



**Airedale Athletics** is a community of joggers, walkers, runners, cyclists and participants of similar endurance activities, plus power 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 Bradford-Airedale AC, Eccleshill Road Runners and St Bede's AC.

# Newsletter — August-September 2008

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## NEWS

1. The **Bradford Millennium Way Relay** weekend drew a record number of teams this year (42), including four continental teams from partner clubs near Antwerp and in the northern Netherlands. The weekend took its now usual form, with recces over the route on Friday, and a meal at the Generous Pioneer pub in Burley afterwards. The Saturday involved a tourist trip on the Worth Valley steam train to Haworth, with a pasta party in the evening at Nell Bank Centre in Ilkley (where the Belgian teams were staying).

Airedale Athletics competed for the first time as an official, collective team, with a collective 'first' team which competed impressively. Almost 30 runners from the AA clubs took part in the relay. But particular thanks are due to the further 25-30 people who helped in various capacities during the race and over the entire weekend.

The press release was as follows:

*Pudsey & Bramley showed their fell-running dominance with a record-breaking win in the 2008 Bradford Millennium Way Relay. Their 5hr 31min 22sec for the five-leg 47-mile route knocked five minutes off their own course record.*

*Jamie Noon and Paul Stephenson, on leg 2 from near Oxenhope to Laycock, and Steve Neal and Richard Pattinson on the final leg from Ilkley to Bingley both managed leg records in what were ideal conditions.*

*The relay saw the first appearance of a team from Airedale Athletics, drawing on runners from Bradford-Airedale, Eccleshill Road Runners, Skyrac and St Bede's. Will Kerr and Stephen Broadbent stormed the first leg to hand-over in second place. The team's final position of sixth in a time of 6hr 11min 13sec would have won the race some years.*

*Defending champions, Keighley & Craven, worked their way through to finish second in a club record of 5hr 55min 59sec. Ilkley Harriers smashed their club record in third, also breaking the 6-hour barrier.*

*Keighley were consoled by winning the ladies' and vets' prizes, whilst Ilkley won the mixed team, with Sarah Jarvis and Marc Teasey anchoring the team in a club-record final leg. Marc thanked the organisers afterwards, "A fantastic day and another excellent event. The balance between informality and good organisation is well struck, the course is always a*

*pleasure to run on and the marshals/helpers were friendly, encouraging and supportive throughout."*

*A record 42 teams took part. Emergencies led to some doubling up. Bingley's Stephen Fry ran the third fastest time for leg 4 (from Silsden to Ilkley) before helping out Dutch team, Oldambt, on their final leg.*

*The four continental teams were hosted for the long weekend by organisers, St Bede's. They stayed at the Greenwood Centre in Eccleshill and Nell Bank in Ilkley. Belgian newcomer, Viki Matheussen, said, "We're now going to organise a group to come and walk the course and really take in the amazing countryside".*

### Leading final team positions:

*Open:* 1 Pudsey & Bramley (5:31:22); 2 Keighley & Craven (5:55:59); 3 Ilkley Harriers (5:56:40); 4 Horsforth (6:02:22); 5 Abbey Runners (6:11:01); 6 Airedale Athletics (6:11:13); 7 Pudsey Pacers (6:23:51); 8 Bingley Harriers (6:26:45); 9 Otley AC (6:31:51); 10 Baildon Runners (7:07:32).

*Mixed:* 1 Ilkley Harriers (6:41:41); 2 Chapel Allerton (7:14:09); 3 Kirkstall Harriers (7:21:04); 4 Accrington Road Runners (7:24:16).

*Ladies:* 1 Keighley & Craven (7:25:42); 2 Horsforth (7:43:02); 3 Abbey Runners (7:59:25).

*Vets:* 1 Keighley & Craven (6:32:27); 2 Wakefield Harriers (6:45:55); 3 Valley Striders (6:48:01).

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2. The **John Carr 5k Series** was again a huge success and attracted full fields of over 400 pre-registrations (the maximum) for each of the evening races on the first three Wednesdays of May.

Thankfully we had three dry weeks this year and everything seemed to go well out on the course. Unfortunately, we had computer problems with the results for the third race but these were sorted out that night. Particular thanks to all helpers, and especially to Diane Craven and Alan Boland for the overall organisation.

