



For further information please contact  
[simon.forde@brepols.net](mailto:simon.forde@brepols.net)  
or text him at 0032 (473) 963637

**Airedale Athletics** is a community of joggers, walkers, runners, cyclists and participants of similar endurance activities, plus athletes in track and field events, of all abilities, backgrounds and ages, in Airedale, Bradford, and Leeds, and further afield. It is a partnership between the following clubs:



**Baildon  
Runners**



**Bradford-  
Airedale AC**



**Eccleshill  
Road Runners**



**St Bede's AC  
(Esholt)**



**Skyrac AC  
(Guiseley)**

Airedale Athletics is a founding member of the Bradford Athletics Network, alongside Bingley Harriers & AC, Ilkley Harriers and Keighley & Craven AC.

## Winter Challenge, 2009-10 (Off-Road)

### HOW IT WORKS

- a) You can enter **as an individual** or **as a group of 4-8 mates**.
- b) You should be aiming to run a **minimum of 6** of the 19 off-road races listed.
- c) Scoring is done based on how your time compares with the first three finishers in your own age-category and gender. If, for example, the first three finishers in the women's over-50s ran an average of 20min 0sec and you ran 30min 0sec, you would have run 0.667 as fast as them, and so would score 667 points.  
  
For a group of mates, your team score is simply the accumulation of all members' scores; so the more who turn out the better. Scoring for individuals and teams is based on your 6 best individual performances.
- d) There are **bonus points** for "Joker Races" (extra-long events, and not advisable for beginners), for the best improver, and for the best attender.
- e) The series (but not the races themselves), the scores and everything is managed by Simon Bowens from Baildon Runners but it is **open to any member of the clubs listed above, or any runner in the Airedale Athletics community** (i.e. people who receive the quarterly newsletters and other year-round information).

### HOW YOU CAN ENTER

- (i) Complete the form overleaf and send to Simon Bowens as soon as possible, and certainly **before 15 December** (when 6 of the races will have already taken place) – email = [simon@bowens.org.uk](mailto:simon@bowens.org.uk)
- (ii) Enter each race directly, either in advance or on the day. Entry fees are typically only about £3 to £5.
- (iii) If you are not a member of one of the clubs above, but still wish to take part, please first contact the Membership Secretary of Airedale Athletics, Barney Lerner, email = [d.n.lerner@shef.ac.uk](mailto:d.n.lerner@shef.ac.uk)

### FINDING OUT THE CURRENT INFORMATION & STANDINGS

Current information on the races, the standings and other news is available at

<http://www.baildonrunners.webeden.co.uk/#/fell-league-winter/4533727684>

## WINTER CHALLENGE ENTRY FORM

I wish to enter as an **Individual** [ . . . ] or as a **Group of Mates** [ . . . ] (please tick one).

Individual's full name and contact details (or details for main contact person for a team)		
Forename & Surname	Club (if not applicable, just write "Airedale Athletics")	Email or phone number
Our Team Name is:		
Each Member's Forename & Surname	Club (or "Airedale Athletics")	Email or phone number
1:		
2:		
3:		
4:		
5:		
6:		
7:		
8:		

## OVERVIEW OF RACES IN THE 'CHALLENGE SERIES'

Race	Date (Day)	Start-time	Event name (distance & climbing)	General location of start/finish
1	25 Oct (Sun)	11.30am	Withins Skyline - 7 mile / 1000 ft	Penistone Hill park, Haworth
2	31 Oct (Sat)	11.30am	Great Whernside - 4 mile / 1555 ft	Kettlewell
3	7 Nov (Sat)	1.00pm	Shepherd's Skyline - 6 mile / 1150 ft	Todmorden
4	8 Nov (Sun)	10.30am	Cop Hill – 7 mile	Meltham
5	21 Nov (Sat)	2pm	Harriers v Cyclists - 6 mile / 650 ft	Dowley Gap, Bingley
6	22 Nov (Sun)	11.15am	Rivock Edge - 6.3 mile / 835 ft	Silsden
7	20 Dec (Sun)	11.30am	The Stoop - 5 mile / 800 ft	Penistone Hill park, Haworth
8	26 Dec (Sat)	11.00am	Chevin Chase - 7 mile	Guisseley
9	31 Dec (Thu)	11.30am	Auld Lang Syne - 6 mile / 900 ft	Penistone Hill park, Haworth
10	1 Jan (Fri)	Tba	Giant's Tooth	Ogden Water, Causeway Foot
11	TBA Jan	11.30am	Stanbury Splash – 7 mile / 1200 ft	Penistone Hill park, Haworth
12	21 Feb (Sun)	11.30am	Ilkley Moor – 5 mile / 1260 ft	Wells Road, Ilkley
13	TBA Feb	Tba	Wadsworth Trog (joker race)	Hebden Bridge
14		Tba	Wadsworth Half Trog	
15	TBA Feb	12 noon	Noon Stone – 9 mile / 2300 ft	Lumbutts, Todmorden
16	TBA March	11.00am	Ian Roberts Memorial – 6 mile / 900 ft	Marsden
17	TBA March	8.00am	Haworth Hobble (joker race)	Haworth
18	TBA March	11.30am	Windmills Whizz – 6 mile / 800 ft	Ogden Water, Causeway Foot
19	TBA March	11.00am	Midgeley Moor – 5 mile / 1250 ft	Booth, Halifax