

Denby Dale AC

# Denby Dale Traveller

Volume 32, Issue 1

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

April/May 2015



**New Name!**  
**New Logo!**  
**New Juniors Section!**



## PETER SUGDEN R.I.P.

It is with sadness that I report the passing of Pete Sugden.

Pete joined the Travellers in 1984; he opened his account at the Deffer Trial in that year with a creditable 12 mins 24. He regularly ran in the DDT team in the early Calderdale Way relays with his good friend Derek McRae. One notable performance was a solo run in the Dearne Way relay, covering the entire 17 mile route in 2 hours 34, beating several 3 or 6 person teams!

You will find Pete at 102<sup>nd</sup> (1hour36) in the archive results of the inaugural Denby Dale Half Marathon (see last newsletter).

Living in Skelmanthorpe he was an occasional member of the legendary Shat Harriers.

But Pete was just as likely to be found helping out at DDT events (timekeeping, marshalling, etc) as running; he was a great clubman. Some of us remember with affection Pete's club away-day in the upper Holme valley which became a classic training route.

Ill health plagued his later years. Our thoughts go out to his family and friends. Another good man down.

### Very brief update from the Scottish Branch:

After setting up Spey Runners back in 2007 as a Jog Scotland group, our Spey Jogettes have turned into fully fledged marathon runners! Four ladies who had never run before they joined us trained for the Greater Manchester marathon last week. As Coach Stockdale always says, getting to the start line of a marathon is the biggest achievement, and so it turned out to be. One of our members got a bit over-enthusiastic at a Ceildh two weeks before race day, broke her wrist and couldn't run, which she was devastated about. Never mind, the other three all had a great day out and shiny, enormous medals to show for it. Then one of our members, Scarlett Courtney (who is our very own Steve Blackford in that she owns the local running shop!!) completed London on Sunday in a little over 4 hours. She's not a novice runner, but still great to see Spey Runners get a club entry.

Not bad for a little start up club!

Rachel

## **DENBY DALE ATHLETICS CLUB DEFFER DASH RACE SERIES 2015**



**Dash Dates:**  
**Tuesday 5th May 2015**  
**Tuesday 7th July 2015**  
**Tuesday 1st September 2015**

**The plan is to meet at the Pie Hall at 19.00 and run up to Deffer  
Wood top main entrance.**

**The Dash will start at 19.15.**

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

**The event organiser and time keeper is Denise Faller  
If you need any more information please contact John Shone**

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

## April 2014—March 2015: Prize Winners

The following awards were handed out at the annual Christmas Dinner on 9th May

Ladies Fell Championship  
Overall winner: Joanne Worboys-Hodgson  
Vet: Anne Middleton  
Supervet: Rosalind Bedford

Mens Fell Championship  
Overall winner: Simon Browne  
Vet: David Gill  
Supervet: Stewart Yates

Ladies Road Championship  
Overall winner: Joanne Worboys-Hodgson  
Vet: Claire Wilkinson  
Supervet: Rosalind Bedford

Mens Road Championship  
Overall winner: Kev Jackson  
Vet: Richard Bradley  
Supervet: Peter McEvoy

Deffer Trial 2014  
Fastest man: Kev Jackson  
Fastest lady: Anne Middleton  
Most improved: Clara Carr

Traveller of the Year: Andy Kirby

Parkrun Challenge: Nick Allen-Smith

Race miles lady: Claire Wilkinson  
Race miles man: Chris Walker

### **Reminder of the rules.....**

**The club road race championship** will include 9 events to be nominated by the club captains. There will be 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 can count towards the championship. **These must include 1 short, 1 medium and 1 long race, together with up to 3 of the other nominated races. You need to run 1 race to qualify. You must also be a paid up club member.**

**The club fell championship** will include 9 events to be nominated by the club captain. There will be 3 'short' events, 3 'medium' and 3 'long'.

