

The Denby Dale Traveller

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Medals Galore & not just in Rio!



Junior Corner

Be inspired! - contributed by The Editor



Weren't the Rio Olympics and Paralympics amazing. All those competitors who'd dedicated so much time and effort into training in their chosen sports for the past 4 years. They and their families had to make lots of sacrifices and there will have been many ups and downs along the way. But somehow they managed to reach peak fitness to be selected to represent their country and compete against the best in the world; the GB teams returning with a record breaking 67 medals from the Olympics and a staggering 147 from the Paralympics, including 33 in athletics. I loved watching the track cycling and the gymnastics and diving were amazing. But in many ways the Paralympics were more astonishing - I can't imagine how anyone can play tennis in a wheel chair or compete & excel in two different disciplines. The other thing that was notable was the number of athletes who had been inspired by London 2012 and reached their Olympic goal in just 4 years.

Of course we can't all be Olympic athletes, but we can be 'inspired to have a go' at a new sport or sporting challenge. The first hurdle might have been deciding to join DDAC Juniors, learning a new running, jumping and throwing skill, then improving and gaining confidence through informal competition each week at Shelley.

Over the summer months more of our juniors were inspired to have a go at the clubs's **Junior Parkrun Challenge** at Greenhead and Tolson Parks with Joseph Roberts & Victoria Worboys-Hodgson coming first in the J10 category and Ben & Frances Worboys-Hodgson coming top in the J11-14 age category. Ben also clocked up an impressive 3 PBs over the 5 parkruns that he did. Perhaps more of our juniors will have a go at Parkrun when the new one starts at Shelley (hopefully by end of the year).

In June a bumper attendance of juniors and parents joined senior members for '**Race the Train**', (aka 'Can you beat Badger?'), the 4 mile race between Shelley to Clayton West stations on the Kirklees Light Railway. For some it was the furthest they'd ever run.

Cover photos - a sample of DDAC 's summer medal haul! (clockwise)

- Alice Campbell & Euan Dady at Hoylandswaine Hill races
- Anne Middleton—at Semer water having completed the Dales Trails DT42 & Grand Slam
- Andy Green—after 69 mile The (Hadrian's) Wall—Rat race
- Jo, Bridget, Sally, Anne & Rosalind—representatives of the ladies team at Yorkshire Vets XC Championships with team, individual medals and THE trophy!
- Abbie Dagg's medal from Severn Bridge Half Marathon
- Chris Walker's medals from the multi-day Tour of Tameside



Club members young & old, friends and family with Badger at Clayton West

A growing number of junior athletes have entered local off-road races such as the **Junior Silkstone Shuffle** series (last race is on 3rd Dec) and **Hoylandswaine Hill races** and our green & white club vests have been very much in evidence at the **Junior Trunce**.



Juniors at the Trunce



Sprinting to the finish line of the Denby Gallop



It was great to see so many taking part in the **Denby Gallop and Pirateship challenge**, junior races accompanying the Denby Dash fundraising event in Upper Denby. And some have shown amazing grit and determination like Harriet Lucas who tripped and fell at the start of the Gallop but, despite grazed arms and legs, managed to restart the race a couple of minutes later and went on to overtake many other runners.



DDAC vs PFRAC
at the start of
Silkstone Shuffle

Having done a few fell races earlier in the year with fellow club members, Euan Dady felt sufficiently confident to go and do the **Widdop junior fell race** one Wednesday evening all by himself. The **interclub races** on the sportsfields at Shelley early in September provided a new opportunity for many of our juniors to race competitively against athletes from Penistone Footpath Runners and Holmfirth Harriers. Dominic Minx and Phoebe Laidlaw came first in the U9's race and Charlie Pearson was 1st U11 boy. There were some excellent performances in the U13 & U15 races but we were just beaten to the finish line—hopefully next time! And with autumn approaching, it's great to see that our junior team for the **West Yorkshire Cross Country races** is 21 strong—double the number we had last year.

Over the last few months, some of our young athletes have done exceptionally well with Gus de Feu-Long & Abbie Caie coming 2nd and 4th respectively in the 2016 Truncheon season. For others there was the sense of achievement of having had a go, representing the club, having fun and perhaps hoping to do a little better next time. Some were awarded medals, perhaps not the Olympic variety, but still hard earned and just as precious.



