

The Denby Dale Traveller

Volume 33, Issue 3

Dec 2016

www.denbydaleac.co.uk

What's your preferred technique?



Mike Brady RIP

Sadly, Mike passed away last week at the grand old age of 78. He was the Landlord at the **Travellers Rest** on Wakefield Road, Denby Dale. From the very beginning in 1982, he and his wife Kate welcomed our Running Club members on training nights come rain or shine.

Mike also supported all of our events including the Travellers 6, the Deffer Dash, the Club Handicap Races, the Dearne Way Relay, the Withy Wood Relay and the Shelley Half Marathon.

Mike and Kate also generously allowed us to use the big room upstairs for club functions, events and the AGM. I'm glad I got to see them both not so long ago, he was one of the good guys in the club's history.

The attached photo shows Mike on the right (outside the Travellers Rest) cheering on Neil Denby, Richard Capewell and myself in the 1984 Pennine Marathon.

Thanks for many great memories, Mike.

Contributed by Bob Johnson November, 2016



PS The Travellers Rest was the original meeting (& drinking) place for the club prior to moving to the Pie Hall; hence the name Denby Dale Travellers. For younger members and those new to Denby Dale, the Travellers Rest became the Aagrah restaurant some years ago but is currently being renovated.
Editor

Junior Corner

The summer edition of Junior Corner was entitled 'Be Inspired', reflecting the message from the 2016 Olympics /Paralympics. Whether they were truly inspired by the endeavours in Rio or not, we have seen an influx of local youngsters wanting to join the Junior Section and have had record attendances over the past few months, regularly reaching 60-70+ athletes.

Sadly having lost a couple of our assistant coaches, and being mindful of our responsibilities for the safety of the youngsters in our care as well as wanting to provide individualised training, we have had to introduce a waiting list for new members (particularly Yr5 and below). There are currently about a dozen on the list.

On a positive note, one of our Mum's, Tracey Pearson, recently completed her assistant coaching training and several other parents (Si Warsop and Matt Caie) as well as 18year old senior member Oliver Ingham are now observing & helping out with a view to undertaking England Athletics coaching qualifications (we hope!!). **Further expressions of interest would be very much welcomed by Junior Co-ordinator, Jo Worboys-Hodgson, who will gladly explain what's involved.**

This autumn saw more of our athletes than ever taking part in the West Yorkshire Cross Country league races and Yorkshire Cross Country Championships at Lightwater Valley, competing against many other clubs and experiencing the additional challenges of mud, wind and rain. Junior green and white vests have made their mark at local off-road race series such as The Trunce and Silkstone Shuffle with fantastic results in the overall 2016 race standings (see later in the newsletter). A training session on the track at Thornes Park Stadium in December was a great success and there are plans to make this a regular feature each term. This year the Christmas party was held at the Splash Park in Huddersfield where by all accounts everyone had a good time, especially the parents and coaching team!!

Achievements of the Junior section have also been acknowledged by West Yorkshire Sport with the club being one of only a handful being awarded £1,000 to support club development and sustainability (although there are some goals we need to achieve to receive all this funding).

It would be nice to see even more of our juniors being inspired to take part in local competitions in 2017. The coaching team will shortly be circulating a calendar of local events including parkruns, fell and off-road races and sportshall athletics competitions.

Contributed by The Editor



Junior Spotlight

This edition of Junior spotlight has been contributed by **Shen Wigfield-Turner**



Recently I took part in an athletics competition representing my school. I won my 800m race and got selected to take part in two competitions abroad. One was in Italy where I ran for Kirklees and took part in the 600m. We traveled by plane. I also ran in the Czech Republic to compete in the 'ekag' (European kids athletics games) where they had huge opening and closing ceremonies. Displaying fire works and helicopters for entertainment.

The 'ekag' took place over 3 days so although I got selected for my running ability I also had to take part in other athletic events.

We traveled from Italy to Czech Republic overnight on a coach with the Czech Republic athletics team and arrived around 6am in the morning. Altogether there were 16 children representing Kirklees ranging from age 12-16.

As well as competing in several competitions we had a couple of 'free days'. In Italy we had one free day and in Czech Republic we had three 'free days'. In Italy we went to a beach with pedalos and a huge slide. Later on that night we went shopping.

In Czech Republic we spent our time in the a town centre near Bruno we went to an indoor shopping centre and had a tour round Bruno.

Congratulations Shen for getting selected—what an amazing experience.



DDAC Juniors Section

- Training sessions are held at Shelley College on Wednesday Evenings from 6pm til 7.30pm
- Open to children aged 8 to 18 years, although due to a recent influx, **we are currently only able to accept new members from years 6 and above. There is now a waiting list for younger children.**
- Cost per session is £3 (non-members) or £2 (members)

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

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

- We are in **URGENT** need of 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.



Club Kit

We currently have a good supply of **junior club vests** in stock. They can worn with pride at parkrun, fell races and other competitions as well as at club training sessions.

These can be purchased from registration at Shelley College.

Available in the following sizes:

7/8yrs, 9/10yrs, 11/12yrs, 13/14yrs & 15/16yrs - all at £12 each.

Other items (eg. club hoodies) can be ordered from Blackford Barnsley Ltd.



See the Club Kit page on the club website

<http://www.denbydaleac.co.uk/club-kit> (also via link from Junior News)

Special feature — THE TRUNCE

The Trunce is something of a local institution in running circles which, during its 49 year history, has attracted in excess of 5,500 runners spanning several generations. *I thought it might be interesting to have a more in-depth look at this local off-road race series which will celebrate its 50th anniversary in 2017 and so members were invited to send me their photos and reminiscences.*

In its current format there are separate junior and senior races which take place simultaneously at 6.45pm on NINE Monday evenings during April—Sept each year. Although the route and organisation have evolved over the years, it's still a traditional short sharp cross country race over varied terrain with tricky obstacles such as slippery stiles, steep muddy fields and a river crossing (at least on the senior race). Like parkrun, it's as much about being a personal challenge and trying to improve one's performance over the season whilst keeping an eye on one's overall position. The event which takes place close to the Wagon & Horses pub in Oxpring, regularly attracts several hundred competitors at each race although only a small percentage complete all the season's races. Race organisation and facilities are reassuringly simple and it's run on a shoestring with profits largely being donated to local good causes.

As you'll see from the figures collated by our club statistician, the 2016 season attracted many club members old and young. Our juniors who took part were especially dedicated and there were some notable achievements with Abi Caie and Victoria Worboys-Hodgson finishing 4th & 7th in the overall girls rankings, while Gus du Feu-Long was 2nd and Ben Worboys-Hodgson was 7th in the boy's rankings.

Editor



**DDAC Trunce veteran, Pete Andrews & Junior, Abi Caie
At Trunce Summer Season 2016**

Summary of 2016 Trunce results with best times for Senior members since 2004

Name	Category	2016 Races Run	2016 Best time	Races Run since 2004	Best time since 2004	
Gus Dufeu-Long	Junior Male	9	15:13	9	15:13	
Abigail Caie	Junior Female	6	17:30	6	17:30	
Euan Dady	Junior Male	7	18:34	7	18:34	
Ben Worboys-Hodgson	Junior Male	7	18:42	7	18:42	
Thomas Farmer	Junior Male	1	19:05	1	19:05	
Victoria Worboys-Hodgson	Junior Female	7	20:09	7	20:09	
Daisy McClelland	Junior Female	4	20:12	4	20:12	
Billy Browne	Junior Male	1	20:20	1	20:20	
Tamsin Warsop	Junior Female	7	20:54	7	20:54	
Alice Campbell	Junior Female	6	21:45	6	21:45	
Frances Worboys-Hodgson	Junior Female	6	22:17	6	22:17	
Ross McClelland	Male	3	27:36	9	25:50	2006 race 8
Simon Browne	Vet Male	3	28:12	9	28:12	2016 race 3
Oliver Ingham	Male	3	28:17	3	28:17	2016 race 2
Johnny Ridge	Male	2	28:35	3	28:35	2016 race 9
Andrew Du Feu	Vet Male	7	29:17	7	29:17	2016 race 3
Dave Gill	Vet Male	4	35:08	43	29:56	2005 race 7
Tom Rowley	Vet Male	3	36:57	5	35:51	2014 race 2
Sally Campbell	Female	2	38:28	7	38:28	2016 race 5
Jon O Hanlon	Vet Male 50	5	39:45	7	38:09	2014 race 2
Peter McEvoy	Vet Male	4	39:55	18	36:37	2012 race 9
Tony Weston	Vet Male 60	1	42:05	4	33:03	2011 race 1
Rosalind Bedford	Vet Female 50	1	42:32	23	37:30	2004 race 7
Norman Roper	Vet Male	4	42:51	45	36:09	2006 race 9
Si Warsop	Vet Male	5	42:53	9	42:04	2015 race 4
Simon Ellis	Vet Male	4	43:49	4	43:49	2016 race 3
Stuart Walton	Vet Male 60	4	45:35	7	43:01	2010 race 1
Rachel Warsop	Vet Female	7	45:58	15	42:27	2015 race 7
Sarah Everett	Vet Female	1	47:17	6	44:06	2015 race 7
Andy Ingham	Vet Male	2	47:55	2	55:00	2016 race 2
Stella Taylor	Vet Female 50	1	53:10	7	46:09	2015 race 8
Pete Andrews	Vet Male 60	4	1:00:36	45	39:17	2006 race 6

Kindly collated from The Trunce website data by Peter Middleton

Special feature — THE TRUNCE continued



Gus—2nd overall in 2016
boy's rankings



Victoria & Frances





**Clockwise from top, Euan, Billy, Ben Daisy & Alice
At 2016 Trunce Series**

Special feature — THE TRUNCE continued

In this piece, Trunce Veteran, Pete Andrews explains how the race route and organisation has evolved over the years.

The Trunce

Eleven turned up for the first race and the honour of winning this fell to Howard Crossley, in a time of 29 50 This course was basically the same as the current one except that it bore right halfway down the first hill and followed a path down towards the River Don before turning right up onto the present course, so missing out the first set of stepping stones and footbridge .The start and finish were by the goalposts of the football field, which used to be at right angles to the current pitch. Before the fence was erected alongside the field down towards the road there was a narrow stream which had to be jumped over twice and a rough path across the grassed area towards the track under the bridge.

A total of 19 races were held in this first year, going through to 1st December and were generally held at the weekend.

In 1969 the races were cut to 15, these were held fortnightly from March to September, a junior race was held for the first time in July that year. In 1972 saw the next change when, because of access being stopped across the rough ground to the right of the first hill, the route had to be changed to the present course, the start and finish still being on the football field. Even though some slight changes have been introduced over the years the length of race has always remained. The numbers of runners in the early years were small.

Numbers started to improve in 1975 with generally 30 turning out in every race. the success also saw the introduction of the first points scoring system in a somewhat slightly different form to todays the first system was, position 1 to 3-4 points, 4 to 6-3 points and 7 to 9-2 points with additional points for improvement. The number of races was cut to ten run on a regular 3 weekly basis on Monday. This system continued until 1977 when present scoring system was introduced The early 80 saw the start of the now traditional fancy dress event at the last race.