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

The scoring system sounds complicated, but is really quite simple. The first Traveller 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 categories are:  
Mens Open, Vet and SupeVet (Road & Fell)  
Ladies Open, Vet and SuperVet (Road & Fell)

## Denby Dale Athletics Club Road Race Championship 2015—2016

The following races have been chosen by our club captains for the coming year. It would be fantastic to see a good turn out from our members at these races.

### Short

28<sup>th</sup> June 2015 – Penistone 10K

Penistone Church Football Club – S36 6AT – 11.00am Start

£12 – [www.acshaw.com/penistone-10k](http://www.acshaw.com/penistone-10k)

Nov 2015 - Barnsley 10K (date TBC)

Royston Park, Barnsley—details TBC—[www.barnsleyac.co.uk](http://www.barnsleyac.co.uk)

23<sup>rd</sup> February 2016 – Huddersfield 10K

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

£10 – [www.huddersfieldroadrunners.co.uk](http://www.huddersfieldroadrunners.co.uk)

### Medium

9<sup>th</sup> August 2015 – Askern 10

Askern – 10.30am Start

£TBC – [www.askernac.org](http://www.askernac.org)

24<sup>th</sup> January 2016 - Ferriby 10

North Ferriby – 10.30am Start

£TBC – [www.cityofhull.co.uk](http://www.cityofhull.co.uk)

2<sup>nd</sup> March 2016 – Norton 9

Details TBC

### Long

24<sup>th</sup> May 2015 – Buxton Half Marathon

Buxton – 10.00am Start

£10 – [www.buxtonac.org.uk](http://www.buxtonac.org.uk)

18<sup>th</sup> July 2015 – Yorkshire Wolds Half Marathon

TBC – Not on any websites as yet

25<sup>th</sup> October 2015 – Holmfirth 15

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

£17 (£19 on day) – [www.holmfirthharriers.com](http://www.holmfirthharriers.com)

## **Denby Dale Athletics Club – Fell Championship Races 2015/16**

### **SHORT**

**Thurs 23<sup>rd</sup> April 2015 at 7:30pm – Hartcliff Hill 2.5m/492' Cat BS**

Venue: Langsett Barn, S36 4GY. GR SE211005 (NB. Start is 10 min walk from the barn)

£4 Entry on day. Website [www.pfrac.co.uk](http://www.pfrac.co.uk)

**Tues 14<sup>th</sup> July 2015 at 7:30pm – Stoodley Pike 3.1m/699' Cat BS**

Venue: Top Brink Inn, Lumbutts, Todmorden OL14 6JB. GR SD996052

£4 Entry on day. Website [www.todharriers.co.uk](http://www.todharriers.co.uk)

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

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

Pre-entry £4.50, Entry on day £10 (2015 prices). This race usually fills up so pre entry recommended.

Website [www.ilkleyharriers.co.uk](http://www.ilkleyharriers.co.uk)

### **MEDIUM**

**Mon 25<sup>th</sup> May 2015 at 1:00pm – Austwick Amble 8.1m/1197' Cat BM**

Venue: Austwick Village Green (Yorkshire Dales) LA2 8BA. GR 767685

£5 Entry on day. Website [www.austwick.org](http://www.austwick.org)

**Fri 7<sup>th</sup> Aug 2015 at 19:00 – Salt Cellar 6.8m/1594' Cat BM**

Venue: Fairholmes Car Park, Derwent, Nr Bamford S33 0AQ. GR SK173893

Pre-entry £4. Entry on day £5. Website [www.steelcitystriders.co.uk](http://www.steelcitystriders.co.uk)

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

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

Entry on day £6. Website [www.yorkknavesmireharriers.co.uk](http://www.yorkknavesmireharriers.co.uk)

### **LONG**

**Sat 13<sup>th</sup> June 2015 at 11:00am – Howtown 13.3m/4593' Cat AL**

Venue: Howtown Bobbin Mill, Lake District. GR 443196

Entry on day £3. Website [www.fellrace.org.uk/events/howtown](http://www.fellrace.org.uk/events/howtown)

