



**Airedale Athletics** is a community of joggers, walkers, runners, cyclists and participants of similar endurance activities, of all abilities, backgrounds and ages, in Airedale, Bradford, and Leeds, and further afield.

The facilities and infrastructure of Airedale Athletics are provided through the voluntary efforts of members of its partner clubs, namely Bradford-Airedale AC, Eccleshill Road Runners and St Bede's AC.

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## RECENT NEWS

1. **Mike Moss** has been elected chair of England Athletics in the Yorkshire-Humberside region. England Athletics is responsible for managing the sport in England, but administration is devolved to nine regions. Mike chairs the council which oversees policy and the spending of significant amounts of money from central government and from private sponsorship.

Mike is a long-time member of St Bede's AC and is currently chair and secretary of the club. However, with these additional regional duties, it has been agreed that Jack Verity step in as acting secretary for St Bede's till the AGM at the end of the year.

As a keen fell-runner he will be able to help ensure that "Endurance Running" gets greater attention at a regional and national level than has sometimes been the case in the past.

2. The **Epilepsy Action Bradford 10k** was a huge success and the Council has already given enthusiastic support to its being held again in 2009. The organising team are already de-briefing and planning next year's event.

Most praise rightly goes to Melanie Taylor and colleagues at Epilepsy Action for organising an event within such a short space of time (less than three months since it got approval). The 580 entrants ensured the race's long-term viability.

Nonetheless feedback on online forums and emails make clear that the **team of 40 marshals** put together by Terry Maddocks, with help from Dave Armstrong and Chris Hainsworth, were also responsible for the excellent atmosphere of the race.

Airedale Athletics were also responsible for inviting an **elite group of 20 athletes** to the race. The special provision was greatly appreciated and the race winner confirmed with his time that the course would be very attractive to increasing numbers of elite runners in the future.

Finally, a thanks to **Shipley Green's** health and fitness centre and **Fitness First**, both partners of Airedale Athletics clubs, who were the main sponsors of the event.

## TARGET EVENTS

If you are not a member of a running club, why not at least show that you are part of the Airedale Athletics community by **wearing your Bradford 10k t-shirt** at these races?

1. For **road and trail runners** there is a summer-long series of a dozen races organised by Eccleshill. The dates are listed in the Calendar at the end.

2. Particular target races where we would like to encourage maximum participation are:

\* **Harewood Chase 10k** on Sunday, 8 June is a multi-terrain event held in the grounds of Harewood House, near Pool. A glorious and pleasant course away from traffic, all inside the beautiful Harewood Estate.

\* The Bingley Show "**St Ives Trail Race**" on Wednesday 11 June is a scenic and undulating trail race of approx 3 miles on public footpaths around Bingley and St Ives Estate. It is a "mob-match" event where, basically, the team with the most runners is likely to win. So...

\* **Thorpe Edge 10k** on Sunday 6 July is the only other 10k road-race in Bradford, a two-lap route round Idle and Five Lanes End.

## TRAINING BASES

Airedale Athletics offers training sessions under qualified coaches on every night of the week, from different locations: Shipley, Esholt, Apperley Bridge, Eccleshill and Horsfall (south Bradford).

1. On the final page you can find a **list of weekly sessions** offered. These cater for all ages (8 and upwards) and for all abilities.

2. If you wish to follow more **structured training plans**, or more intensive training in groups, you can try:

(i) the **Monday evening speed or hill sessions** at Eccleshill Fitness First – see the programme on <http://www.eccleshillroadrunners.com/speed-works/>

(ii) the **Tuesday and Thursday sessions** at Esholt and Shipley, as part of a full May-August programme – see “Training Programme” under DIARY on <http://www.stbedesac.org.uk/>

(iii) the **long runs** on Sundays from Shipley or Apperley Bridge. The “Training Programme” above gives times and details of the Shipley runs.

3. The **Summer handicap time-trial series** on the first Tuesdays of each month at Esholt, for the first time, alternate road and off-road course. Each route is approximately 3 miles and is a fantastic way to measure progress. Runners set off in small groups in such a way that (theoretically) everyone gets to the finish at the same time.