The first lady to run the trunce was Rockingham ac Shirley Pickering on 21st March 1977 in a time 36-43.As more ladies took part it was decided to start a ladies Championship because of the numbers taking part the first winner was hallamshires, Jenny Pearson 26-49 on the 1 June 1981.the junior championships was also set up in 1981. March 1998 saw a significant alteration to the course at the top of the path leading to the quarry previously runners carried straight on up the path ducking under a barbwire fence, the land ownership changed and the new farmer erected a new stock proof fence so the course had to turn right to the style and then left back onto the original course across the quarry.2002 was a significant point in the history of the trunce when finally the race became official and a permit through the FRA was applied for. This also meant that a separate junior race could be introduced as regulations did not permit them to run with seniors. A shorter route was devised and both boys and girls set off together. 2004 was to see the next significant change in the course when, because of safety reasons the finish was moved from the car park onto the track to preserve the same distance the start was also moved further down the track towards the road.

Special feature — THE TRUNCE continued



Pete was allocated No. 34 back in 1982 when numbers for life were first issued. This pre-dated him joining DDT.

In 1982 also saw the introduction of individual numbers for each runner to keep for life.

During 1983 Jenny Pearson lowered her ladies to 26-14.

Then in 1986 Carol Haigh lowered the ladies record to 26-04. and then set the current record of 25-01 in September that year.

MALE TOP TWENTY TIMES

1	Micah Wilson	21.39	11/7/88
2	Keith Darlow	21.33	21/6/76
3	John Taylor	21.42	3/8/92
4=	Rob Hand	21.58	22/4/85
4=	Malc Patterson	21.58	24/7/89
6	Bill Domoney	22.04	10/5/82
7	Konrad Manning	22.06	3/8/92
8	Sam Carey	22.09	23/6/86
9	Mark Farrell	22.17	13/7/87
10=	Mark Dyson	22.29	9/4/90
10=	Tim Tett	22.29	13/5/85
10=	Jimmy Hinchey	22.29	24/9/79
13	Rob Pearson	22.30	21/5/84
14	David Watson	22.35	11/5/92
15=	Colin Taylor	22.36	20/4/81
15=	David Gaskell	22.36	5/5/80
15=	John Turner	22.36	5/5/80
15=	Christian Bloor	22.36	2/6/80
19=	Shaun Hird	22.38	3/9/90
19=	Paul Blakeney	22.38	12/6/78

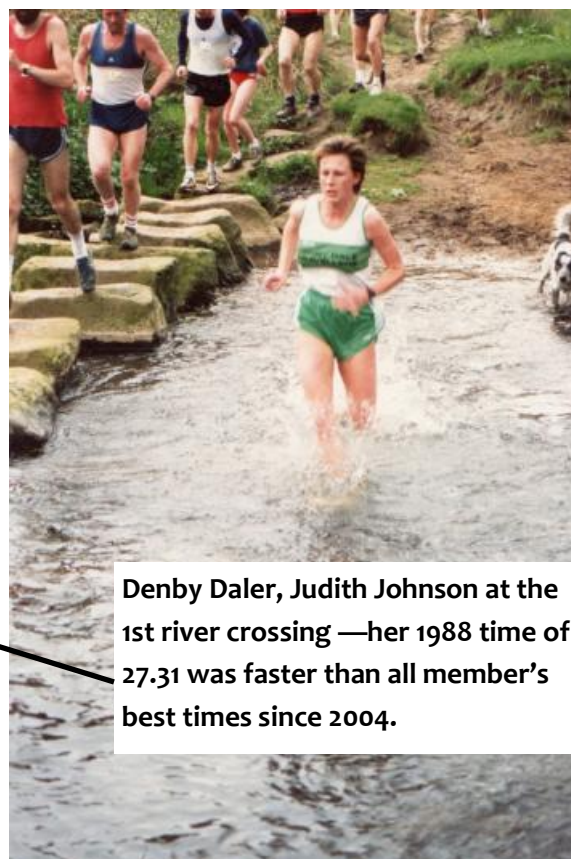
Only Denby Dale ladies, Judith Johnson & Jean Lochhead featured in these archived top twenty times spanning 1976—1994 (& possibly beyond)

Check out this link for more archives on The Trunce website:

<http://www.trunce.org/category/>

FEMALE TOP TWENTY TIMES

1	Carol Haigh	25.01	15/9/86
2	Jenny Pearson	26.14	22/8/83
3	Sarah Singleton	26.40	3/6/85
4	Blue Haywood	26.41	2/6/08
5	Sara King	24.49	15/9/86
6	Syl Boler	26.56	22/8/88
7	Jacky Smith	27.04	4/9/89
8	Julia Jennings	27.15	12/9/94
9	Kay Barringham	27.18	24/9/79
10	Wendy Lightfoot	27.19	13/8/84
11	Lizzie Adams	27.21	26/3/07
12	Sue Gaskell	27.24	5/5/80
13	Liz Lilley	27.28	16/4/07
14	Judith Johnson	27.31	23/5/88
15	Julie Honeysett	27.34	18/4/83
16	Vicky Hardcastle	27.47	13/9/93
17	Angela Carson	27.52	21/5/84
18	Zanthe Wray	27.57	12/5/08
19	Carol Lucas	28.06	12/7/82
20=	Julie Wilson	28.08	26/3/07
20=	Jean Lochhead	28.08	29/3/82



Denby Daler, Judith Johnson at the 1st river crossing —her 1988 time of 27.31 was faster than all member's best times since 2004.

Special feature — THE TRUNCE continued

Trunce memories from yester-years

Contributed by Tony Sharp, our Honorable Treasurer

I was a regular at The Trunce until queues at the first stile had more than three people waiting and so I've seen the course in many states, from freezing to boiling and from bone dry to torrential rain.

My most memorable run was when we'd had a couple of days of very heavy rain and although this was before Health & Safety audits existed, the organisers were sufficiently worried by the power of the water, (you couldn't see the stepping stones), that they had a strong rope across the stream with a frogman in full wetsuit and mask ready to grab anybody who had been swept away.

When we set off running we had no idea how bad it was but as I descended down to the river crossing I could see the front of the field wading through the river which looked pretty angry and was just about lapping their shorts (*which, for younger readers, were quite a bit shorter than they are today*). I plunged in and it isn't easy to keep your footing on a rubble strewn river bed with water trying to force you sideways. Around the middle I stumbled and would have gone in if I hadn't stumbled onto a fellow runner, a 15 year old boy, who did. This boy saved me. He got to the rope and got himself out just before the frogman came to his rescue so I only felt slightly guilty, 'a racing incident' as Lewis Hamilton would say. His Dad didn't quite share that view and accused me of attempting to murder his boy. However the boy didn't mind and so in the end we didn't fall out and kept racing each other for a few more years.



**Ross sprinting through calm waters
at April 2016 Trunce**

2004 Victory at The Trunce

Contributed by Rosalind Bedford

Having heard all about The Trunce from everyone at the club I decided to have a go at the 2nd race in 2004. Then the 3rd, 4th, 5th, 6th, 7th, 8th and 9th. Chasing positional points and setting PB's can become quite addictive and a personnel challenge.

So after 4PB's and averaging 6th place in each race in my category, I won the 2nd Vet Female 2004. The Trophy was the first I ever won and is my most treasured.

This was back in the time when there was no queuing at stiles. The first time I ran the race I found no one in front of me after the second river crossing approaching the road. Which way to go? No idea, left or right(?), so had to stop and wait for the next runners coming up the field. Another situation you would not find yourself in today.

Every year since then I have been promising myself the challenge of doing all 9.

12 Years have passed and I have yet to do the 1st race of a series.
Perhaps next year (2017)!



Special feature — THE TRUNCE continued

Trunce recollections

Contributed by Bob Johnson, US

One race I remember was a bit unusual: we set off on a lovely, sunny summer evening, went under the bridge then up the track heading for the farm on the left hand side. Just before we reached it, the farmer opened a gate to let his herd of cows cross to a field further up the track. I was in the front group and it was obvious that we had to stop the race. Everybody turned round back to the start until the herd has safely cleared the track. Thankfully we didn't cause a stampede and the farmer was quite amused with it all!

I know I had the fastest club time in the 90's round about 24.30 (according to Judith) but it's possible that this has been beaten by now.

Bob has kindly offered to contact the Trunce organisers to see if they have more archived data on race finishing times.



**Andy Ingham, Rachel Warsop
& Stuart Walton
at The Trunce 2016**

Race reports and results

Man vs Mountain 3rd September 2016

Position	Name	Club	Category	Time	Comments
1	David Helland		M	03:04:02	
36	Karen Murdock		WV40	03:56:12	1st Lady
1047	Abbie Dagg	DDAC	WV40	06:24:19	



‘A mountain adventure race—the event starts at sea level in the stunning Caernarfon Castle and weaves its way to the summit of Snowdon and down the other side into Dinorwic Quarry where there’s an array of punishing obstacles to tackle, including the infamous Vertical Kilometre, before you can cross the finishline victorious’

Abbie seems to like these masochistic events, having also completed ‘Man vs Lakes’ earlier in the year—Editor

Wetherby 10k 4th September 2016

Position	Name	Club	Category	Time	Comments
1	Andrew Grant	Harrogate Harriers	MV45	32:44	
15	Hannah Oldroyd	Saltaire Striders	W	37:01	1st Lady
308	Peter McEvoy	DDAC	MV60	52:23	
319	Sue Kaye	DDAC	FV55	52:33	
329	Norman Roper	DDAC	MV60	52:57	
437	Stella Taylor	DDAC	FV55	57:29	



Sue & Stella at Wetherby

The Exterminator (Category AL, 16m & 4232ft) 4th September 2016

Position	Name	Club	Category	Time	Comments
1	Steve Franklin	Totley A.C.	M	02:06:13	
8	Catherine Taylor	C. L. O. K.	W	02:25:58	1st Lady
84	Anne Middleton	DDAC	W50	03:12:51	1st LV50



I won a great box of goodies

Cannon Hall 10k 4th September 2016

Position	Name	Club	Category	Time	Comments
1	James Thompson	Kingstone	M	00:37:23	
7	Johnny Ridge	DDAC	M	00:40:11	
17	Victoria Houghton	North Shields Poly	F	00:44:48	1st Lady
19	Steve Blackford	DDAC	M60	00:45:26	
88	Sally Campbell	DDAC	F40	00:53:26	
93	Samara Wood	DDAC	F	00:53:40	
121	Jonathan O'Hanlon	DDAC	M50	00:55:42	
127	David Townend	DDAC	M60	00:56:27	
163	Kate Lucas	DDAC	F40	00:59:10	
166	Catherine O'Brien	DDAC	F35	00:59:47	
187	Graham Guest	DDAC	M40	01:01:33	
191	Christopher Walker	DDAC	M60	01:01:33	
195	Anita Nicholson	DDAC	F50	01:02:02	
300	Pete Andrews	DDAC	M60	01:18:56	

Amazing turn out for this local club championship race





Steve B enjoying the run in the park



Dave T flies over the finish line



A picture tells a 1000 words !!