(Not so) Junior Spotlight

In the absence of any contributions from our juniors for this edition of the newsletter, I am including an article from Guy Goodair, one of our older members. Guy recently turned 80 and still regularly competes at home & internationally in orienteering events.

His advice especially for our juniors is

Be inspired, & have a go—you won't know how good you might be unless you try

Contributed by Guy Goodair

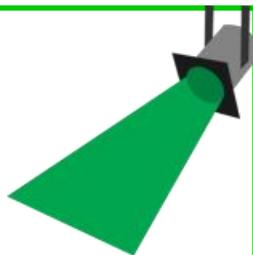
Anne asked for contributions from Juniors on 'first impressions' of various races. As a very ancient runner may I also suggest to the youngsters that they shouldn't be afraid to 'have a go' at various events and distances. You may discover a hidden talent. Usain Bolt, for example, did not start out predominantly as a sprinter – he was a 400 metre runner first.

I started as a youngster and in those days everyone seemed to run cross country in the winter and track meetings (almost always on grass). I tried everything from sprints to long distance including the steeplechase, all the field events except pole vault & hammer, without much success.

When I came out of the Army a running mate, John Grundy, persuaded me to have a go at a marathon in 1958 – the Doncaster to Sheffield, always held on Easter Monday. There was a seven mile loop round Cantley before returning to Doncaster and on to Sheffield. I had to stop for a 'call of nature' on the loop and rejoined the field at the back. I really hadn't a clue about pace and ran far too quickly trying to make up places, then 'blew up' spectacularly on the outskirts of Rotherham before staggering in with a time of 3h 33m 31s. John knew I could do better so a month later he paced me in the Hull Marathon where I improved to 3h 3m 44s. Later on that year John persuaded me to try the London to Brighton but I suffered badly in the latter stages and finished last in 8h 47m 54s.

We'd also heard about fell running but it wasn't the all year round sport it is today. The season started in April with the Pendle Fell race and ended in late Sept with the Black Lane End race in Lancashire and usually only one race to choose from per week. The fields were much smaller than now and it was more of a challenge in certain races.

The Three Peaks, for instance, had no set route other than to reach the summits of Ingleborough, Pen-y-gent and Wharfedale and because of the relatively small fields runners found themselves running completely alone with not another runner in sight. I first ran it in 1959 and there were 44 starters, did it another 16 times (PB 3h 22m 44s).





The Ben Nevis race was a real trek– no motorways in those days and it meant driving up through the night to get there. The course was longer too – starting from King George V playing fields (now long gone) The first year we went up (1958) we arrived a day early and decided to do a ‘recce’ in Army Boots – bad decision – running down they took the skin completely off my heels. I tried putting plasters on them for the race itself. The previous year a runner, John Rix, had died sheltering in bad weather on the descent and wasn’t found until late after the race so at the start runners were told that if they didn’t think they could make the summit they should retire. After we’d left Achintee and headed towards the Red Burn my socks were covered in blood and I was in agony so I decided to retire. I was captured by a photographer and featured in one of the Scottish Sunday newspapers under the headline ‘Ben Nevis Race claims it’s first victim’. Went back on another three occasions, best finish was 15th in 2h1m 17s.

In 1959 we decided to enter the tough Lake District Mountain Trial – we were blissfully ignorant and had never been to the Lake District in our lives. We turned up with a 1” to the mile OS map of the Lakes together with a copy of the newly published Wainwright’s Guide to the Central Fells!! The race started at the Old Dungeon Ghyll Hotel, we lined up and the starter unveiled a large marker board with the list & grid references of the checkpoints. Whilst one of us was marking the checkpoints on the map another was rapidly flicking through the book only to find the course went south of the book’s scope. Shoved the book away and chased after the field. From being well up early on we ran together and were hopelessly lost for a while before finishing 27th equal, a long way behind the winner.

Undaunted we also tried the short fell races like Burnsall – first time we ever went there we spent the preceding Thursday night cutting a path through the bracken but this was not the usual route up but to the south of the Devonshire Fell Hotel, further than the conventional way but easier underfoot. Whilst we weren’t the first to the top we were in front of many better runners. Unfortunately we chose the same long way down and our efforts were in vain. Went up trusted way in later years – best finish 11th in 15m 59s.