Dates for the forthcoming time-trials are:

- \* 3 June (road)
- \* 1 July (off-road)

Runners who have never tried these out are particularly welcome to the **road time-trial on 3 June**. In any case, they should contact Diane Craven in advance for further details on 01535 630946 or [john.tinker@radiodesign.eu](mailto:john.tinker@radiodesign.eu)

## NEW FRIENDS AND EXISTING MEMBERS

1. Entrants for the Epilepsy Action Bradford 10k were invited to tick if they were interested in training support and further information on the activities of Airedale Athletics. A remarkable 260 of the 580 entrants did so. Of these, about 55 are also members of other running clubs in the area (e.g. Pudsey Pacers, Bingley Harriers). But this has meant **205 new members joining an organised running community**. In the lead-up to the race, 3-4 newsletters and information packs were distributed to these 260 people by Airedale Athletics. Since the Bradford 10k a good number of these 205 have joined various training groups.

2. Helen Freeman has been preparing (with the “Development & Recruitment Committee” of Airedale Athletics) a **questionnaire and census** of the 205 new members of this community, plus former members of clubs whose membership has lapsed in recent years. The aim is to get a better understanding of the needs of different types of runners and how running organisations can better cater for these needs. Of the 205 questionnaires circulated the week after the Bradford 10k a

phenomenal 45 were returned. Normally marketing experts reckon on a 1-2% return on circulars; so 25% is both thanks to the people concerned and a testimony to the enthusiasm around. Helen is currently collating the results and preparing a report to the DARCOM committee.

3. Competition athletes need to have paid their **annual dues** by now, to retain their **attached status** and get their **new England Athletics registration number**. Official returns must be submitted by club secretaries to England Athletics during May.

Mike Moss is in particular anxious to chase any late-payers from St Bede’s. For these members, a reminder that the final payment deadline for 2008 is 25 May. The dues are as follows:

- £17 – regular annual rate
- £7 – students or junior members
- £7 – concessionary rate for unwaged
- £7 or €10 – second-claim members (that is, athletes whose first-claim club is outside the Airedale Athletics network).

If in doubt about your status, contact Mike Moss on 01274 823133 or [mikemoss@blueyonder.co.uk](mailto:mikemoss@blueyonder.co.uk)

## SQUAD NEWS

1. **Fell-Running** is the “Xtreme Running” part of the sport. Run up a mountain, take out your brain, then career headlong down the other side. Mostly when the peat bogs are calf-deep, the grassy fields are like ice, and the rocks piercingly sharp. Then, once a year, the sun, heather and the grouse are out, and you’re just yards from heaven.

These fell ravens have a programme of races (see Calendar at the end for details) and are led by Dave Armstrong, in association with Graham Breeze from Skyrac AC.

2. The **“82ers”** are a “by-invitation” group of serious-minded road-runners, co-ordinated by Mick Brearley. They train 4-6 times a week, and do so together on Tuesday evenings at Horsfall track.

Five of the group travelled down recently to do the London Marathon; four got PBs.

The existing dozen or so welcomed several new members after the Bradford 10k: **Tom Hooper**,

**Katie Naylor and Hardy Matamala** took part in the first-Tuesday off-road handicap time-trial at Esholt on 29 April (the results of which are posted on <http://www.stbedesac.pwp.blueyonder.co.uk/Results/Club3miles/2008/may2008.html>)

## HOSTED EVENTS

1. The **John Carr 5k series** on the first three Wednesdays of May is probably the leading series of 5k road races in Yorkshire. Largely on traffic-free roads within the grounds of Yorkshire Water (Esholt) a high proportion of the region's top runners perform in these races.

The proceeds of the race are largely given to local good causes: the **Daisy Appeal (Bradford Cancer Support)** and **Bingley Blind Group** were the main beneficiaries of £1500 in 2007.

Since 2007, the races have been pre-entry only, and a race limit of 400 set. As usual the limit looks likely to be reached, especially on the first Wednesday (7 July) when the race also serves as a Yorkshire Vets (i.e. over 35s) regional championship.

Nevertheless, there is always **need for volunteers and marshals**. Please contact Dave Armstrong on 01274 596891 or [d.armstrong3@btinternet.com](mailto:d.armstrong3@btinternet.com) or Terry Maddocks on 01274 587758 or [tmjoiners@blueyonder.co.uk](mailto:tmjoiners@blueyonder.co.uk) if you are able to give up about two hours on one of these evenings.