Also during that busy weekend at the beginning of September, ‘someone’ got up in the early hours, drove all the way to Northumberland arriving at first light, to compete in the **Castle Challenges Middle Distance Triathlon**. For those not into triathlon speak, this was a Half Ironman which translates to 1900 swim, 90km bike ride & 21.1km (half marathon) run. And the swim wasn’t in a nice warm pool but in the chilly North Sea with waves, currents and wildlife nibbling at your toes.

The brilliant Mrs Worboys completed her first half ironman and experience of a sea swim triathlon, in **6:10:50**, finishing 7th out of 14 ladies (2 DNF) and 40th/72 overall. She was also the quickest amongst the ladies in the run, despite this leg being at the end of a tiring race.

Sorry—I’ve scoured the internet, but can’t find any photos of this intrepid achievement—Editor



A Question of sport

**Which DDAC member is featured
in this photo??**

Hodder Valley Show (Category BM, 6.2m, 1148ft) 10th September 2016

Position	Name	Club	Category	Time	Comments
1	Phil Marsden	Bolton Harriers	M	00:51:31	
46	Helen Buchan	CVFR	F	01:11:19	1st Lady
66	Anne Middleton	DDAC	FV50	01:18:01	1st LV50

This club championship fell race was part of Hodder Valley agricultural show and was memorable for being delayed due to over-running of the pig race! Like the livestock, we also had to go in the show ring before we were let loose —fortunately there was no judging of physique or obedience.

It was an out and back route across grassy fields, a steep climb up onto tussocky and boggy fells to a Trig point and back. The return leg was accompanied by a fly past (doubt if this was really for us but it looked impressive). The race finished in a field away from the show ground and all finishers were given a choice of giant chocolate buttons or a lump of cheese.



Not sure which veg category this was!





Hodder fell race - an interesting approach to processing results. Stickers, a board & a grassy field. Fortunately it wasn't raining.!

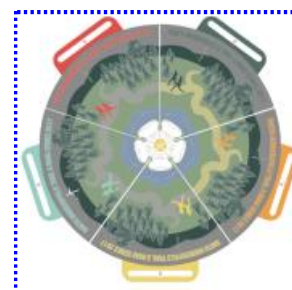
Shepley 10k 11th September 2016

Position	Name	Club	Category	Time	Comments
1	Rob James		M	00:36:00	
5	Johnny Ridge	DDAC	M	00:40:06	
6	Fiona Davies		F	00:42:22	1st Lady
11	Andrew Du Feu	DDAC	Mvet	00:42:33	
15	Bridget Coomber	DDAC	Fvet	00:43:56	1st lady vet
40	Tom Rowley	DDAC	Mvet	00:52:15	
44	Samara Wood	DDAC	F	00:52:33	
54	Laura Hartshome	DDAC	F	00:55:28	
60	Rachel Lawty	DDAC	Fvet	00:56:31	
80	Graham Guest	DDAC	Mvet	01:01:44	

Shepley 10K is part of the **South Huddersfield Trail & Road Series**.

[Check out this link to learn about the 2017 race series and special interlocking series medal](#)

www.trailandroadseries.co.uk/





Well done—to Andrew du Feu who finished 1st in the 2016 Trail & Road Series

Three Shires (Category AL, 12.4m, 4003ft) 17th September 2016

Position	Name	Club	Category	Time	Comments
1	Ricky Lightfoot	Ellenborough	M	01:57:22	
7	Victoria Wilkinson	Bingley	L	02:05:55	1st Lady
140	David Gill	DDAC	M50	03:13:33	

Top Tip!

How to Stop the Slosh in Your Running Hydration Pack Bladder

Check out : <https://www.youtube.com/watch?v=rDpPcXrPWoc>

Basically fill the bladder as normal and secure the closure.

Turn the bladder upside down and suck out the air.

This really works.....

Editor

Yorkshire Vets Cross Country Championships 17th September 2016

Position	Name	Club	Category	Time
1	Jo Buckley	Bingley Harriers	F40	17:04
8	Bridget Coomber	DDAC	F50	18:10
17	Jo Worboys-Hodgson	DDAC	F45	18:57
25	Anne Middleton	DDAC	F55	20:06
34	Sally Campbell	DDAC	F40	21:19
41	Sue Kaye	DDAC	F55	21:46
50	Vicky McClelland	DDAC	F40	22:04
53	Rosalind Bedford	DDAC	F55	22:39
55	Kate Lucas	DDAC	F40	22:42
58	Tracey Pearson	DDAC	F35	23:07
66	Sharon Jones	DDAC	F35	23:49
67	Catherine O'Brien	DDAC	F35	24:10
68	Stella Taylor	DDAC	F55	24:15
73	Anita Nicholson	DDAC	F50	24:41
75	Kay Couldwell	DDAC	F45	25:00
78	Abbie Dagg	DDAC	F40	25:30
79	Rachel Warsop	DDAC	F40	25:30

Our ladies team returned victorious from Yorkshire Vets, retaining the coveted 'all to count' team trophy.

We need to do it all over again on 4th March 2017 at Askern!



Penistone Hill 18th September 2016

Position	Name	Club	Category	Time	Comments
1	Andy Swift	Penistone	M	00:43:35	
5	Ross McClelland	DDAC	M40	00:47:52	1st Vet 40
7	Johnny Ridge	DDAC	M35	00:49:10	
10	Caitlin Rice	Glossopdale	L	00:50:06	1st Lady
12	Andrew Du Feu	DDAC	M45	00:50:04	
23	Andy Green	DDAC	M45	00:56:48	
27	Phil Ellis	DDAC	M40	00:57:37	
56	Tom Rowley	DDAC	M45	01:09:08	
83	Pete Andrews	DDAC	M65	01:46:34	



Johnny, Andrew and Andy (I can fly!) demonstrate a fast descent whilst Ross works hard to keep Penistone at bay



Photos courtesy
of Mossie Net
Photography

Memories of an Indian summer

Stanage Struggle (Category BS; 6.2m, 1165ft) 18th September 2016

Position	Name	Club	Category	Time	Comments
1	Steve Franklin	Totley Ac	M	40:06	
26	Rachael Lundgren	Gosforth Harriers Ac	F	46.43	1st Lady
73	Steve Blackford	DDAC	M60+	52.43	2nd Vet 60
151	Anne Middleton	DDAC	F50+	59.02	2nd Lvet 50
223	Andrew Blackford	DDAC	M60+	65.49	
250	Rosalind Bedford	DDAC	F50+	68.31	
276	David Bedford	U/A	M50+	75.54	



This 'fell' race is well within the capabilities of most senior club members—a well marshalled course with no navigation or special equipment requirements.

It's a steep climb up to the Edge (walking is allowed!), amazing views from the top and then fast descent through bracken & across fields. It's such a nice event that Rosalind decided to do it as a birthday treat!

Giant's Causeway Half Marathon—24th September 2016

Contributed by Ralph Barker

It's off to race in Ireland, we are team DDAC.
M62 to Liverpool, then fly across the sea.
The team – Ross, Vicky, Sue and Richard, Oh. and then there's me!
(Tell Sue that packing liquids just annoys security!)

The flight is short, but Sue still purchases red wine!
One is consumed, the other saved, maybe another time.
We land at Belfast airport, picking up the hire car.
The journey to Portballintrae is really not that far.

Just time to pick up fish and chips, and also beer and wine.
We're only here a short wee while, but still, we have to dine!
Accommodation is ideal, 5 min from race H.Q.
A good night's sleep (Oh, Richard snores, ask Sue about the poo!)

It's Friday now, we make a plan, the weather's not too great,
Giant's Causeway, then rope – bridge we see. Quite stunning. - Just first rate.
The Harbour bar is in Port Rush. A warming open fire
was just the thing to take our minds off what was to transpire.





Our evening meal, a strange affair, was at the local bar.
 It wasn't Irish, or Italian, we were wrong by far!
 It turned out Aussie was the twist,
 So subtle, it was missed.

Richard and Ralph, we shared a room, bunk beds and very small.
 Sue's room, it looked more comfortable, just further down the hall.
 Ross and Vicky's 'en – suite' room made up our ground floor space
 apart from the shared bathroom (it got muddy from the race!)

Richard arose, and changed from full marathon to half.
 His injury, (Achilles strain), could spread up to his calf!
 A leisurely time is spent by all, just waiting for the start.
 Some food and rehydration, so important, play their part.

Away we go, from race H.Q., we get aboard the bus.
 We head along the rugged coast, good vibes, and no real rush.
 The start is back at the rope bridge (quarry from "Game of Thrones"!)
 Instructions were, that nobody could wee upon the stones!



We're off! and heading straight into the blustery wind and rain,
 We climbed onto the cliff - top path, then headed down again.
 We found ourselves on greasy rocks that took us out to sea
 Then lots of sand along the beach, back up we went! Dear me!

The route continued in this vein, from cliff – top path to beach,
 Ross strode away up at the front, soon getting out of reach.
 Vicky and Sue decide to run together, all the way.
 Richard and I we finished strong, quite happy we must say.

For Ross, it's 4th, a great result, met by his Mum and Dad,
 The rest of us, we had a ball, and didn't feel too bad.
 Back to our base, clean up and rest, then out to celebrate.
 A superb night, good food and wine, dancing for some till late!

At 2.00 a.m. we got back in, aglow and feeling fine.
 We then remembered, in the fridge, that bottle of white wine!
 At 8.00 a.m. (I know it's sad), I knocked on Ross's door
 to wake him up and have a run along the sandy shore.

When we returned from our short run (quite stunning I'm not mocking)
 The smell that met us from the house was something oh so shocking!
 Richard and I had managed to create a unique atmosphere.
 (description of the smell, is best left there, and not right here)

Clear up and out, back to Belfast, return the hire car.
We're soon in Liverpool again, then home is not too far.
Great company, and lots of fun was had by one and all.
I'm sure next year we'll all be back (Join in, and have a ball!)



