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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:



**Bradford-
Airedale AC**



**Eccleshill
Road Runners**



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

Newsletter — Christmas 2008

1. Yorkshire Vets Grand Prix Series

Are you 35 or older? That makes you a “vet” in athletics terms, I’m afraid.

The better news is that Airedale Athletics can now enter a team in 2009 in the Yorkshire Vets Grand Prix series. The permission only came through recently; hence the rush and late notice.

The **Vets Grand Prix Series** consists of ten races during the year, from February to November, theoretically monthly. You can compete in one or all ten. But to qualify for end-of-season individual rankings you need to finish six of the races.

The races are **typically 5-6 miles and easy, trail runs**, through woods, on tracks, towpaths etc.

The races offer **fantastic value at £2 entry**, each followed by free food and lucky-dip prizes.

There is a **one-off fee for an Airedale Athletics vest**. For an existing club member this cost is £15.

For anyone in the broader Airedale network who is not a member of a club, the one-off fee will be £30, to cover the vest plus being registered and insured as a “licensed competitor” with England Athletics. You then qualify for discounts on all races you enter, worldwide. **£30 – vest included!**

Lifts and car-pooling: we can probably provide you a lift there and back – partly to save on petrol and help save the planet, partly to build up some camaraderie among everyone taking part. Most races are on Sunday mornings, though a few summer races are on weekday evenings. They are located no further than Harrogate, York, Wakefield and Holmfirth.

Not good enough? Impossible; there are 75-year-olds running. And everyone counts for the overall team – in the “all-to-score” category. So, do your bit for the Airedale running network!

Register before Boxing Day! We need your confirmation to compete by 26 December, so that we can order your kit. Tell us your chest size and we’ll order a featherweight, high-quality top for you. We’ll need payment by early January.

2. Training Sessions from January

We will shortly notify you of 13-week training sessions, each session lasting 2 hours, with UK Athletics qualified coaches, and specialist tutors in nutrition, training in core-body strength and stretching, and sports psychology (neuro-linguistic programming). The first course will run **from early January** to lead up to the **Epilepsy Action Bradford 10k** on 29 March 2009.

3. Subscription Renewals for 2009

We hope that getting fitter through running will be one of your New Year’s Good Intentions.

We will soon be inviting you to re-confirm your involvement in the Airedale Athletics running community (or to un-subscribe, if you wish).

The **fee for Social Runners** (or existing club members) will remain **NIL**; for those without email we will need to charge £5 to cover postage costs.

Can there be a better-value hobby around?

**Best Wishes for the Season
and for Your Health in 2009**