Once the profits have been calculated (normally in the range of £1500) we will be making donations to the nominated, local charities:

**Bingley Blind Association**  
**Epilepsy Action**  
**Greenwood Centre**  
**Martin House Hospice**

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3. There are only two 10k road races in Bradford, both organised via Airedale Athletics. The **Thorpe Edge 10k** is a two-lap course round east Bradford, organised by **Eccleshill Road Runners**. The 2008 version, on Sunday 6 July, drew 107 runners despite the unseasonal squally conditions.

Airedale Athletics won their first ever team prize at it. Stephen Broadbent (4<sup>th</sup>), Will Kerr (5<sup>th</sup>) and Mick Brearley (15<sup>th</sup>) formed the scoring trio.

Well done to Terry Maddocks and team for the friendly but efficient organisation.

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4. On 20 July a regional training course organised by England Athletics provided **Level 1 coaching qualifications** for six new coaches: Paul Birrane, Mick Brearley, Will Kerr, Mike Moss, Hardy Matamala, and Gareth Wood. There are a dozen existing coaches at Level 2 and 3.

If any runner wants specific help with training programmes or coaching, then please contact the Club Captain, Jack Verity, on (01274) 400993 or [jverity@blueyonder.co.uk](mailto:jverity@blueyonder.co.uk)

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5. Some exoticly named teams made up the traditional **July “triangular relays”** at Spring Wood, in Esholt on Tuesday evening, 8 July. The four-legged race of about 1.5 miles each leg is essentially a fun-run for all ages, with a social event in the clubhouse afterwards. As usual, our friends from Baildon Runners were present with four teams. The “home” team comprised the following assortments, including a healthy number of teenagers:

- *Richard’s Runners (Richard Holmes, Jen Willingham, Paul Watts, Mick Brearley)*
- *Graham’s Gallopers (Graham Eastell, Riaz Abdi, Ali Abdi, Hardy Matamala)*
- *Louise’s Lot (Louise McGechaen, Hamid Mir, Gemma Bell, John Tinker)*
- *Barlow’s Bunch (Liz Barlow, Phil Barlow, Keith Jump, Taylor Waddell)*
- *The Love Squad (Helen Love, George Love, Tom Love, Jack Verity)*
- *Dad’s Army (Corporal Jones, Mick Twyman, Kirsty Holmes, Judith Nunn)*

- *End of the Line (Donna Line, Maggie Davies, Diane Craven, Stephen Craven)*

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6. Since summer 2006 we have been organising Training Camps for middle-distance athletes from Commonwealth countries (see the “Commonwealth Milers” squad below). The aim has been to provide cheap accommodation and access to the main track grands prix in Europe for athletes who are basically without finance or support and who otherwise would not have the opportunity to attend such high-level meetings.

**Taylor Milne** was one of the athletes who attended our camps in 2006 and 2007. In 2007 his objective was to break 3’42” for 1500m, since that would give him “carding” status through Athletics Canada. At the Belgian grand prix at Heusden he just broke that standard. As a result he got his “carding”, which meant about £110 per week funding plus help with physio and coaching expenses. It allowed him to stop working night shifts in factories and run full-time. Lo and behold in June 2008 he ran 3’36.00” at a meeting in Vancouver, won the Canadian trials and is now heading off to the pre-Olympic holding camp in Singapore.

Two other athletes from the same group are also off to Beijing – **Eric Gillis** qualified for Canada in the 10,000m; while paralympian **Tim Prendergast** will be representing New Zealand in the 1500m.

## FORTHCOMING EVENTS

1. The **annual trip to Belgium** is on 1-4 August. Seventeen people, including partners, are booked for the trip to twin-club “Afstandslopers Vosselaar”, near Antwerp. The Saturday afternoon includes a “half-marathon relay”, comprising three 7km legs. Everyone will be staying with host families, and the Sunday and Monday include a family day with barbecue, rides on horse-drawn carriages, and several excursions .

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2. **Glorious Twelfth**: On Tuesday, 12 August we are planning a club run with a difference. We will catch the train from Baildon to Ilkley and run back to Esholt over the moors. The train leaves Baildon at 7.00pm, so meet at Esholt Sports Club (Esholt

Lane) at 6.40 or at Baildon station at 6.55. Don't forget £2.20 for the fare. Don't be late because the train won't wait.

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3. If anyone would like transport to this year's **Great North Run**, the world's biggest half marathon, then a colleague of Terry Maddocks will be laying on a 49-seat coach at a cost of £13 pp return.

If anyone is interested they should contact John Scott on (01274) 826743.