2. The **Bradford Millennium Way Relay** is a trail race run in pairs over 5 legs, following this 47-mile footpath. It is now in its seventh year, and should attract 400 runners from 40 teams in Yorkshire, east Lancashire, and four teams from Belgium and the Netherlands. You can find out more on <http://stbedesac1.pwp.blueyonder.co.uk/index.html>

Hosting **40-50 continental guests** means this is as much a social as a sporting weekend involving dozens of people from 13-16 June. The guests stay at council-run youth centres in Eccleshill (Greenwood Centre) and Ilkley (Nell Bank). The general programme for this year involves:

- \* Friday morning – meeting guests at Yeadon airport
- \* Friday afternoon – recce of each leg of the course

- \* Friday evening – showers at Shipley Green's gym, relaxation and a pub-meal in Burley-in-Wharfedale
- \* Saturday – tourist day on the Keighley-Worth Valley railway and day in Haworth and the moors
- \* Saturday evening – pasta party for all people involved in the weekend
- \* Sunday daytime – race and prize-giving
- \* Sunday evening – barbecue
- \* Monday daytime – visit to Harrogate; then LBA.

If anyone wishes to **get involved in the weekend** – as a runner in one of the several Airedale Athletics teams; as a minibus-driver or helper; as a marshal or volunteer on the Sunday; then please contact Jack Verity on 01274 400993 or [jlverity@blueyonder.co.uk](mailto:jlverity@blueyonder.co.uk)

3. The **Thorpe Edge Festival 10k** was (till the Bradford 10k) the only 10k road-race in the city. Organiser, Terry Maddocks, has kindly allowed runners entered into the Bradford 10k who were prevented from taking part due to injury to enter at half-price (£4). Registration forms and further information are available in various formats at <http://www.eccleshillroadrunners.com/thorpe-edge-festival/>

## COLLECTIVE TEAMS

By bringing together members of several existing clubs (namely **Bradford-Airedale AC**, **Eccleshill Road Runners** and **St Bede's AC**), plus the network of runners from the Bradford 10k, Airedale Athletics is hoping to reach a critical mass whereby we can cater for all ages and abilities of our athletes. While the majority are either social runners or compete very occasionally in races, there are nonetheless clusters who enjoy competition. In order to find the best level of competition for each constituency we are trying to establish a number of collective teams.

Collective teams are not (as yet) really possible within endurance running, so we are being highly selective in which events to enter. Meanwhile, we are making **representations at a regional level** (through the efforts of **Peter Rawnsley** of Skyrac AC) to get this collaborative, partnership principle accepted regionally on a trial basis. Peter's presentation to the "Endurance Forum" of the Yorkshire-Humberside region of England Athletics was broadly welcomed. He was invited to present the scheme to the full council of EAYH.

Meanwhile, discussions are continuing with John Temperton, a member of Bradford-Airedale AC but who is also a key person nationally with the aim of making **long-term national rule changes** after 2010. He is currently advising us how to progress. In these respects we are a national test-case for this new way of operating.

Pending the EAYH discussions mentioned above, we are, together with Peter Rawnsley, actively exploring ways to **increase very substantially the number of local clubs** who are active within this partnership.

The forthcoming events or competitions in which we are entering collective teams are as follows:

1. The **North of England Track & Field League**, with four monthly meetings starting on 3 May.
2. The **Bradford Millennium Way Relay** on 15 June where we hope to enter several 10-person teams.
3. The **St Ives Trail Race** on 11 June, where we will compete against Bingley Harriers and one or two other local clubs on a “mob-match” basis.

## **DATES OF FORTHCOMING COMMITTEE MEETINGS**

1. The Airedale Athletics community is overseen by the appropriately named “**Board of Oversight**”, comprising a couple of members from each participating club. It meets half-yearly, and is a closed meeting, though minutes are made available. Its next meeting is on:

- Monday, 2 June, at 7-8pm at Idle CC

2. The day-to-day business of Airedale Athletics is conducted by an eight-strong **Standing Committee**, comprising four officers and four chairs of the Joint Committees. Any member of the network may attend these meetings, or ask to see minutes. Its next meeting is on:

- Monday, 2 June, at 8-10pm at Idle CC

2. The four Joint Committees focus on specific areas of activity. Committees whose next meetings are known are:

**Training and Performance Committee (TAPCOM)** – comprising Diane Craven (chair), Jack Verity (club captain and committee secretary), Tony Myers

(fixtures secretary) and all qualified coaches or coaches in training:

- Monday, 19 May, at 7.30 at Shipley Green’s health and fitness centre

**Development and Recruitment Committee (DARCOM)** – comprising Dave Armstrong (chair), Barney Lerner (registrar), Helen Freeman, Jen Willingham, Rory Cunliffe (Bradford Athletics Development Group rep.) and Gareth Wood:

- Monday, 2 June, at 7-8pm at Idle CC

### **Other news:**

Keep up-to-date with news on the **Epilepsy Action Bradford 10k 2009** and other events organised by Airedale Athletics on

[http://www.thetelegraphandargus.co.uk/sport/sport\\_ath/](http://www.thetelegraphandargus.co.uk/sport/sport_ath/)

For comments or further information:

Simon Forde – [simon.forde@brepols.net](mailto:simon.forde@brepols.net) or 0032 (473) 963637

Simon Forde, 2 May 2006

## CALENDAR OF FEATURED RACES

1. **Summer Road Championship** – for further details, race websites and entry forms, go to <http://www.eccleshillroadrunners.com/club-championships/>.

If you wish to be included in these championships, please submit your name to Terry Maddocks on 01274 587758 or [tmjoiners@blueyonder.co.uk](mailto:tmjoiners@blueyonder.co.uk) and indicate the races you intend to compete in.

Sat 17 May	<b>Meanwood Valley Trail Race, north Leeds</b>	Valley Striders	7+ miles	Trail
Wed 11 June	<b>Otley 10 Miler</b>	Otley AC	10 miles	Road
Sun 8 June	<b>Harewood Chase</b> – NB separate races for men and women	Bingley H&AC	10k	Trail
Sat 5 July	<b>Burn Valley Half Marathon</b>	Black Sheep race series	HM (13.1miles)	Road and part trail
Sun 13 July	<b>Eccup 10 Miler</b>	Abbey Runners	10 miles	Road
Sun 27 July	<b>Pudsey 10K</b>	Pudsey Pacers	10k	Road
Sun 27 July	<b>Harrogate 10K</b>	Harrogate AC	10k	Road
Sun ? August	<b>Askern 10 Miler</b>	Askern & DAC	10 miles	Road
Sun 31 August	<b>Alice's Run 10K multi-terrain race</b>	Epilepsy Action	10k	Trail
Sun 7 Sept	<b>Leeds Half Marathon</b>	Yorkshire Cancer Res.	HM	Road
Sun 14 Sept	<b>Mablethorpe Full, Half Marathon &amp; 10K</b>	Mablethorpe Festival	Mar (26.2), HM, 10k	Road
Sun 28 Sept	<b>Horsforth 10K</b>	Horsforth Harriers	10k	Road and trail
Sun ? October	<b>Bridlington Half Marathon</b>	Bridlington RR	HM	Road

2. **Fell Championship** – for further details, including arrangements for car-pooling, please contact Dave Armstrong on 01274 596891 or [d.armstrong3@btinternet.com](mailto:d.armstrong3@btinternet.com)

Sat 24 May	<b>Hutton Roof Crags</b>	Medium	7 miles	1300ft
Sat 21 June	<b>Buckden Pike</b>	Short	4 miles	1500ft
Sun 27 July	<b>Round Hill</b>	Medium	9 miles	1100ft
Sat 23 August	<b>Burnsall</b>	Short	1.5 miles	900ft
Sat 27 Sept	<b>Great Whernside</b>	Long	4 miles	1555ft
Sun 26 October	<b>Withins Skyline</b>	Medium	7 miles	1000ft
Sat 15 Nov	<b>Tour of Pendle</b>	Long	16.8 miles	4830ft

### 3. Other Featured Events

Wed 7 May	<b>John Carr series, race 1</b>	St Bede's AC	5k	Road
Wed 14 May	<b>John Carr series, race 2</b>	St Bede's AC	5k	Road
Wed 21 May	<b>John Carr series, race 3</b>	St Bede's AC	5k	Road
Tues 3 June	<b>First-Tuesday Summer Time-trial series</b>	St Bede's AC	Ca. 3 miles	Road
Sat 7 June	<b>North of England T&amp;F League, meeting 2</b>	Hyndburn		Track-field
Wed 11 June	<b>St Ives Trail Race</b>	Bingley H&AC	Ca. 3 miles	Trail
Sun 15 June	<b>Bradford Millennium Way Relay</b>	St Bede's AC	5 legs	Trail
Sun 6 July	<b>North of England T&amp;F League, meeting 3</b>	TBA		Track-field
Sun 6 July	<b>Thorpe Edge 10k</b>	Eccleshill RR	10k	Road