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

Venue: Cricket Inn, Topley. GR 302799

Pre-entry £5. Entry on day £7. Website [www.topleyac.org.uk](http://www.topleyac.org.uk)

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

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

Entry on day £6. Website [www.heptonstallfellrace.wordpress.com](http://www.heptonstallfellrace.wordpress.com)

## Letter from America

The very first fell race I ever ran was the inaugural 1983 Wardle Skyline over in Lancashire. Steve Robinson cajoled me and others into having a go as a change from road running. I knew it was something special when the race starter climbed up onto the church wall wearing a huge Ecky Thump flat cap and a string of black puddings around his neck. To shouts of "More Ale!" he set us off by clanging two dustbin lids together. Thus began my fell running adventures.

In true Travellers fashion I have a claim to fame in this race: after the 2<sup>nd</sup> running I was asked by an official in the finishing funnel if the event could be improved. It would help if the pub was still open after the race, said I. Thumbs in waistcoat he replied: "leave it with me, lad, I'm on t' Town Hall Committee". True to his word the pub was open for the next few races I ran. Fond memories indeed!

The word fell as in fell running is derived from an Old Norse word *Fjall* meaning mountain and is applied to high, barren landscapes typically found on moor-covered hills. Those interested further can check out this link in Wikipedia <http://en.wikipedia.org/wiki/Fell>.

Here in the USA the word fell is not recognized (other than as a verb) so there is no fell running as we know it. But there is an equivalent and it is usually referred to as Trail Running. I've also come across Mountain Running which seems to be used in the same way embodied by its counterpart the World Mountain Running Association.

It is generally agreed that off-road races originated in the UK in the form of Hill Races, Guides Races and, more recently, Fell Races. Today the sport is organized by the FRA which came into existence in 1970. Their events usually include uphill and downhill running whereas in European (Continental) style trail running, uphill races predominate.

In the USA, off-road records date back to colonial times so it is very likely that the sport migrated with the earliest colonists. The American Trail Running Association – ATRA - was founded in Colorado in 1996 to represent and promote trail and mountain running. ATRA falls with the purview of the USA Track and Field organization.

It is interesting to note that the definition of a Trail has had to be adapted to include bridleways, jeep and mountain bike trails and disused railway lines as well as pathways around lakes, parks and other similar amenities in urban areas. Nonetheless, Trail Running usually refers to running on unpaved trails. There are now well established trail events all over America including the Appalachian and Continental Divide Trails and other ultra-distance races such as the Leadville 100.

Generally speaking, the major component of Mountain Running is elevation gain or loss and involves steep ascents and descents. By contrast, Trail Running mainly comprises running on non-paved surfaces including grass, mud, scree, sand, gravel and even snow. Interestingly,

There is also Skyrunning which is classified for events that take place above 2000m elevation; this sport is managed by the International Skyrunning Federation. There is also Ultra-running, Hashing, Snowshoe Running, Burro Racing, Ride & Ties (Google it!), Orienteering and Rogaining (Rugged Outdoor Group Activity Involving Navigation and Endurance). Something for every taste and inclination!

Trail running in Colorado involves some unusual risks apart from the usual steep ascents and descents. Vigilance has to be maintained at all times in case there are rattlesnakes, bears and even mountain lions in the neighborhood. Once you get above the tree line (ca. 10,000ft) you are very likely to run into the critter shown in the attached photo: The Rocky Mountain Yellow-Bellied Marmot!

Happy Running, Travellers!