4th Ross McClelland 1.37.39
27th Ralph Barker 1.53.20
116th Richard Howard 2.18.41 (estimated) *
154th Sue Kaye 2.26.48
156th Vicky McClelland 2.26.48

- Link to race organisers - www.26extreme.com
- Official YouTube video - Causeway Coast Marathon 2016 - 26ExtremeTV
- Entertaining YouTube footage of the Half Marathon - 26 extreme CAUSEWAY COAST 2016 - Colm Faron

* Richard actually did the marathon finishing in 5:17:56



Silkstone Shuffle 24th September 2016

Position	Name	Club	Category	Time	Comments
1	Richard Bateson	Yeovil Town	M	25:07	
7	Jonathan Ridge	Denby Dale AC	M	28:46	
10	Andrew Dufeu	Denby Dale AC	MV40	30:11	
13	Adam Bloomfield	Denby Dale AC	MV40	31:03	
18	Sarah Gough	Barnsley Harriers	LV40	32:27	1st Lady
34	Katie Sharp	Denby Dale AC	L	34:43	
53	Samara Wood	Denby Dale AC	L	37:40	
71	Simon Ellis	Denby Dale AC	MV40	40:57	
105	Rachel Warsop	Denby Dale AC	LV40	49:25	

Silkstone Shuffle Junior Race - 24th September 2016

Position	Name	Club	Age category	Time	Comments
1	Hugh Mackie	Penistone	M	10:31	
2	Abigail Caie	DDAC	F	11:17	1st Girl
5	Shen Wigfield-Turner	DDAC	F	11:26	
7	Frederick Naivalura	DDAC	M	11:47	
8	Ben Worboys-Hodgson	DDAC	M	11:47	
10	William Roberts	DDAC	M	12:37	
11	Victoria Worboys-Hodgson	DDAC	F	12:47	
12	Euan Dady	DDAC	M	12:54	
13	Daisy McClelland	DDAC	F	12:57	
15	Alice Campbell	DDAC	F	13:30	
17	Frances Worboys-Hodgson	DDAC	F	13:37	
23	Tamsin Warsop	DDAC	F	14:38	
25	Elsie Naivalura	DDAC	F	15:40	



Dales Trail Series 40k 24th September 2016

Position	Name	Club	Category	Time	Comments
1	Ben Hukins	Cambuslang	M	03:23:46	
16	Sarah Hackett		FV35	04:13:07	1st Lady
53	Anne Middleton	DDAC	FV55	04:52:08	1st LV55
102	Rosalind Bedford	DDAC	FV55	05:43:54	2nd LV55

Contributed by Anne Middleton

This was the 3rd and final race in the Dales Trail Series and I'd twisted Rosalind's arm to come and do it too. Originally advertised as the DT40, the race organisers had kindly agreed to extend it to a full 42.2km marathon distance for the 2016 series.



For those familiar with the Yorkshire Dales, the race starts at Semer Water and took us across fields, on gravel and grassy tracks and slippery limestone to Cray and Yockenthwaite where we followed the Dales Way up to Beckermonds and then over boggy grassland to join the Cam High Road for 12km of gradual uphill torture. There was an interesting and energy sapping detour around Drumaldrace and Wether Fell (above Hawes) before a beautiful traverse and grassy descent back to the finish line at the edge of Semer Water. It was good running weather and not quite as dramatic as the wind, rain and rainbows that we enjoyed during our reccies (which also featured pub lunches!).

This was less technical than the DT20 and DT30 (arguably fell races), although there is over 3,000ft of ascent. The main challenge was pacing one's self but there was plenty of encouragement from fellow runners and friendly marshals. Unfortunately it wasn't really a day for a cool down swim—the post race bread and soup was much appreciated.

Having completed the Grand Slam this year, I would recommend all 3 races to anyone who loves the Yorkshire Dales.





Rosalind & Anne—A grand day out in the Dales

Stainland Trail Race 25th September 2016

Position	Name	Club	Category	Time	Comments
1	Ed Hyland	Stainland Lions	M	00:43:25	
8	Lindsey Oldfield	Stainland Lions	F35	00:50:43	1st Lady
88	Peter McEvoy	DDAC	M60	01:09:17	
102	Norman Roper	DDAC	M65	01:15:57	



Sutton Park 10k 25th September 2016

Position	Name	Club	Category	Time	Comments
1	David Smithers	York Knavesmire	M40	37:38	
12	Sarah Attwood	York Knavesmire	F	41:18	1st Lady
17	Oliver Ingham	DDAC	M	42:19	



Stairway to Heaven 1st October 2016

Position	Name	Club	Category	Time	Comments
1	Jonny Cartwright	Stainland Lions	Male	52:27	
3	Andrew Du Feu	DDAC	Male	55:41	
15	Anne Middleton	DDAC	Female	01:09:15	1st Lady
29	Sue Kaye	DDAC	Female	01:14:41	
41	Simon Warsop	DDAC	Male	01:24:02	
50	Abbie Dagg	DDAC	Female	01:32:39	
51	Rachael Warsop	DDAC	Female	01:32:39	

Stairway To Heaven is a 12km challenging, hilly course towards Ramsden reservoir and the forested paths around Hade Edge, Summer Wine country. Another of the South Huddersfield Trail & Road Series



Richmond Castle 10k 9th October 2016

Position	Name	Club	Category	Time	Comments
1	Alex Kiel	Quakers Running Club	M	33:55	
7	Rosie Smith	Durham City Harriers	F	36:28	1st Lady
144	Peter McEvoy	Denby Dale AC	M60	51:36	
178	Norman Roper	Denby Dale AC	M60	54:28	

Yorkshire Marathon 9th October 2016

Position	Name	Club	Category	Time	Comments
1	Paul Martelletti		M35	02:19:36	
26	Sarah Lowery	Sheffield RC	F	02:45:53	1st Lady
159	Ralph Barker	DDAC	M60	03:09:58	2nd Vet 60
3153	Anita Nicholson	DDAC	F50	05:05:24	

Yorkshire Marathon 9th Oct 2016

Contributed by Ralph Barker

On a perfect day for running a marathon, (cool, light breeze) I lined up at the start underprepared, yet hopeful, that with sensible pace judgement, I might finish in the top 5 of my age category (V60), thereby securing selection for a Championship race next Autumn at the invitation of England Athletics.

Those who know me will attest to the fact that pace judgement is not a strong point. However, on this occasion, I seemed to get it just right. Trying not to get drawn into the fast pace of those around me, my splits were as follows :

10K 43.38
 20K 1.27.55
 Half Way 1.32.26
 30K 2.11.55
 40K 2.58.58
 Finish 3.09.50

In 30+ years of marathon running, that's the most even paced race yet! (You are never too old to learn!)



I finished in 165th position (chip), 2nd in my category. (3832 finishers)

Congratulations also to Carol Green (Patrick's wife) running her first marathon and finishing second F70+ in 5.41.45

Subsequently, I have had confirmation from England Athletics that I have qualified to represent them in a race in 2017, yet to be decided.

Yorkshire 10 mile 9th October 2016

Position	Name	Club	Category	Time	Comments
1	Joe Sagar	Spennborough AC	M	00:54:01	
39	Victoria Whitehead	Valley Striders	F40	01:02:44	1st Lady
726	Sue Kaye	DDAC	F55	01:26:57	
922	Kate Lucas	DDAC	F40	01:30:23	
1697	Abbie Dagg	DDAC	F40	01:45:37	

FRA Relay 15th October 2016

	Runner	Pos	Time
	Overall	80th	06:06:14
Leg 1	Ross McClelland	44th	00:30:02
Leg 2	Ralph Barker & Jo Worboys Hodgson	93rd	01:56:57
Leg 3	Simon Browne & Johnny Ridge	87th	02:44:00
Leg 4	Stewart Yates	56th	00:55:15

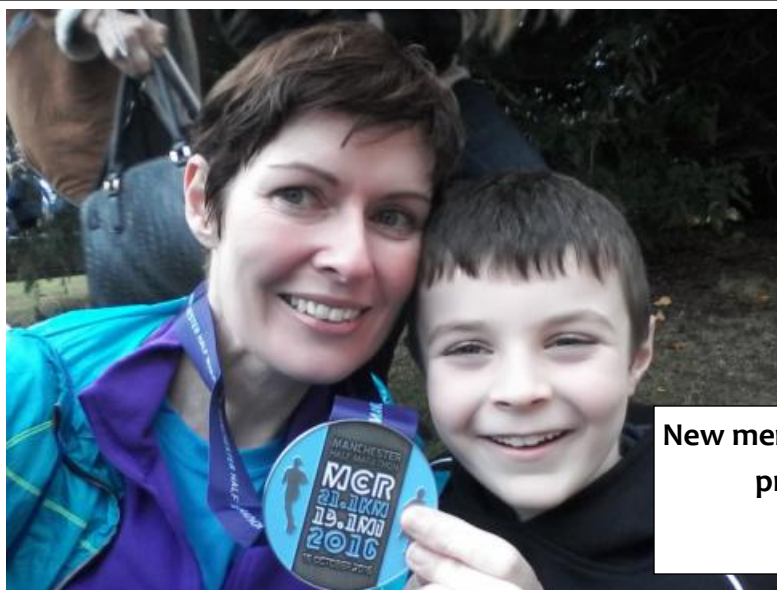
This year's FRA relay took place in the hills near Luss, beside Loch Lomond.

A catalogue of difficulties meant that the team was only finalised within hours of leaving for the Highlands, and Jo almost had to go disguised as a man until Simon found something in the fine print of the relay rules. Such were the complicated logistics that the team never actually met as a team at the event. All-in-all the team did well to start let alone finish 80th out of 106 teams that completed the 4 legs—a further 9 dnf or were disqualified.



Manchester Half Marathon 16th October 2016

Position	Name	Club	Category	Time	Comments
1	Adam Hickey	Southend AC	M	01:04:41	
34	Rebecca Murray	Bedford AC	F	01:12:59	1st Lady
5703	Mary Tyrrell Place	DDAC	FV40	02:08:34	



New member Mary with her son, proud of his Mum's achievement.

Shaun Lee Johnstone Memorial 10 mile 16th October 2016

Position	Name	Club	Category	Time	Comments
1	Julian Hood	Barlick FR	M	00:58:52	
11	Nicolene Van Staden	Army Athletics Club	F	01:08:16	1st Lady
117	Peter McEvoy	DDAC	M60+	01:30:50	
119	Norman Roper	DDAC	M60+	01:31:05	



Pete and Norman demonstrating the two approaches to puddles

©Andrew Thrippleton

Holmfirth 10k 30th October 2016

Position	Name	Club	Category	Time	Comments
1	Richard Hayes	Penistone	M	36:19	
21	Liz Woodfield	Holmfirth Harriers	F35	45:11	1st Lady
70	Stuart Walton	DDAC	M70	55:47	1st vet 70



Well done –Stuart

Nice to be out on day-release!

Grin & Bear it (Category CL, 15.9m, 1939ft) 30th October 2016

Position	Name	Club	Category	Time	Comments
1	Karl Gray	CVFR	MV40	01:56:00	
35	Mary Gillie	Clwydian Hill Rangers	F	02:36:00	1st Lady
55	Andy Green	DDAC	MV40	02:49:00	
116=	Anne Middleton	DDAC	FV50	03:48:00	
116=	Vicky McClelland	DDAC	FV40	03:48:00	
116=	Rosalind Bedford	DDAC	FV50	03:48:00	

Now read 'tales from a novice fell runner' over the page.....

Grin and Bear It! Or Snarl and Swear it?

Contributed by Vicky McClelland

It was a normal Tuesday run, when the clocks were nearing the time of change and we managed to stay off road for as long as possible. It was then that I got chatting with Rosalind and Anne who were trying to encourage me that I should join them for a fell race.... 'Grin and Bear It'. At this point I didn't ask too many questions. Anne kept telling me I would manage the miles as I was completing an off road half marathon in September and this was only a few more!

Anne took me for a reccie the week before the race date; a fellow fell runner who knew the race kept telling me to *"watch out for bog monsters"*, so when Anne showed me the rope attached to her day sack I knew the terrain must be serious.

Anne and I completed the reccie without spotting a bog monster, just plenty of bog. More layers of clothing were required and extra food and drink as I had managed to munch through everything. It took us 5 and a half hours. Ross was more than a little concerned for our whereabouts!