One of our club members (Wakefield Harriers) Brian Marsland was a good race walker and he was trying to raise a team to take part in the Northern 'Junior' 20 miles championship (back then Junior wasn't by age it meant anyone who'd never been a member of a winning Senior Championship team). I said I'd make up the team if he could find two others – he did and we were very lucky – it was a very hilly tough course (which as runners suited us) and to our amazement we won. I found it fairly easy and could really 'hurt' myself over the longer distances. 16 months later I tried a 100 miles event – Leicester to Skegness and although I blistered badly by 37 miles manages to finish in 21hr 7min to gain the coveted Centurions badge.

So, always be prepared to tackle a new event – you never know how good you can be until you try.

DDAC Juniors Section

- Training sessions are held at Shelley College on Wednesday Evenings from 6pm til 7.30pm
- Open to children aged 8 to 18 years, although due to a recent influx, **we are currently only able to accept new members from years 6 and above. There is now a waiting list for younger children.**
- Cost per session is £3 (non-members) or £2 (members)

Do you want to go to sleep with a smile on your face?

- We are in **URGENT** need of a couple more volunteers to join the junior coaching team.
- Becoming a coach requires time & commitment but is fun and hugely rewarding.
- Please talk to Jo Worboys-Hodgson (Junior Co-ordinator) or any of the coaching team if you think you might be interested and would like to learn what's involved.



NEW Junior parkrun at Shelley College

Thank you to parents who have already offered to help with marshalling and timekeeping at the planned new parkrun event at Shelley.

Further volunteers are still required (9am on Sundays) —please contact Jo Worboys-Hodgson if you can help.

This new local parkrun will hopefully start by the end of the year.



Race reports and results

Traveller's tales from La Course Eiffage du Viaduc de Millau—22nd May 2016

Contributed by Lynne Pollock

We-ell feel a bit diffident about my contribution after reading so many tales of derring-do and impressive feats and feet. Real Travellers are a tough bunch and very committed. So they might want to stop reading here

Andrew has been running since he got out of nappies, but I only started three years ago at the ripe (like an old cheese?) age of sixty something. But I have never had a shred of competitive spirit so needed something more stimulating to prompt me to undertake an event. So I chose the Course Eiffage, in May, a half marathon plus at 14.5 miles including running in the sky to cross the breathtaking viaduc de Millau (twice). This is the longest I have ever run and my chief target was to get on the bridge before the cut off time, to avoid the ignominious stragglers' return by bus. And, for me, the course profile was daunting:



But I would give anything to be up there in the open, free from the confines of a car and enjoying the spectacular views.

The day before was glorious, hot and sunny, great to stroll in the festival park and drink specially brewed beer. Photos of the previous event displayed in the registration hall were inspiring. Dawned the day, however, it was less than sunny, chilly with a threat of rain and an even greater threat of high winds on the top. Unless you were among the elite (which we clearly weren't!) it took a couple of miles to get going as there were 14,000 of us. On the other hand the mass of bodies helped to keep the breeze off.



Apart from the resolve to get up that hill and onto that bridge, our primary interest was in enjoying the view, so we stopped often to take photographs, both when passing under the viaduct, on the way up the hill and dozens more from the top, which was when we met the 65 km/h wind full on.



And uphill even across the viaduct itself! The joy of turning our backs to the wind when we reached the other side and turned to run back down, was immense. But I still didn't want to rush away from this beautiful experience, and lingered longer, snapping away, while the more impatient Andrew sped away from me, back to the finish line and his own personal goal of cake, fruit and other goodies.



As it was France, there were bands playing all along the route, even on the viaduct, and very tasty snacks to sustain us half way. And the fantastic feeling that France closed its main autoroute to the south, the A75, for several hours, to give priority to Les Sportifs.

So, we have no outstanding results to report, nothing at all to add to club glories or record breaking achievements, but despite the weather conditions, and a tough climb, a lovely, lovely day out. And when I eventually reached the finish line, a stonking heavy downpour. But I can't wait to do it all again, worn out old crock of a body permitting.