Bob Johnson, April '15 Colorado. ([bob.johnson@skybeam.com](mailto:bob.johnson@skybeam.com))

Acknowledgements: Wikipedia; Trail Running ISBN 978-0-7627-5537-0 and ISBN 0-89886-840-0



### Huddersfield 10K 22<sup>nd</sup> February 2015

1	Marc Fenwick	Tyne Bridge	M	35:00
39	Magda Grinsdale	Tyne Bridge	F	41:00
257	Peter McEvoy	DDT	M60	52:14
333	Norman Roper	DDT	M60	55:38
519	Leanne Halsall	DDT	F35	1:11:23

### Spenningsbury 20 15<sup>th</sup> March 2015

1	John Hobbs	M35	Valley Striders	1:59:30
13	Shona Fletcher	F35	Richmond	2:06:26
108	Joanne Worboys-Hodgson	F40	DDT	2:38:56
196	Claire Wilkinson	F40	DDT	3:11:18

### Liverpool Half Marathon 29 March 2015

1713	Katie Sharpe	F	1:48:33
2518	Peter Taylor	M60	1:56:23
3828	Kay Couldwell	F40	2:10:38
3834	Emma Holling	F40	2:10:40

### Lads Leap 29 March 2015

1	Stuart Bond	Dark Peak	M	48:07
30	Steph Curtis	Pennine	FV40	63:22
58	Joanne Worboys-Hodgson	DDT	F40	71:34
59	Simon Browne	DDT	M40	71:35
89	David Gill	DDT	M50	82:03
90	Phil Ellis	DDT	M	82:39
103	Anne Middleton	DDT	F50	91:05
107	Graham Guest	DDT	M40	97:18

## DT20 – 4<sup>th</sup> April 2015

The DT20 was the first in a new series of three trail races set in the Yorkshire Dales ([www.dalestrailseries.uk](http://www.dalestrailseries.uk)). The series is designed to develop off-road running and navigational skills with race courses becoming progressively more challenging. The DT20, as you might have guessed, was 20km long and started/finished on the outskirts of Reeth in Swaledale, one of my favourite places to walk and run.



The route started with a 600ft climb up to the top of Fremington Edge limestone scar; time for fell-runners walk!



We were rewarded by a lovely undulating ridge run with spectacular views over Arkengarthdale followed by a tricky descent through old mining rushes down to the River Arkle. Time for a quick 'hello' to my support crew and then a long climb on small paths and sheep trods with numerous false summits we reached Calver Hill, the high point of the day.



The finish was almost in sight now but there were still several tricks in the course with technical descents (my favourite, not!) and mean deviations that seemed to be taking us further & further away from Reeth. Eventually we dropped off a grassy hillside down to the cross over the River Arkle again. The last section was a series of increasingly muddy ups and downs before the final fast descent through the fields to the finish line.

Although fully marked, this race was certainly no walk in the park. It was challenging, exhilarating and amidst stunning Dales spring scenery. As I walked back to the village hall for my finisher's tea and cake the faster fell running types were talking of this being a 'classic' in the making.

1	Andy Blackett	DFR	01:29:03
11	Kim Spence (1 <sup>st</sup> lady)	Valley Striders	01:44:10
72	Anne Middleton	DDAC	02:11:43
(1 <sup>st</sup> FV45 - £30 prize money to spend at Swaledale Outdoors)			
139	Last		03:05:15

Altogether a 'grand day out'!!

## Greater Manchester Marathon. Sunday 19th April 2015

As you can see, the splits have been re-worked into a more user friendly format.  
The added value to this race was the tea and doughnuts from Roger and Rachel!  
Conditions were perfect on what is claimed to be the flattest Marathon in the country

**Ralph Barker      Male   V55   3:08:18**

**Overall: 760/7849**

**Gender: 725/5545**

**Categ: 8/202**

**10K: 45:21**

**Half: 1:33:06**

**20 mile: 2:22:28**

**Finish: 3:08:18**

## Hartcliffe Hill Fell Race 23 April 2015

1	Shaun Dimelow	V40	M	PFAC	17:23	
12	Jonathan Ridge		M	DDT	20:01	
20	Phil Ellis		M	DDT	22:02	
23	Judy Howells	V40	L	Wharfedale	22:20	1 <sup>st</sup> Lady
27	Steve Blackford	V60	M	DDT	22:41	
34	Stewart Yates	V50	M	DDT	23:27	
37	Dave Gill	V50	M	DDT	23:33	
40	Anne Middleton	V50	L	DDT	24:32	
56	Graham Guest	V40	M	DDT	26:39	
58	Rosalind Bedford	V50	L	DDT	27:20	