I struggled to walk that night and the next day; running Tuesday evening back on the road was really tough.

Anne said *"we will see what the weather forecast is like for the weekend and then make a decision to run the race"* as being up in the fells when the weather isn't kind is apparently even worse!

Friday came and the forecast was pretty kind, one by one all 3 of us had little or no excuse, till Anne took the lead and said *"let's run it together and beat the bog monsters."*

Sunday arrived, porridge eaten, kids packed off in different directions. Rosalind arrived to pick me up, then on to Anne's. Langsett car park was already full when we arrived. There seemed a good turn out. We had plenty of time to register, kit inspection, and even a cup of tea. On the whistle we were off. What was going through my head was *'can I keep going for 5 and half hours and I should have had more breakfast?'* Rosalind had said we will be faster on race day, she was right the pace was very different, The first 5-6 miles is up on rocky uneven ground with patches of mud and puddles so quickly our feet became very wet. I had my own monsters on this first section, I was seriously doubting myself, my legs hurt in several places and after feeling sick from nerves I was now starting to feel hungry?



But true to form Rosalind just kept powering up and on so I just had to follow trying to stick with her. Anne had said she would wait for us at the top. At the first check point Anne was starting to get cold from waiting for us, luckily it was much milder than last week!

No time to waste we continued onto the next section running through bog, round bog, over bog and in bog, bog and more bog. Never had I experienced this kind of mud before, completely energy sapping and where you could just lose your legs and be completely stuck.

The rest of the race was pretty much a blur of splashing wetness fuelled with jelly babies and the will to see the finish line.

We successfully made the line, hand in hand all 3 of us, even completing the course in under 4 hours and then to top it all off we received the prize for the 'first team'

Never have I considered doing a fell race, let alone a race of this kind (16 miles of mulit terrain which was a challenge from start to finish), if it had not been for the for the support and encouragement of true Denby Dale team spirit, thanks to Ros and Anne.



Photos courtesy
of Mossie Net
Photography



Andy risked waking the bog monster for us

Fortunately, Vicky didn't notice the 'grim sweeper' otherwise it might have put her off fell running for life!

Workshop Half Marathon 30th October 2016

Position	Name	Club	Category	Time	Comments
1	Stuart Spencer	Notts AC	M	01:10:05	
27	Natalie Burns	Lincoln Wellington AC	F	01:20:48	1st Lady
46	Jonathan Ridge	DDAC	M	01:23:54	
112	Adam Bloomfield	DDAC	MV40-44	01:28:07	
328	Steven Sharp	DDAC	MV40-44	01:36:38	
607	Katie Sharp	DDAC	F	01:44:58	
1101	Jon O'Hanlon	DDAC	MV50-54	01:56:33	
1867	Catherine O'Brien	DDAC	FV35-39	02:16:08	
2337	Christopher Walker	DDAC	MV60-69	02:45:16	



**A euphoric Catherine and speedy Johnny
at Worksop Half Marathon**

Cop Hill (Category BM; 7m, 900ft) 6th November 2016

Position	Name	Club	Category	Time	Comments
1	Kieran Hodgson	Helm hill	MV40	39:22	
6	Johnny Ridge	DDAC	M	43:02	
14	Helen Berry	Holmfirth Harriers	FV40	45:14	1st Lady
70	Samara Wood	DDAC	F	57:46	



**Mr & Mrs out for a
Sunday morning race**



Denby Dale to Plymouth and back...

Contributed by Peter Middleton (Club Statistician)

It's a little known fact that you can drive to Plymouth and back in just over 10 hours according to the Rome2Rio website; a journey of one thousand kilometres (625 miles for our older readers). You could also run there and back but that might take a little while longer.

Then again you could take it on in stages and like Jon O'Hanlon run a 5k parkrun most weekends. On March 5th 2011 Jon ran his first Barnsley parkrun in 26 minutes 51 seconds and five and half years later **on November 5th** he completed his 200th parkrun once again 3 laps round Locke park Barnsley in 24 minutes 17 seconds, achieving his personal 1000 parkrun kilometres.

Over the course of the years Jon has run at 15 different parkrun venues but has remained faithful to his first true love and has run at Locke Park no less than 181 times which for those that know the park means he has run up the hill to the tower some 543 times.

'Many congratulations Jon' on breaking the 1000 Km Parkrun milestone and it's good to report that Jon isn't resting on his laurels and at the time of writing this piece is 210 not out.



Guy Fawkes 10 6th November 2016

Position	Name	Club	Category	Time	Comments
1	Jack Wood	Ilkley Harriers	M	00:56:08	
53	Sarah Douglas	Sale Harriers Manchester	F	01:07:42	1st Lady
107	Bridget Coomber	Denby Dale AC	F50	01:12:45	1st LV50**
396	Peter McEvoy	Denby Dale AC	M60	01:27:31	
671	Anita Nicholson	Denby Dale AC	F50	01:42:35	
716	Stella Taylor	Denby Dale AC	F50	01:47:00	
717	Abbie Dagg	Denby Dale AC	F40	01:47:00	
779	Sue Levinson	Denby Dale AC	F60	01:55:28	



Leeds Abbey Dash 10K 6th November 2016

Position	Name	Club	Category	Time	Comments
1	Jonny Mellor	Liverpool Harriers & AC	M	29:12	
89	Eilish McColgan	Dundee Hawkhill Harriers	F	32:52	1st Lady
489	Oliver Ingham	DDAC	M	38:48	
2099	Sue Kaye	DDAC	F55	49:16	
2163	Jon O'Hanlon	DDAC	M50	48:26	
2851	Simon Ellis	DDAC	M40	51:11	
3039	Christopher Walker	DDAC	M60	54:56	

Dalby Dash 13th November 2016

Position	Name	Club	Category	Time	Comments
1	Chris Roberts	York Knavesmire	M	33:15	
9	Helen Cross		F	36:32	1st Lady
217	Rosalind Bedford	Denby Dale AC	F50	52:39	
282	David Bedford	ex DDT (RIP)	M50	55:29	

A 10K undulating multi-terrain course in aid of Help for Heroes & other local charities



Another Mr & Mrs—Dalby 10K

The Roaches (Category BL; 15m, 3701ft) 13th November 2016

Position	Name	Club	Category	Time	Comments
1	Jack Ross	Staffordshire Moorlands	M	02:08:26	
47	Mary Gillie	Clwydian Hill Rangers	F	02:45:10	1st Lady
111	Andy Green	Denby Dale AC	M45	03:04:36	



Andy on a very muddy track

Holly Hustle 13th November 2016

Position	Name	Club	Category	Time	Comments
11k Race					
1	James Thompson	Kingstone Runners	M	00:44:37	
14	Rebecca Butler	Stainland Lions	F	00:54:02	1st Lady
98	Stephen Warner	Denby Dale AC	M60	01:22:30	
22k Race					
1	Gareth Cooke		M	01:36:31	
10	Charmaine Horsfall		F	01:46:02	1st Lady
67	Abbie Dagg	Denby Dale AC	F40	03:07:52	
69	Stella Taylor	Denby Dale AC	F50	03:11:09	
70	Rachel Warsop	Denby Dale AC	F40	03:11:09	

Stella, Rachel, Si, Abbie, Jon & Steve—hustling for holly



Barnsley 10k 27th November 2016

Position	Name	Club	Category	Time	Comments
1	Joe Sweetnam-Powell	Sheffield RC	M	33:15	
20	Sarah Kemshall	Leeds City	F	36:59	1st Lady
190	Katie Sharp	Denby Dale AC	F	45:54	
253	Peter McEvoy	Denby Dale AC	M60	47:48	
299	Samara Wood	Denby Dale AC	F35	49:22	
369	Jon O'Hanlon	Denby Dale AC	M50	51:37	
389	David Townend	Denby Dale AC	M60	52:32	
413	Norman Roper	Denby Dale AC	M65	53:05	
438	Peter Ramsden	Denby Dale AC	M60	54:16	
484	Chris Walker	Denby Dale AC	M60	56:54	
509	Sarah Everett	Denby Dale AC	F40	58:04	



**Good to see Sarah Everett (our Social Secretary)
& Pete Ramsden back out racing after injuries.**

My First Full Race Series - The 2016 Silkstone Shuffle

Contributed by Simon Ellis

The Silkstone Shuffle is a four race series run between March and December. I decided to give it a go as I'd had it recommended by few DDAC members. I turned up at Silkstone Sports Pavilion and joined the queue at registration and was advised it was £5 per race or £15 to enter the four race series as I couldn't commit to all four and because I'd never done the race before I opted to just enter one race to which I was told if I kept my race number and decide to run all four races I could just pay another £10 and still receive a T-shirt at the end. I was given race number 36.

Off I went to get inspired by the massive number of green and white DDAC juniors that run the junior race that happens just before the adult race. Duly inspired I warmed up and made my way across the field to the start line. There were plenty of green and white vests there and after very brief instructions we were off. Now I had been warned that it's quite a tough start and the warnings were spot on but, with the old saying what goes up must come down going through my head, I trudged on up and up and up and arrived at the railway bridge sounding like a steam train. By this time I was resisting the urge to join some other runners that had succumbed to a walk and plodded on up and eventually reached the top and after a bit of road it was back downhill for a while across some fairly muddy fields heading back to where we started from. With the sports pavilion in sight across one field through the woods and up the steep little banking to the finish line; my new PB was set and my love for the Silkstone Shuffle started.



I knew after the first race I wanted to return and hopefully do all four races so I paid my £10 and registered for all four races when I returned in June for the second race, once again inspired by the juniors in green and white I set off again. The hill was just as tough but with drier conditions and less mud to contend with descending back to the finish was a bit easier and another PB was set. I returned again in September in perfect conditions hoping to conquer the hill and set another PB. I'm not sure I conquered the hills but I got up and back down faster than before so now 3 races 3 PB's and feeling pleased with myself; roll on December.

Then I received an email at work saying I'd been chosen to go on a free trip to our factory in Germany and experience the Berlin Christmas market. Brilliant I thought until I realised the date clashed with December's Silkstone Shuffle. I was gutted I wasn't going to complete the shuffle series and get my T-shirt but also there was no way I was going to miss this trip. Luckily the trip was postponed until the New Year so I was able to complete the series and still do the trip; a win win !

December's race was going to be tougher the muddy ground was back and it was bitter cold but I was determined to get another PB and possibly move up a few places in the overall standings so I set off fairly well chasing Vicky and Rosalind up the hill but then I started to struggle recovering from a cold. I just couldn't get my breath and had to walk twice going up the hill, something I'd never done in previous races, so feeling deflated that my PB had gone I pushed the best I could across the top and thought I'll just give it everything downhill and see what happens. Well I was able to finish quite strong as I got a second wind and crossed the line with another PB. I was absolutely suited when I looked at my watch Rosalind had finished just in front of me and high fived me as I got to the finish.

So I'd completed my first ever race series and run four races and got four PB's and managed to knock over two and half minutes off my PB.

I'll definitely be back next year to do it all again and would highly recommend it !