If you haven't entered and wish to do so, the Penny Brohn Cancer Care charity has places in the **Great North Run on Sunday, 5 October 2008**.

All their runners receive a running vest, training guide, sponsorship forms, a fundraising pack and of course all of the support that you need to cross the finish line a winner. To join their team you need to pay a £40 registration fee and then a pledge to raise a minimum of £250 for Penny Brohn Cancer Care. You can register online at <http://www.pennybrohncancercare.org/fundraisin.g.asp?FundraisingEventID=15&PageID=105> .

Alternatively you can phone Kirsty McLatchie on (01275) 370081 at Penny Brohn Cancer Care.

## 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.

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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 an overall 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.

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3. The **Summer handicap time-trial series** on the first Tuesdays of each month at Esholt, which alternate road and off-road courses. Each route is approximately 3 miles and is a fantastic way to measure your 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:

- 5 August (road)
- 2 September (off-road)

Runners who have never tried these out are particularly welcome. Please contact Diane Craven in advance for further details on (01535) 630946 or [john.tinker@radiodesign.eu](mailto:john.tinker@radiodesign.eu)

## SQUAD NEWS

1. **Fell-Running offers Fun & Fitness at a Bargain Price. With Free Mud!**

Some of our runners are very enthusiastic about fell racing - now's your chance to find out why. For the first time we are joining in with Skyrac AC's fell championship, which will make trying fell racing even better.

Like most fell races, these are amazingly cheap to enter (from £3 to £5).

There are loads of other fell races – three of us even enjoyed ourselves at one in Lancashire on the evening of 9 May!

If you haven't raced on the fells before or want to know more about the championship, have a chat with Dave Armstrong ([d.armstrong3@btinternet.com](mailto:d.armstrong3@btinternet.com)).

Let Dave know if you are going to any of the races and we can make it even more enjoyable by sharing lifts together with our Skyrac friends.

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2. The “82ers” have been training regularly on Tuesday evenings at Horsfall track, largely doing interval-training sessions. The squad is now over a dozen strong, and also includes several runners from Bingley Harriers who are benefiting from the quality and camaraderie offered.

The squad formed the core of the team that competed in the Millennium Way Relay, and the team that won the Thorpe Edge 10k team prize.

Several of the squad have been taking part in middle-distance track races this summer. But they have also been attending the “First Tuesday” time-trials at Esholt, and competing at road and trail races across Yorkshire.

A group of the “82ers” are planning to attend the **Canadian National Cross-Country Championships**, near Toronto, on 29 November. Host club, Guelph Victors, are offering home hospitality. We and a club from the US are the only foreign teams expected.

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3. The **Commonwealth Milers** are a group of predominantly middle-distance athletes from Commonwealth countries who have attended the summer Training Camps organised in Belgium by Airedale Athletics. For those who become regular participants and are keen, they are elected to become “second-claim” members of AA.

In 2008 we again had six such athletes staying for a month. They are now “second claimers” for AA:

- *Alicia Dobranowski (400m hurdles – 59sec) from Halifax Tigers (Nova Scotian variety)*
- *Geoff Harris (800m – 1min 48sec) from Halifax Tigers*
- *Leanna MacLean (800m – 2min 4sec), from Halifax Tigers*
- *Geoff Martinson (1500m – 3min 39sec) from Victoria Vikes*
- *Trent Ratzlaff (800m – 1min 49sec) from Calgary T&F Club*
- *Brian Roppelt (800m – 1min 48sec) from Victoria Vikes.*

The group attended meetings in the Dutch grand prix circuit at Uden and Amsterdam, and in the Flanders Cup series at Gent, Liège, Brasschaat and

Oordegem, and at the European grand-prix meeting at Heusden.

There were PBs this year for Geoff Martinson in the 800m and Alicia Dobranowski in the 400m hurdles. And Leanna MacLean did sufficient “standards” whereby she hopes to get “carded” for 2009, so that she can start full-time training.

Athletes the last two years have been exclusively from Canada, but we hope to invite a few athletes from the West Indies, South Africa, Australia, New Zealand, as well as Yorkshire, in the future.

Other athletes from 2007 were prevented from attending by injury (Paula McLaughlin and Aimee Teteris), by becoming a full-time coach (Heather Hennigar), or by taking a break since the Olympic trials (Andrea Grove).

## **EPILEPSY ACTION BRADFORD 10k**

1. Melanie Taylor has just announced that the **Epilepsy Action Bradford 10k** is scheduled for **Sunday, 29 March 2009** at 9am, using the same route as this year. Any eager-beavers can already enter online on both the Epilepsy Action website and through Runners World.