## WEEKLY RUNNING SESSIONS

<b>Day</b>	<b>Time</b>	<b>Place</b>	<b>Type of Session</b>	<b>Lead Coaches</b>
Mon	7pm	<b>Eccleshill</b>	Speed and hill work	Hazel Maddocks; Terry Maddocks
Tue	7pm	<b>Esholt</b>	Social run	Carole Raistrick
			Beginners and Level 1 (short run)	Graham Eastell; Mick Jones; Jack Verity; Diane Craven
			Level 2 (long run)	
Tue	7pm	<b>Horsfall</b>	Track-work and interval-training for experienced competitors	Mick Brearley; Will Kerr
Wed	7pm	<b>Apperley Bridge</b> (Idle CC during winter)	All abilities (short and long runs)	Led by individual runners on a rota basis
Thu	7pm	<b>Shipley</b>	Beginners and Level 1	Graham Eastell; Jack Verity
Fri	7pm	<b>Apperley Bridge</b> (Idle CC during winter)	Social run	Hazel Maddocks; Terry Maddocks; Tony Myers
			U17s and families	
Sun	10am (can vary)	<b>Shipley or Apperley Bridge</b>	Long run	Tony Myers; Jack Verity

Each of the venues offers ample, free car-parking and is accessible by public transport (if you require further information, please email me). There are changing rooms, toilets and showers available at each venue, except for Rawdon Meadows, and most have a lounge if you wish to socialise or rehydrate afterwards.

Some sessions have a small charge (£1 or £1.50) to cover the hire of facilities. All sessions are led by, or supervised by, qualified UK Athletics coaches; they'll have had suitable CRB checks where the sessions involve youngsters. You will not be left behind or get lost; each group is organised so that it regroups constantly and there are coaches available to accompany the runners at the back, and everyone remains in close contact with their neighbour.

<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Meeting-Place</b>	<b>Notes and contact person's telephone and email</b>
Mon	7pm	<b>Eccleshill</b>	Fitness First gym, Victoria Road, Eccleshill	This session is a so-called "quality session" which may include hill-work or speed-work, but it is still suitable for all abilities. Ask at the reception of the gym to be taken to the room downstairs where the running group meets - contact Hazel or Terry Maddocks on 01274 587758 or <a href="mailto:tmjoiners@blueyonder.co.uk">tmjoiners@blueyonder.co.uk</a>
Tue	7pm	<b>Esholt</b>	Esholt Sports & Cricket Club, Upper Mill Cottages, Esholt Lane, Esholt	Introduce yourself first to Carole Raistrick, at the entrance to the Main Bar area of Esholt Sports Club, up the side stairs to the first floor. Jack Verity or another coach will introduce and lead the evening's session (there are normally three options, typically: a social run, a short run of 3-5 miles and a longer run of 6-8 miles, where each group sticks together) – contact Jack on 01274 400993 or <a href="mailto:jlverity@blueyonder.co.uk">jlverity@blueyonder.co.uk</a>
Tue	7pm	<b>Horsfall</b>	Horsfall Stadium, Cemetery Road, off Halifax Road	This session is intended for experienced runners, normally by invitation. Please contact Mick Brearley on 07905 348098 or <a href="mailto:Mick.Brearley@Ventura-uk.com">Mick.Brearley@Ventura-uk.com</a>
Wed & Fri	7pm	<b>Apperley Bridge</b>	Rawdon Meadows car park (by the Stansfield Arms pub, opp. Woodhouse Grove School)	The Friday session is suitable for youngsters, families and complete beginners. The Wednesday session offers a short route and a longer route, ensuring each group sticks together. Contact Tony Myers on 01274 584983 or <a href="mailto:tony.myers@blueyonder.co.uk">tony.myers@blueyonder.co.uk</a>
Thu	7pm	<b>Shipley</b>	Green's Health & Fitness Centre (Fred Atkinson Way, off Otley Road, Lower Baildon)	Meet Graham Eastell at the reception to Green's Health & Fitness Centre to get an entry badge. This session is mainly aimed at either complete beginners or novice runners. Contact Graham on 01274 595523 or <a href="mailto:geastell@hotmail.com">geastell@hotmail.com</a>
Sun	10am (can vary)	<b>Shipley or Apperley Bridge</b>	Green's Health & Fitness Centre or Rawdon Meadows car park	This session is normally a long run of about 60-90 minutes, for more experienced runners. The start-time varies, due to clashes with races, so check the time and venue first with Jack Verity or Tony Myers (both their details are listed above)