The Shuffle is also featured on the BBC Get inspired site : <http://www.bbc.co.uk/thingstodo/activity/silkstone-shuffle/occurrence/424236>



Photo courtesy
of Mossie Net
Photography

Silkstone Shuffle Junior Race - 3rd December 2016

Position	Name	Club	Age category	Time	Comments
1	Hugh Mackie	Penistone	M	10:30	
4	Abigail Caie	DDAC	F	11:35	1st Girl
6	Shen Wigfield-Turner	DDAC	F	11:56	
9	William Roberts	DDAC	M	12:04	
10	Ben Worboys-Hodgson	DDAC	M	12:17	
11	Euan Dady	DDAC	M	12:26	
16	Victoria Worboys-Hodgson	DDAC	F	13:20	
18	Alice Campbell	DDAC	F	13:33	
20	Daisy McClelland	DDAC	F	13:47	
25	Frances Worboys-Hodgson	DDAC	F	15:25	
26	Sylvie Ellis	DDAC	F	15:48	

Junior race series 2016 —Final standings after all 4 races

Place	Name	Category	Race 1	Race 2	Race 3	Race 4	Total	Comments
1	Hugh Mackie	M	00:10:44	00:10:39	00:10:31	00:10:30	0:42:24	Male Series Winner
2	John Halstead	M	00:11:01	00:11:17	00:11:25	00:11:15	0:44:58	
3	Ben Worboys-Hodgson	M	00:12:35	00:12:13	00:11:47	00:12:17	0:48:52	
4	William Roberts	M	00:12:40	00:12:34	00:12:37	00:12:04	0:49:55	
5	Euan Dady	M	00:13:08	00:12:30	00:12:54	00:12:26	0:50:58	
6	Victoria Worboys-Hodgson	F	00:14:09	00:13:36	00:12:47	00:13:20	0:53:52	Female Series Winner
7	Jenson Atkinson	M	00:14:22	00:13:03	00:13:27	00:13:57	0:54:49	
8	Frances Worboys-Hodgson	F	00:14:37	00:13:48	00:13:37	00:15:25	0:57:27	

2016 saw the green & white vests of our juniors really getting noticed at the Shuffle. Well done everyone who took part in the series and especially to **Victoria** who won the title of **Female Series Winner**.



Silkstone Shuffle 3rd December 2016

Position	Name	Club	Category	Time	Comments
1	Andy Swift	Penistone	M	25:38	
15	Andrew Dufeu	Denby Dale AC	MV40	30:30	
28	Julie Wilson	Hallamshire Harriers & AC	LV40	32:38	1st Lady
41	Joanne Worboys-Hodgson	Denby Dale AC	LV40	33:44	
59	Anthony Weston	Denby Dale AC	MV60	35:59	
89	Vicky McClelland	Denby Dale AC	LV40	39:20	
94	Rosalind Bedford	Denby Dale AC	LV50	40:08	
96	Simon Ellis	Denby Dale AC	MV40	40:21	
110	Stuart Walton	Denby Dale AC	MV70	42:08	



Photo courtesy
of Mossie Net
Photography

Kepler Challenge 60K 3rd December 2016

Position	Name	Club	Category	Time	Comments
1	Sam McCutcheon		M	04:54:58	
24	Anna Frost		F	06:07:03	1st Lady
212	Anne Middleton	DDAC	F50	08:23:56	

Percy Pud 10K 4th December 2016

Position	Name	Club	Category	Time	Comments
1	Mohammad Abu-Rezeq	Altrincham	M	29:57	
6	Eilish McColgan	Dundee Hawkhill Harriers	F	32:30	1st Lady
192	Bridget Coomber	Denby Dale AC	F50	40:28	1st LV50
647	Samara Wood	Denby Dale AC	F35	47:56	

Organised by Steel City Striders, this race takes place on the 1st Sunday in December. The 2200 places are booked within a couple of hours so you have to be quick off the mark. It's an out and back course along the picturesque Loxley Valley on the outskirts of Sheffield And all finishers receive a small Christmas pudding.



Pieathlon 6K 11th December 2016

	Name	Club	Category	Time	Comments
1	Michale Vargas		M	30:16	
2	Oliver Ingham	Denby Dale AC	M	30:30	
14	Lucy Oakley		F	39:17	1st Lady
109	Abbie Dagg	Denby Dale AC	F	01:08:07	

A 6K multi-terrain course including the Bog of Doom and 3 Pie stations!



WEST YORKSHIRE CROSS COUNTRY 2016 — Highlights

A record number of 52 members entered WYXC this year including 21 juniors.
Well done club captains who must have done a lot of arm twisting!

WYXC Race 1 - Wakefield Thornes Park 2nd October 2016

	Position	Name	Club	Time
Boys U11	1	Brett Seymour	City of York	05:31
	38	William Roberts	DDAC	06:28
	57	Lewis Watson	DDAC	06:49
Girls U11	1	Elise Horner	Halifax Harriers	05:52
	17	Victoria Worboys-Hodgson	DDAC	06:36
	63	Isabel Farmer	DDAC	07:32
	69	Lexie Taylor	DDAC	07:51
	71	Isabel Taylor	DDAC	07:51
	75	Isabel Merrick	DDAC	07:58
Boys U13	1	Alexander Thompson	Wharfedale	10:17
	43	Ben Worboys-Hodgson	DDAC	13:49
	47	Cody Mellor	DDAC	14:17
Girls u13	1	Isable Richardson	Holmfirth Harriers	11:31
	35	Shen Wigfield-Turner	DDAC	13:27
	58	Daisy McClelland	DDAC	15:07
	64	Grace Adams	DDAC	15:48
	67	Tamsin Warsop	DDAC	16:09
Boys u15	1	Joshua Dickinson	City of York	13:37
	22	Gus Dufeu Long	DDAC	16:08
	39	Thomas Farmer	DDAC	19:13
	43	Euan Dady	DDAC	20:22
Girls u15	1	Abbey Brooke	Wakefield Harriers	13:28
	21	Abigail Caie	DDAC	15:38
	38	Alice Campbell	DDAC	18:09
	45	Frances Worboys-Hodgson	DDAC	20:12

Brilliant photos by
Woodentops



Girls U11's—Isabel Merrick,
Victoria & Isabel Farmer





Cody, Lewis & 'Bel' Taylor at Wakefield XC

Ladies	1	Charlene Thomas	Wakefield Harriers	20:05
	44	Jo Worboys-Hodgson	DDAC	25:18
	55	Katie Sharp	DDAC	26:34
	63	Samara Wood	DDAC	27:38
	70	Sally Campbell	DDAC	28:23
	71	Sue Kaye	DDAC	28:25
	76	Vicky McClelland	DDAC	29:23
	84	Rosalind Bedford	DDAC	30:20
	88	Kate Lucas	DDAC	31:46
	93	Rachel Warsop	DDAC	33:45
	95	Abbie Dagg	DDAC	34:45
Mens	1	Daniel Garbutt	Skyrac	32:45
	43	Ross McClelland	DDAC	36:56
	57	Johnny Ridge	DDAC	38:08
	97	Andrew Dufeu	DDAC	41:41
	120	Andy Green	DDAC	44:00
	125	Steve Sharp	DDAC	44:35
	130	Phil Ellis	DDAC	45:25
	136	Jimmy Lodge	DDAC	46:11
	156	Richard Bradley	DDAC	50:29
	170	Pete Andrews	DDAC	01:15:49

WYXC Race 2 - Nunroyd Park 30th October 2016

	Position	Name	Club	Time
Boys U11	1	Elliott Seymour	City of York	06:55
	29	William Roberts	DDAC	07:45
	63	Lewis Watson	DDAC	08:51
Girls U11	1	Rebecca Flaherty	Bingley Harriers	07:21
	22	Victoria Worboys-Hodgson	DDAC	08:16
	55	Isabel Merrick	DDAC	09:21
	67	Isabel Taylor	DDAC	10:25
Boys U13	1	Alexander Thompson	Wharfedale	12:24
	37	Ben Worboys-Hodgson	DDAC	16:37
Girls u13	1	Alice Jones	Wharfedale	08:44
	29	Shen Wigfield-Turner	DDAC	10:17
	67	Daisy McClelland	DDAC	11:41
	71	Tamsin Warsop	DDAC	12:04
	78	Grace Adams	DDAC	12:58
Boys u15	1	Joshua Dickinson	City of York	15:50
	33	Gus Dufeu Long	DDAC	19:15
	45	Euan Dady	DDAC	23:53
Girls u15	1	Bethan Morley	Ilkley	13:42
	29	Abigail Caie	DDAC	15:54
	44	Alice Campbell	DDAC	18:19
	46	Frances Worboys-Hodgson	DDAC	18:37
Ladies	1	Katie Walshaw	Holmfirth	23:33
	55	Jo Worboys-Hodgson	DDAC	29:15
	85	Sue Kaye	DDAC	32:15
	86	Samara Wood	DDAC	32:17
	105	Emma Holling	DDAC	36:42
	109	Joanne Firth	DDAC	38:39
	110	Abbie Daggs	DDAC	38:47
	111	Rachel Warsop	DDAC	38:47
	115	Kay Couldwell	DDAC	39:46
Mens	1	Daniel Garbutt	Skyrac	36:50
	89	Andrew Dufeu	DDAC	45:25
	102	Oliver Ingham	DDAC	47:06
	118	Ralph Barker	DDAC	49:05
	135	Phil Ellis	DDAC	50:58
	145	Mick Collinson	DDAC	52:38
	151	Richard Bradley	DDAC	55:22



William & Grace



U13 Girls—Tamsin & Shen

WYXC Race 3 - Spenborough 20th November

	Position	Name	Club	Time
Boys U11	1	Mathew Dalton	Spenborough	05:02
	30	William Roberts	DDAC	05:54
Girls U11	1	Rebecca Flaherty	Bingley Harriers	05:19
	36	Victoria Worboys-Hodgson	DDAC	06:29
	63	Isabel Merrick	DDAC	07:28
Boys U13	1	Alexander Thompson	Wharfedale	11:02
	41	Ben Worboys-Hodgson	DDAC	15:05
Girls u13	1	Alice Jones	Wharfedale	10:20
	24	Shen Wigfield-Turner	DDAC	11:58
	57	Daisy McClelland	DDAC	13:43
Boys u15	1	Joshua Dickinson	City of York	12:17
	29	Gus Dufeu Long	DDAC	15:41
	33	Euan Dady	DDAC	19:04
Girls u15	1	Bethan Morley	Ilkley	12:05
	31	Abigail Caie	DDAC	14:38
	42	Alice Campbell	DDAC	16:27
	44	Frances Worboys-Hodgson	DDAC	17:59
Ladies	1	Charlene Thomas	Wakefield Harriers	19:43
	59	Katie Sharp	DDAC	25:48
	76	Samara Wood	DDAC	27:57
	82	Sally Campbell	DDAC	28:34
	85	Sue Kaye	DDAC	28:51
	87	Vicky McClelland	DDAC	29:16
	93	Rosalind Bedford	DDAC	31:00
	101	Rachel Warsop	DDAC	33:14
	103	Stella Taylor	DDAC	34:12
	104	Joanne Firth	DDAC	34:12
Mens	1	Tom Adams	Ilkley	30:51
	64	Andrew Dufeu	DDAC	37:56
	94	Oliver Ingham	DDAC	40:07
	106	Phil Ellis	DDAC	41:42
	109	Andy Green	DDAC	42:05
	122	Steve Sharp	DDAC	43:49
	140	Mick Collinson	DDAC	47:48
	149	Pete Andrews	DDAC	01:12:22