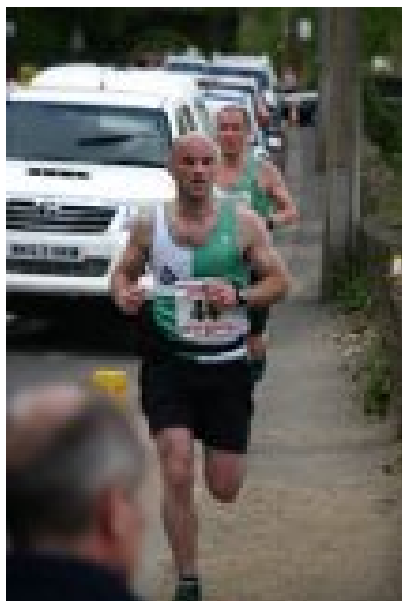
## Virgin London Marathon 26<sup>th</sup> April 2015

Joanne Worboys-Hodgson	F	40-44	DDT	3:39:47
Claire Wilkinson	F	40-44	DDT	4:25:13
Kay Couldwell	F	45-49	DDT	4:52:15

Fabulous results from our 3 intrepid ladies!

## Calderdale Way Relay. 17th May 2015

	DDAC Men	DDAC Ladies
Leg 1:	Ralph Barker Ross McClelland 1:31:20 (32)	Bridget Coomber Jo Worboys-Hodgson 1:39:49 (55)
Leg 2:	Peter Frankland Stewart Yates 1:25:31 (57)	Abbie Dagg Charlotte Coleman 1:54:33 (86)
Leg 3	Peter Hayward Simon Browne 42:13 (19)	Bronwyn Morris Alison Barstow 1:06:29 (85)
Leg 4	Dave Daniels George Barker 1:56:44 (80)	Debbie Chappell Samara Wood 2:16:39 (83)
Leg 5	Richard Howard Dave Gill 1:13:53 (49)	Claire Wilkinson Vicky McClelland 1:29:56 (81)
Leg 6	Adam Bloomfield Johnny Ridge 1:19:39 (16)	Sally Campbell Rachel Lawty 1:44:46 (70)
	8:09:20 50th Team	10:12:12 81st Team



Johnny & Adam (copyright: Adele Tayles, Meltham AC)  
Claire (copyright: woodentops)



**Calderdale Relay**  
**Copyright: woodentops.org.uk**

**Richard, Dave, Vicky & Claire on Leg 5**



# Fox Valley Events

presents –

## The Wet Fox Trot

Run – Kayak - Run

4k-2k-4k (approx.)

Weds 24<sup>th</sup> Jun 2015

Entry Fee £17 - Entry on Day £18.50 (Incl equipment hire)

Start times in 4 waves 6.10pm 6.30pm. 6.50pm. 7.10pm

Prizes – 1<sup>st</sup> Male, 1<sup>st</sup> Female

Race limit 100 competitors (Adult race 14yrs+)

Junior race – 2k Kayak + 4k Run @ 6pm

10-16yrs - £10. Race limit 16 only

Start/finish - Underbank Activity Centre

Oaks Lane, Stocksbridge, Sheffield, S36 4GH

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

Discount lessons/refreshers available before race-day from Peak Pursuits

Please call Matt Collins on 01226 370509 for more details

Refreshments/shower/toilets/parking available

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# **DENBY DALE ATHLETICS CLUB CAN YOU BEAT BADGER? TUESDAY 23rd JUNE 2015**