Vive la France and stuff the Brexiteers!

Which goes to show, it's never too late to be inspired! - Editor

Ilkley Trail Race 30th May 2016

Position	Name	Club	Age category	Time	Comments
1	Tom Adams	Ilkley	M	00:38:44	
18	Hannah Oldroyd	Saltaire	F	00:45:55	1st Lady
146	Anne Middleton	DDAC	F55	00:59:19	1st Lady Vet 50

Spencers Dash 2nd June 2016

Position	Name	Club	Age category	Time	Comments
1	Ethan Godridge	Barnsley AC	M	00:21:37	
13	Sarah Gough	Barnsley Harriers	FV35	00:25:12	1st Lady
46	Dave Townend	DDAC	M60	00:30:31	
73	Rachel Warsop	DDAC	FV35	00:34:10	



Photos courtesy
of Mossie Net
Photography

Ingleton Scenery 2nd June 2016

Position	Name	Club	Age category	Time	Comments
1	John Whiteside	Trawden	M35	00:29:58	
9	Oliver Ingham	DDAC	M23	00:33:55	
27	Karen Brindle	Barlick	F	00:39:47	1st Lady
28	Ralph Barker	DDAC	M60	00:39:58	
29	Philip Ellis	DDAC	M35	00:39:59	
41	Anne Middleton	DDAC	F55	00:43:28	1st Lady Vet 50
55	Simon Ellis	DDAC	M40	00:49:55	
67	Andy Ingham	DDAC	M45	01:08:09	



Ingleton—A great little race if you like step-aerobics & warm growler for afters!

Sat 4th June was a busy weekend of running for many club members

Silkstone Shuffle 4th June 2016

Position	Name	Club	Age category	Time	Comments
1	Andy Swift	Penistone	M	00:25:37	
12	Oliver Ingham	DDAC	M	00:29:04	
26	Sarah Gough	Barnsley Harriers	LV40	00:33:01	1st Lady
70	Vicky McClelland	DDAC	LV40	00:39:50	
76	Simon Ellis	DDAC	MV40	00:41:07	

Silkstone Junior Shuffle 4th June 2016

Position	Name	Club	Age category	Time	Comments
1	Hugh Mackie	Penistone	M	00:10:39	
4	Abigail Caie	DDAC	F	00:11:29	1st Girl
5	Freddie Naivalura	DDAC	M	00:11:39	
8	Ben Worboys-Hodgson	DDAC	M	00:12:13	
9	Euan Dady	DDAC	M	00:12:30	
11	William Roberts	DDAC	M	00:12:34	
16	Bertie Naivalura	DDAC	M	00:13:34	
17	Victoria Worboys-Hodgson	DDAC	F	00:13:36	
18	Frances Worboys-Hodgson	DDAC	F	00:13:48	
20	Daisy McClelland	DDAC	F	00:13:51	
22	Sylvie Ellis	DDAC	F	00:14:53	
28	Elsie Naivalura	DDAC	F	00:16:00	



This is one of 6 South Huddersfield Road & Trail series races

The School Run 4th June 2016

Position	Name	Club	Age category	Time
1	Mike Fanning	Holmfirth	M	00:37:53
2	Andrew Du Feu	DDAC	M	00:41:07
10	Sally Field	Saddleworth	F	00:48:46
37	Sue Kaye	DDAC	F	00:59:07
50	Stephen Warner	DDAC	M	01:06:28
52	Stella Taylor	DDAC	F	01:07:23
54	Rachel Warsop	DDAC	F	01:08:09
63	Si Warsop	DDAC	M	01:10:52
71	Sue Levinson	DDAC	F	01:18:58

Wharfedale Half Marathon 4th June 2016

Position	Name	Club	Age category	Time	Comments
1	Harry Coates	Wallsend	M	01:28:31	
22	Carmen Byrne	Holcombe	FV35	01:46:37	1st Lady
141	Anne Middleton	DDAC	FV55	02:09:08	



Prestwich Challenge 5th June 2016

Position	Name	Club	Age category	Time	Comments
1	Adam Turner		M	01:09:37	
2	Oliver Ingham	DDAC	M	01:11:25	
3	Laura Lombard		F	01:13:24	1st Lady



Barnsley Boundary Relay 11th June 2016

10 legs, 73 miles starting and finishing at Cannon Hall.