WYXC Race - Keighley 4th December

	Position	Name	Club	Time
Girls U11	1	Rebecca Flaherty	Bingley Harriers	06:04
	23	Victoria Worboys-Hodgson	DDAC	06:59
	56	Isabel Farmer	DDAC	07:59
	59	Isabel Merrick	DDAC	08:04
Boys U13	1	Alex Flaherty	Bingley Harriers	11:02
	41	Ben Worboys-Hodgson	DDAC	14:30
Girls u13	1	Alice Jones	Wharfedale	11:42
	26	Shen Wigfield-Turner	DDAC	13:43
	50	Daisy McClelland	DDAC	15:24
	59	Tamsin Warsop	DDAC	16:29
Boys u15	1	Joshua Dickinson	City of York	15:56
	18	Gus Dufeu Long	DDAC	18:47
	26	Thomas Farmer	DDAC	22:10
	27	Euan Dady	DDAC	22:52
Girls u15	1	Bethan Morley	Ilkley	14:27
	37	Alice Campbell	DDAC	18:55
	42	Frances Worboys-Hodgson	DDAC	21:59
Ladies	1	Katie Walshaw	Holmfirth	20:19
	38	Jo Worboys-Hodgson	DDAC	24:18
	43	Katie Sharp	DDAC	24:47
	63	Sally Campbell	DDAC	27:30
	67	Sue Kaye	DDAC	28:16
	70	Vicky McClelland	DDAC	28:42
	73	Rosalind Bedford	DDAC	29:09
	77	Kate Lucas	DDAC	29:57
	81	Rachel Warsop	DDAC	31:14
	82	Abbie Dagg	DDAC	32:24
	84	Joanne Firth	DDAC	32:55
	85	Stella Taylor	DDAC	33:55
Mens	1	Daniel Garbutt	Skyrac	25:36
	98	Oliver Ingham	DDAC	32:42
	101	Andrew Dufeu	DDAC	32:48
	129	Steve Sharp	DDAC	35:31
	147	Mick Collinson	DDAC	37:58
	162	Pete Andrews	DDAC	58:44



U15's—Thomas, Alice & Euan



Oliver & Andrew, Steve and Mick



Pete



Kate, Vicky, Sue, Sally, Rachel, Rosalind & Katie at Keighley
— happy it wasn't as muddy as last year



Congratulations to
Sue & Rosalind
- for completing
the series as 1st &
2nd FV50s

Travellers 6 2016

Race Director, Ross McClelland, and his team of merry helpers pulled off another successful edition of this popular pre-Christmas club race. No snow or ice to contend with, just a lovely bright morning although a few struggled with the headwind on the return leg. There were mass entries from Penistone FR (traditionally being one of their championship races), Wakefield Tri and Huddersfield Road Runners; together counting for almost half the field. Adam Peers won by a country mile; his 33.28 being the fastest time in 12 years (Dennis Ojera finished in 33.02 in 2004). Wakefield Harriers won the Men's Team prize while Jo, Sam & Katie won the Ladies team prize, just ahead of Penistone. Infact Jo needed a trailer for all her prizes, also clinching the first DDAC lady's prize as well as 1st FV40. Special thanks were received from a Wakefield Tri runner who appreciated all the encouragement he received from sweeper, Vicky McClelland, helping him to complete his first 6 mile race. *Well done everyone! Ed.*

More race facts & figures

212 entrants

190 runners

74 Women (39%)

79 V50 or older (41%)

Travellers 6 18th December 2016

Position	Name	Club	Category	Time	Comments
1	Adam Peers	Wakefield Harriers	M	33.28	
17	Andrew Du Feu	Denby Dale AC	MV45	40.15	
20	Margaret Sykes	Holmfirth Harriers AC	FV45	40.29	1st Lady
23	Gavin Leonard	Denby Dale AC	MV40	41.55	
27	Andy Green	Denby Dale AC	MV45	42.30	
42	Jo Worboys Hodgson	Denby Dale AC	FV45	44.43	
68	Phil Ellis	Denby Dale AC	MV40	47.36	
69	Mick Collinson	Denby Dale AC	MV55	47.42	
84	Tom Rowley	Denby Dale AC	MV45	49.03	
85	Peter McEvoy	Denby Dale AC	MV60	49.05	
89	Tony Weston	Denby Dale AC	MV60	49.26	
105	Sue Kaye	Denby Dale AC	FV55	52.10	
109	Samara Wood	Denby Dale AC	FV35	52.34	
115	Richard Bradley	Denby Dale AC	MV45	53.26	
119	Kate Lucas	Denby Dale AC	FV40	54.21	
122	Simon Ellis	Denby Dale AC	MV40	54.46	
131	Norman Roper	Denby Dale AC	MV65	56.08	
140	Christopher Walker	Denby Dale AC	MV60	57.44	
162	Stella Taylor	Denby Dale AC	FV55	61.11	
163	Rachel Warsop	Denby Dale AC	FV45	61.12	
166	Graham Guest	Denby Dale AC	MV40	62.08	

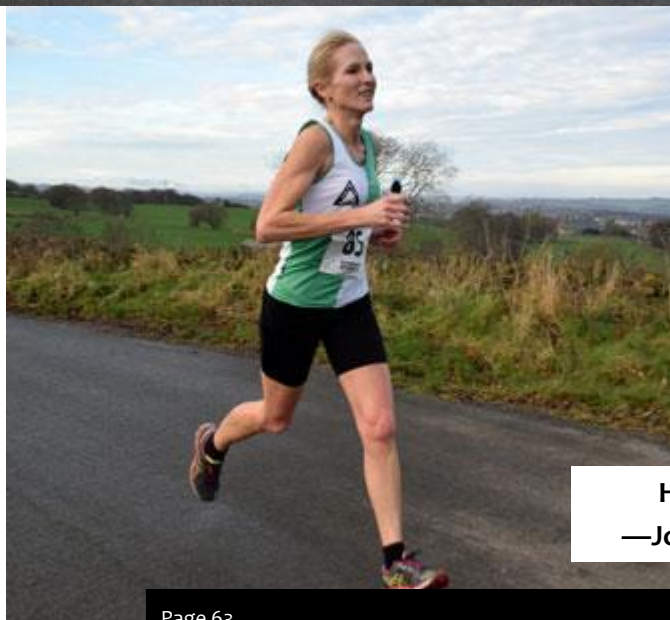
Members, Rachel & Roger served freshly made donuts & very kindly donated profits to the club



An event for all the family!



Happy runners
—Jo, Stella & Rachel



Letter From America

Contributed by Bob Johnson, US

There is an anecdotal story that Samuel Adams was one of the earliest Pilgrims to arrive in Massachusetts. He would have made an excellent Traveller because he was a master brewer of beer. The Sam Adams brewery still operates from Boston and makes a wide range of excellent beverages. Alas, the story is economical with the truth. Sam wasn't a Pilgrim; the brewery was actually named after the Patriot Samuel Adams who was one of the Founding Fathers of the USA.

Before the Pilgrims arrived, earlier explorers from Europe had plundered Native American colonies on the East Coast and even took slaves back to England and elsewhere. They also brought disease that almost wiped out the indigenous population across what is today Massachusetts. One of the captured slaves, Squanto, eventually made it back to the USA in 1619 and was able to speak English.

Seeking religious freedom, the original Pilgrims sailed on The Mayflower from Plymouth, England (together with some from Leiden Holland) and arrived in Cape Cod, New England in 1620 with about 130 souls on board. The intention had been to land in Virginia but bad weather forced the ship's Master Christopher Jones to seek shelter further north. By the end of their first winter, only 53 Pilgrims remained whilst half of the crew had perished due to a combination of scurvy, pneumonia and TB.

(Note: There were probably 3 families on the Mayflower that hailed from Yorkshire. Perhaps the most illustrious passenger was the Separist William Brewster who came from Scrooby, near Doncaster, but actually in Nottinghamshire).

The would-be immigrants also angered the Local Native American Nauset nation by looting their food stores so they finally sailed north to establish a colony in Plymouth MA. As the indigenous confederations had been decimated by European diseases, the Pilgrims were able to establish a foothold with little resistance. With translational help from Squanto, they also made peace with the Wampanoag people, the largest confederation in the area at the time.

The Wampanoag also taught the settlers how to grow corn, squash and beans so that, by 1621, the immigrants were self-sufficient. As is customary in England and other parts of Europe, a Harvest Festival was planned that year and the Wampanoag were invited to the celebrations. This tentative event led to the establishment of Thanksgiving Day as a celebration of the blessings of the year's harvest. However, there is much debate between Massachusetts and Virginia as to when and where the very first Thanksgiving Meal took place. There is also a claim that Spanish explorers observed a Thanksgiving service in Texas in 1598.

There was a time when Thanksgiving Day was observed on different dates in each State. President Lincoln tried to standardize the holiday to the last Thursday in November. Finally, in 1941, President Franklin D Roosevelt fixed the National Holiday day as the 4th Thursday in November. In reality, Thanksgiving is also a secular holiday and is generally considered, across the USA, to be more important than Christmas. People usually travel home for Thanksgiving making it hectic at most airports and on the roads. (That's an understatement!).

But why do we Americans eat turkey at Thanksgiving? My guess is that wild turkeys are native to the USA, are plentiful across the land and would have been an obvious choice for early settlers. It is estimated that more than 50 million birds are served for the Thanksgiving meal.

As well as the meal, "Turkey Day" also features parades, the most famous of which is probably Macy's. And also American Football!

The attached photo shows myself, Shirley wearing her Mickleden Straddle T-shirt, Don Powell in his Karrimor T-shirt and the evergreen David Gill in Estes Park, at the entrance to Rocky Mountain National Park. But not eating turkey, just apple pie a la mode.

Happy running DDAC!

Bob Johnson, Colorado December 01 2016. (Bob.johnson@skybeam.com)



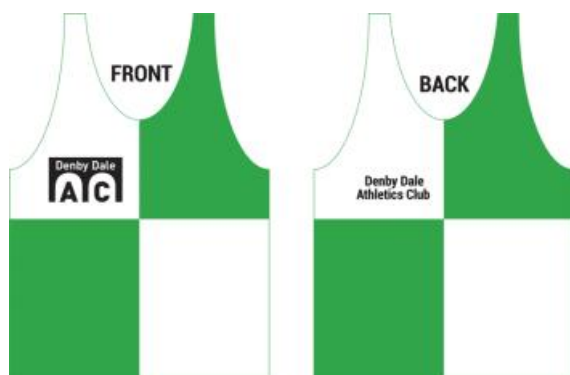
DDAC Road & Fell Race Championships 2016/17

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.

