 at 11am – Three Shires 12.4m, 4003ft, Cat AL

Three Shires Inn Little Langdale Ambleside, Pre Entry only before 10th Sep £10

www.amblesideac.org.uk/races/our-races/three-shires/

Sat 29th Oct 2016 at 10:30am – Grin & Bear it 15.9m, 1939ft Cat CL

Langsett Barn, Langsett, S36 4GY, Cost £10 or £12 on the day

www.grinnbearit.org

Mid Mar 2017 – Edale Skyline 21.1m, 4505ft, Cat AL

Edale Village Hall, online entry only from 1st Feb £12

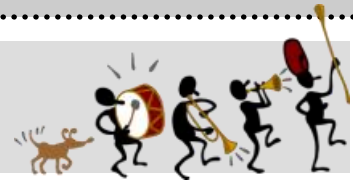
www.dpfr.org.uk/pages/view/skyline



Future events & dates for your diary

See Junior Section of newsletter for more Junior events

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



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

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 6.45pm.

The senior 'dash' will start at 7.15pm

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 Rafters Bar,
Waggon & Horses Oxspring. Further details available soon on <http://pfrac.co.uk/>

THE DENBY DASH 2016

**Bank Holiday
Monday 29th
August 2016**

A fundraising race event organised by Denby Village Conservation Group

A 5 mile (8km) scenic and undulating course on footpaths through fields, woodland, conservation land and the historic Quaker Village at High Flatts with a total ascent of 690ft (Also Junior races at 10am—see separate flyer/entry form)

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

Entry limit: 150. Minimum age: 16 years

Entry fee: £5 pre-entry (by 19th August) or £6 on race day

Pre-entries:

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

Registration: 11—11.45am at The George Inn, Upper Denby, HD8 8UE

Race start: 12 noon, behind The George Inn

Prize giving: approx. 1.30pm

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

Refreshments :

Hot & cold drinks, bacon butties & cake stall from 9am.

Contact: annemiddleton60@gmail.com

Website: www.denbyvillage.org.uk/

THE DENBY DASH 2016

**Bank Holiday
Monday 29th
August 2016**

A fundraising race event organised by Denby Village Conservation Group

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

Pirate ship challenge— for children aged 9 years and over
A 2 mile (3km) course over fields and conservation land with a challenging 240ft climb up to the pirate ship before a fast return route home.

Denby Gallop—For children aged 6—8 years

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

Goody bag for all finishers. Prizes for 1st, 2nd & 3rd in each race.

Entry fee: £2 pre-entry (by 19th August) or £2.50 on race day

Pre-entries:

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

Registration: 9—9.45am at The George Inn, Upper Denby, HD8 8UE

Race start: 10am, behind The George Inn. Scheduled so that parents can support their young athletes before racing in the Denby Dash themselves!

Prize giving: approx. 11am

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

Refreshments: Hot & cold drinks, bacon butties & cake stall from 9am.

Contact: annemiddleton60@gmail.com

Website: www.denbyvillage.org.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.



And finally, just to finish on a watery theme

Here is Oliver doing an extreme river crossing—part of the Prestwich Challenge !!!



Denby Dale Athletics Club

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Upper Denby,
Huddersfield HD8 8TZ

Email: annemiddleton60@gmail.com

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

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

**A big 'thank you' to everyone who wrote
& sent me contributions for this
edition of the newsletter,
especially Simon Browne who sent me
no less than 4 race reports !!**

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

Next Issue Aug 2016

Please let me have
contributions by
mid August



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

'Denby Dale Travellers' - for Senior section

'Denby Dale Athletics Club' —for Junior section



Are you hiding from our Senior section - club Treasurer?

Senior's annual membership subs (only £16) 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 1166654**

If you need to contact Tony & can't find him at the bar in the Pie Hall,
his new email address is tonyhsharpe@gmail.com