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

## Summer Away Days

- Tuesday 2 June – Watch Your Time from The Engineers Arms at Higham led by Dave Townend (where you run over a nominated route without a watch and have to guess your finishing time, with the person closest to their estimate being the winner)
- Tuesday 23 June – Can You Beat Badger? A train ride from Clayton West to Shelley on the Kirklees Light Railway followed by a race against the train back to Clayton West. Organized by John Shone with Kirklees Light Railway as a fund raiser for Cancer Research
- Tuesday 14 July – A fell running away day to the Stoodley Pike fell race (3.1m/699ft BS) at the Top Brink Inn, Lum-butts, Todmorden ([www.todharriers.co.uk](http://www.todharriers.co.uk)). This race is included in the 2015/16 club fell running championship, so bound to be plenty of Club runners taking part. Also, an ideal introduction to fell running for those that would like to give it a try. Further details available from fell captain Simon Browne
- Tuesday 25 August – The Ingbirchworth duathlon (run-bike-run) A 1.5 mile run around the reservoir followed by a 10.3 mile road cycle and a further lap of the reservoir to finish.

Further details of all of these events will be available nearer the day. If anyone has ideas for a further away day in early August please let me know.

## DDAC Juniors Section

DDAC Junior has now been up and running since Wednesday 29th April

We meet at Shelley College on Wednesday Evenings from 6pm til 7.30pm

Open to children aged 8 to 16 years

Cost per session is £3 (non-members) or £2 (members)

If you would like to get more involved by volunteering to help out then please speak to Jo Worboys-Hodgson

## My Final Newsletter

Sorry this newsletter is late (again!). I have been having problems with technology which is one of the reasons I have decided to give up doing the newsletter.

Anne Middleton has very kindly volunteered to take over so please make sure that any results, race reports, photos etc are emailed to Anne in future. It really makes being the newsletter editor an easier job if people help by providing plenty of content to include!

One of the other reasons I am handing over the job is that now the Junior Section is off the ground and I am helping to coach on Wednesday evenings I have even less spare time than previously.

When I took over doing the newsletter, I went to visit Dave Wyatt for 'training' - Dave very kindly spent several hours showing me how things were done. As Dave's health was failing quite badly at this point, he also sent me home with a large cardboard box full of paper files full of old printed race results, old newsletters etc. This part of the club's history is currently sitting on a shelf in our garage—I've regrettably never found time to go through everything in this box. If anyone fancies spending some time sorting through this box, perhaps scanning some old race results etc then I think that would be a great contribution to the club's archive—any volunteers?

One of the benefits of editing the newsletter is being able to select photos very carefully and avoid including any unflattering ones of yourself. Please be kind Anne!

2015 marks my tenth year as a Denby Dale Traveller. It was in the Autumn of 2005 that I first came down to the club on a Tuesday night (on the very same night that Rachel Lawty chose to turn up for the first time!) - last Sunday I ran Calderdale Relay with Rachel, perhaps we almost qualify as long-standing members now or does that require at least 25 years of regular attendance?

Good luck Anne

Sally



DDT subs are now overdue

£15 per person. Can be paid in cash or cheque to treasurer Tony Sharpe or via Bank Transfer (email Tony to let him know — [tony.sharpe@talktalk.net](mailto:tony.sharpe@talktalk.net) )

If you do not wish to be registered with England Athletics then please let Tony know

HSBC 40-37-04 A/c 11166654

Denby Dale AC

New Newsletter Editor from the next issue onwards is Anne Middleton

Email: [anne.peter@tiscali.co.uk](mailto:anne.peter@tiscali.co.uk)

We're on the web at:  
[www.denbydaleac.co.uk](http://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')

**Next Issue Jul/Aug 2015**

Please let Anne have contributions by mid July



**A big thank you to Claire,  
Corrin & Anita for arranging  
the recent  
Christmas dinner.**

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

**facebook**