DDAC Road Race Championship 2016/17

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



SHORT

Sun 26th June 2016 - Penistone 10km

Sun 4th Sept 2016 - Cannon Hall Run 10km

Sun 29th Jan 2017 - Meltham 10km

Meltham Community Centre HD9 5QT, Start 9:30am. Pre-entry £11.50, EOD £3 extra.

Limit 450 runners

www.melthamac.com

MEDIUM

Sun 14th Aug 2016 - Askern 10 mile

Sun 6th Nov 2016 - Guy Fawkes 10 mile

Sun 5th Mar 2017 —Norton 9 mile

Norton DN6 8NS, Start 10am, Pre-entry only £10. Limit 600 runners

www.asketndrc.org/our-races/

LONG

Sat 23rd Jul 2016 - Yorkshire Wolds Half Marathon

Sun 30th Oct 2016 - Holmfirth 15

Sun 12th Feb 2017 - Liversedge Half Marathon

Roberttown Community Centre WF15 7LS, Start 11am, **RACE NOW FULL**

www.roberttownroadrunners.co.uk

Check the DDAC website for race details and updates:

www.denbydaleac.co.uk

Road Race results so far.Competition is hotting up!

DDAC ROAD RACE CHAMPIONSHIP 2016 - 2017

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

Points are based on your best short, medium & long race plus your best 3 others.

You also need to be a paid-up club member

All results to Anne Middleton please

	SHORT			MEDIUM			LONG						
Race	Penistone 10K	Cannon Hall 10K	Meltham 10K	Askern 10m	Guy Fawkes 10m	Norton 9m	Yorkshire Wolds Half Marathon	Holmfirth 15m	Liversedge Half Marathon	Total Points	Points to count	Position	Age Category
Date	26-Jun-16	4-Sep-16	29-Jan-17	14-Aug-16	6-Nov-16	5-Mar-17	23-Jul-16	30-Oct-16	12-Feb-17				
Men's scores													
Steven Sharp	9						10			19	19	1	
Chris Walker	4	5					9			18	18	2	SV
Dave Townend	6	7								13	13	3	SV
Pete McEvoy					10					10	10	4	SV
Oliver Ingham	10									10	10	4	
Johnny Ridge		10								10	10	4	
Steve Blackford		9								9	9	7	SV
James Lodge	8									8	8	8	
Jonathon O'Hanlon		8								8	8	8	SV
Richard Bradley	7									7	7	10	V
Pete Andrews	3	4								7	7	10	SV
Grahan Guest		6								6	6	12	V
Si Warsop	5									5	5	13	SV

Ladies scores													
Anita Nicholson	6	6			9		8			29	29	1	SV
Katie Sharp	9						10			19	19	2	
Kate Lucas	7	8								15	15	3	V
Jo Worboys-Hodgson	10									10	10	4	V
Bridget Coomber					10					10	10	4	SV
Sally Campbell		10								10	10	4	V
Abbie Dagg	3				7					10	10	4	V
Kay Couldwell	2						7			9	9	8	V
Rosalind Bedford							9			9	9	8	SV
Samara Wood		9								9	9	8	
Emma Worsley	8									8	8	11	
Stella Taylor					8					8	8	11	SV
Catherine O'Brien		7								7	7	13	
Sue Levinson					6					6	6	14	SV
Sarah Godbehere	5									5	5	15	V
Rachel Warsop	4									4	4	16	V

DDAC Fell Race Championship 2016/17

The following races were chosen by our Fell Captain (Simon Browne)

SHORT

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

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

Sun 5th Mar 2017 at 11am – 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

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

Sun 15th Jan 2017 – Stanbury Splash 7.3m, 1312ft, Cat BM

LONG

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

Sun 13th Nov 2016 at 10.30am - Roaches 15m, 3701ft Cat BL.



Sun 26th Mar 2017 – Edale Skyline 21.1m, 4505ft, Cat AL

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

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

Check the DDAC website for race details and updates:

www.denbydaleac.co.uk

DDAC FELL CHAMPIONSHIP 2016-2017

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

Points are 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

Race	SHORT			MEDIUM			LONG			Total Points	Points to count	Position	Age Category
	West Nab 5.9m, 1640ft, Cat AS	Hathersage Gala 4.5m, 1066ft, Cat BS	Hope Winter 5.9m, 1480ft, Cat BS	Weasdale Horseshoe 8.7m, 2001ft, Cat BM	Hodder Valley Show 6.2m, 1148ft, Cat BM	Stanbury Splash 7.3m, 1312ft, Cat BM	Grin & Bear it 15.9m, 1939ft Cat CL.	Roaches 15m, 3701ft Cat BL.	Edale Skyline 21.1m, 4505ft, Cat AL				
Date	22-May-16	4-Jul-16	5-Mar-17	20-Aug-16	10-Sep-16	15-Jan-17	30-Oct-16	13-Nov-16	26-Mar-17				
Men's scores													
Andy Green						10	10	10		30	30	1	V
Simon Browne	10	10								20	20	2	V
Oliver Ingham	8	9								17	17	3	
Andrew de Feu	9									9	9	4	V
Ralph Barker	7									7	7	5	SV
Stewart Yates	6									6	6	6	SV
Graham Guest	5									5	5	7	V

Ladies' scores													
Anne Middleton		10		10	10	9	9			48	48	1	SV
Rosalind Bedford		9		9			9			27	27	2	SV
Abbie Dagg	9	8				7				24	24	3	V
Katie Sharp						10				10	10	4	
Jo Worboys-Hodgson	10									10	10	4	V
Vicky McClelland							9			9	9	6	V
Rachel Warsop						8				8	8	7	V

Future events & dates for your diary

DENBY DALE ATHLETICS CLUB

Presents

Mickleden Straddle fell race

SUNDAY 5th February 2017, 10.30am Start

A category BL fell race over 14.3miles with 2431ft ascent.

Difficult high-level moorland terrain & potential for severe weather conditions make this a serious winter challenge, requiring previous similar fell running experience. **Navigation skills & full FRA kit required.**

Entry fee £8. Pre-entry only, by 28th January.

Entry fee includes donation to Dark Peak Access Fund, post race refreshments and bottle of Rescue Ale.

See DDAC website for full details & entry form www.denbydaleac.co.uk

Many helping hands also required for marshalling, timekeeping & preparing food
—please let Simon Browne (Fell Captain) know if you can help.



Denby Dale Athletics Club Park Run Challenge 2016/17

12th November 2016 – Nostell Priory

10th December 2016 – Locke Park

14th January 2017 – Pontefract Racecourse

4th February 2017 – Oakwell Hall

18th February 2017 – Thornes Park

11th March 2017 – Crow Nest park

1st April 2017 – Greenhead Park

22nd April 2017 – Fountains Abbey

After 3 races :

Rachel Warsop & Mick Collinson both on 60 points at top of parkrun leaderboard.

Best 6 runs to count—give it a try, if you've never had a go.

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



Yorkshire Vets Cross Country Championships Saturday 4th March 2017

Venue: Northern Racing College, Rossington, DN11 0HW

5K or 10K distance depending on age and sex

You need to be 35 years or older to enter.

Entries required mid February. Entry fee £6

Denby Dale Ladies required to retain the coveted 'All to Count' team trophy.

See Club Captains, Abbie Dagg or Phil Ellis if you'd like to enter.

**Dates for your diary these are two classic team events in the Club's year
Please talk to Club Captains or Ralph if you would like to represent the club**



CALDERDALE WAY RELAY

Sun 21st May 2017

We will be entering a men's team, and a ladies team.

6 legs of varying length.

2 runners per leg.

£6 per runner

One of the longest established races on our racing calendar, and a great atmosphere.

Details will follow, but to declare a willingness to run, contact Ralph for the men's team - ralph.barkers56@gmail.com. or Abbie for the ladies team - abbiecoldfeet@gmail.com

In the event we have more runners than needed, we will set up a reserve list (always a necessity as there are inevitable injuries/illness that strike at the last minute!)

For details of the race, look at Halifax Harriers web site.

www.halifaxharriers.co.uk

BARNSELY BOUNDARY RELAY

Sat 10th June 2017

10 legs of varying length and terrains covering the 73 mile boundary.

1 runner per leg

Options to enter men's, ladies & mixed teams.

Reccies usually feasible if you're new to the event or a particular leg.

Plenty of opportunity for spectators — the villlage green in Upper Denby is a popular spot.

Again, see Club Captain's if you are interested.

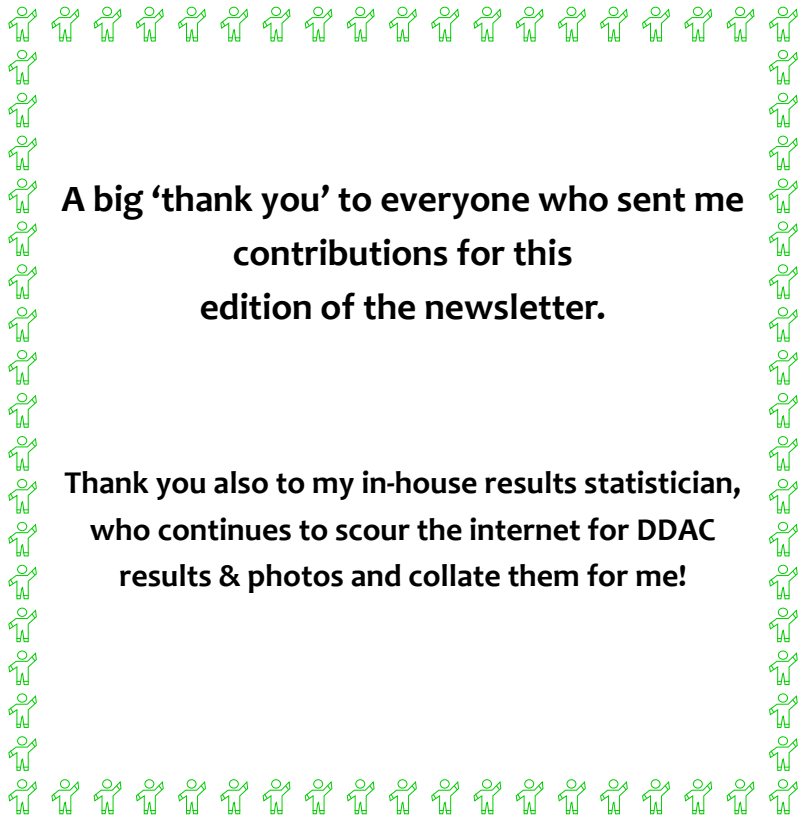
Denby Dale Athletics Club

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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 sent me
contributions for this
edition of the newsletter.**

**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 March 2017

Please let me have
contributions by
mid March



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

'Denby Dale AC Seniors' - for Senior section

'Denby Dale AC Juniors' —for Junior section

Senior Members — Information Request

Senior members are kindly asked to confirm their contact details to Tony Sharpe,
Membership Secretary, to ensure that club records are up to date.

Please let Tony have your **address, email and mobile number—**

you can email Tony tonyhsharpe@gmail.com

or see him in the Pie Hall on most Tuesday nights.