Note, of course, that members of Airedale Athletics, or its constituent clubs, who have paid dues for 2009 are eligible for reduced race-entry fees. The annual dues will be agreed at the AGMs in the autumn but are likely to remain around £17 for adults, with various reductions for students etc.

## **COLLECTIVE TEAMS**

Airedale Athletics is entering collective teams in the following events or competitions:

The **North of England Track & Field League**. The meetings have been held at Oldham (May), Hyndburn (June), Oldham again (July) and the final meeting is at Blackburn (August). Chris Hainsworth reported after the July meeting:

*“Thanks to all who competed and officiated last Sunday. We had the most athletes turn-out this season, nine, which is still not really enough but is a step in the right direction from the previous two matches.*

*Congratulations to Simon Forde and Steve Wolstenholme on their 2nd and 1st in the A and B heats of the steeplechase and to Jamie Emblow and Mick Twyman on their 2nd A & B in the javelin. Once again we held our own in the men's events. We were in 5th place among the men; unfortunately Chorley and Hyndburn both had strong ladies teams and as a result overtook us in the final result.*

*With the exception of Pudsey & Bramley all the other teams seem to be able to get a reasonable number of ladies to compete, mostly younger girls, and they seem to do a lot of events that aren't their normal events just to get points. There are throwers in particular who are obviously just in it for the points and runners just "filling in the gaps" for points. This is obviously where we need to improve if we are ever going to move forwards.*

*I think we need to ask about among the female runners; if they don't want to race on the track could they try dropping a shot or falling into a sand pit, just to get us a few extra points. I feel that once they get to a match and see the standard and feel the atmosphere (mostly damp on Sunday!) they would be more inclined to give it a go on the track. Are there any ladies at our partner gyms who aren't runners but might try some throwing or jumping?*

*I fear that we haven't moved on a great deal since last year but I don't think that aiming for 5th place is beyond us if we could find a few female athletes.*

*The last match has had another change of venue and is now at Blackburn. We will be meeting again at 10.00 at Horsfall.*

*We could also benefit from volunteers with officiating – no experience or qualifications are required for raking sand-pits, measuring discus throws and the like. The team athletes currently help out in-between events, but this can affect their warm ups and preparations. Any offers are welcome."*

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2. The **Bradford Millennium Way Relay** on 15 June was the first official outing of Airedale Athletics as an official collective team. The performance would have been good enough to have won the race in most years (though of course, the weather conditions this year were particularly favourable). But that should not detract from a wonderful sixth place, behind some very strong clubs, and ahead of local rivals such as Pudsey Pacers, Bingley Harriers and Otley.

Congratulations to Will Kerr and Stephen Broadbent (leg 1); Gerard Mills and Smon Forde (2); Duncan Asquith and Rory Cunliffe (3); Mick

Brearley and Hardy Matamala (4); and Bob Pritchard and Paul Birrane on the anchor leg.

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3. The **Leeds Country Way Relay** on Sunday, 31 August is another opportunity for the collective off-road team to compete. There will almost certainly be 2-3 other teams, men's, women's and mixed. Anyone interested in running (legs vary from about 9.7 to 11.8 miles) should contact Jack Verity on (01274) 400993 or [jverity@blueyonder.co.uk](mailto:jverity@blueyonder.co.uk)

## COMMITTEE MEETINGS and REPORTS

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

- Monday, 6 October, at 8-10pm at Idle Cricket Club (Cavendish Road)

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2. Several 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, 1 September, at 7.30pm at Shipley Greens health and fitness centre

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**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:

- TBA
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3. Helen Freeman, on behalf of DARCOM, undertook a questionnaire of almost 200 participants from the Bradford 10k. A remarkable 63 of these people responded. She collated the results and delivered a detailed report whose conclusions were:

- 1 *The vast majority of respondents have considered joining a running club, indicating that there is real potential for clubs to attract new members.*
- 2 *The main reason respondents left a club when they had been a member in the past (19%) was a change in their family or personal circumstances. This may signify only limited opportunities for clubs to stop members falling away (NB the number of responses to this question was very low).*
- 3 *By far, people are put off joining a club due to the fact that they can't commit to training sessions at certain times and days, and clearly presume this to be an issue (from the club's perspective?). The training offering from AA means this overriding problem can surely be fairly readily overcome. AA needs to promote the fact that there is no obligation to attend regular training sessions and make clear the range of days available (i.e. all days except Saturdays).*
- 4 *There is still a need to advertise the fact that we exist.*
- 5 *Running clubs have an image problem in that 27% of respondents were put off joining by the perception that the club would be cliquey and that they wouldn't be good enough (24%) (and this from people having completed a 10k race!).*
- 6 *There are a number of significant offerings that people would appreciate to help them reach their personal goals. These include: learning about forthcoming races, local training routes, having a group to run with, training with like-minded people and access to technical support.*
- 7 *Social activities appear to hold little sway in attracting new members.*
- 8 *By far, people could be enticed into a taster training session by providing information on a website. It may be that this offer needs to be very explicit on the front pages of the existing sites.*
- 9 *A buddy system and a call from another new member to say what it's like would be appreciated, but only by a minority.*

Many thanks to the 63 people who gave up their time and provided us such helpful advice.

## KEEPING UP-TO-DATE

1. Keep up-to-date with news of athletics in the area, 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/)

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2. For **Eccleshill Road Runners** and information on the **Eccleshill/Idle-Apperley Bridge** training bases:

<http://www.eccleshillroadrunners.com/>

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3. For **St Bede's AC** and the **Shipley-Esholt** training bases:

<http://www.stbedesac.org.uk/>

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For comments or further information, or contributions for this newsletter:

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

Simon Forde, 31 July 2008

## FIXTURE LIST

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.

Sun 10 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 19 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 23 August	<b>Burnsall</b>	Starts at 17.00	1.5 miles	900ft
Sun 26 October	<b>Withins Skyline</b>	Starts at 11.30	7 miles	1000ft
Sat 1 Nov	<b>Great Whernside</b>	Starts at 11.30	4 miles	1555ft
Sat 15 Nov	<b>Tour of Pendle</b>	Starts at 10.30	16.8 miles	4830ft

### 3. Other Featured Events and Future Hosted Races

Sun 3 August	<b>North of England T&amp;F League, meeting 4</b>	Blackburn		Track-field
Tues 5 August	<b>First-Tuesday Summer Time-trial series</b>	St Bede's AC	Ca. 3 miles	Road
Sun 17 August	<b>North of England Cup Semi-Final</b>	Cleckheaton		Track-field
Thu 21 August	<b>YVAA Grand Prix, month 9, Starbeck</b>	Nidd Valley AC		Off-Road
Tues 2 Sept	<b>First-Tuesday Summer Time-trial series</b>	St Bede's AC	Ca. 3 miles	Off-Road
Sun 14 Sept	<b>Mileta 10k (incl YVAA championship)</b>	Spensborough	10k	Road
Sun 21 Sept	<b>Kirkstall Valley trail race</b>	Kirkstall Harr.	Ca. 7.2 miles	Trail
Sun 21 Sept	<b>St Gemma's 5-miler, Temple Newsham</b>		5mi	Trail
<b>2009 fixtures</b>				
Sun 29 Mar	<b>Epilepsy Action Bradford 10k</b>	EA with AA	10k	Road
Tbc	<b>John Carr series, race 1</b>	St Bede's AC	5k	Road
Tbc	<b>John Carr series, race 2</b>	St Bede's AC	5k	Road
Tbc	<b>John Carr series, race 3</b>	St Bede's AC	5k	Road
Sun 14 June	<b>Bradford Millennium Way Relay</b>	St Bede's AC	5 legs, 47 mi	Trail
Tbc	<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)	
	6.30 for 7pm	<b>Horsfall</b>	Track-work and interval-training for experienced competitors	Mick Brearley; Will Kerr
			Level 2 (long run)	Contact Chris Hainsworth for details
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
	7pm	<b>Horsfall</b>	Sprints, jumps and throwing	Chris Hainsworth
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 [simon.forde@brepols.net](mailto:simon.forde@brepols.net) ). There are changing rooms, toilets and showers available at each venue, except for Apperley Bridge (i.e. 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:jilverity@blueyonder.co.uk">jilverity@blueyonder.co.uk</a>
Tue	6.30 for 7pm	<b>Horsfall</b>	Horsfall Stadium, Cemetery Road, off Halifax Road	This session is intended for experienced runners. 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>	Greens Health & Fitness Centre (Fred Atkinson Way, off Otley Road, Lower Baildon)	Meet Graham Eastell at the reception to Greens 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>	Greens 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)