This year 27 teams completed the challenge. PFRAC men's team finished 1st in 08:11:09.

DDAC had 3 teams :

- Senior Men—7th overall in 09:41:42
- V40 Men—22nd overall in 12:21:12
- Senior Ladies—23rd overall in 12:34:39



There were some excellent individual performances—our best being Ross who was 3rd on Leg 8.

The question is how many jelly babies were eaten??

Swaledale Marathon 11th June 2016

Position	Name	Club	Age category	Time	Comments
1	Michael Barron	Ambleside	M	03:03:00	
17	Heather Mochrie	Darlington	F	03:37:00	1st Lady
82	Anne Middleton	DDAC	F40	04:18:00	

Hadrians Wall Ultra 19th June 2016

Position	Name	Club	Age category	Time	Comments
1	Alex Newman-Smith		M	10:04:58	
21	Andy Green	DDAC	MV40	12:03:38	
26	Marie Duignan		F	12:06:55	1st Lady

A brilliant run by Andy—see cover photo of him with his medal at the finish in Newcastle



Marsden 10mile 19th June 2016

Position	Name	Club	Age category	Time	Comments
1	Matthew Pierson		M	01:04:18	
22	Bridget Coomber	DDAC	F	01:17:31	1st Lady



Tour of Tameside 16th-19th June 2016 - Chris Walker

Date	Race	Pos	Time
16th June	Cross Trail 10k	193	00:58:55
17th June	Copley Fell	192	01:02:47
18th June	High Peak half Marathon	182	02:10:12
19th June	Hyde 7	170	01:05:27

The Tour (a festival of running) was founded by marathon legend Dr Ron Hill MBE in 1983—although back then the Tour was a week long!

It's still a real challenge of road, trail and fell funning.



Well done Chris!

'God's own Country & The Traveller'

Contributed by Rosalind Bedford



Rosalind descending Great Whernside, the last of the 3 Wharfedale peaks on this 22 mile challenge in aid of Upper Wharfedale Fell Rescue Association.

Upper Wharfedale 3 peaks 26th June 2016

Position	Name	Club	Age category	Time	Comments
1	David Ashby		M	03:35:23	
13	Amanda Seims		F	04:32:35	1st Lady
31	Rosalind Bedford	DDAC	F	05:34:57	

Perhaps an idea for the
2017 Fell Championship!

Antwerp Sprint Orienteering Meeting 2016—25th & 26th June 2016

Contributed by Guy Goodair

This year's meeting took place in the northern part of the city with the Saturday sprints being on the west bank of the River Schelte and Sunday's City race on the east. We were staying in the old town so on Saturday we had to walk in the tunnel some 30metres below the river to get to the west bank. I'd won a free entry from last year's City Tour so we'd just Judith's entry to pay for (30 euros for all 3 races which also including a technical t-shirt).

The first race was in Antwerp Plage where all the yachts are moored and was mostly open parkland before coming into residential housing for the last few controls. No real route choice – it was 'straight' most of the time and suited pure runners. The races are run a bit like the Tour de France with the leader (in each class) being awarded the yellow jersey. There are two sprint stages in each race, one from the last control to the finish and the other somewhere on the course – where there is a statue of a runner wearing a green jersey to the next control.



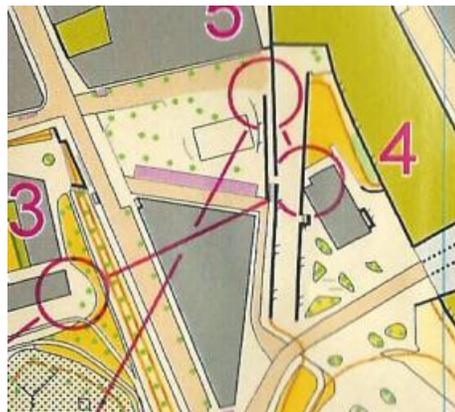
These two leg times being added together to decide the green jersey winners – just two in the whole competition – one man, one woman – which for old gits like us makes it a bit academic.

About 3 hours after the first race the second one started (same finish area) but a completely different starting point and area (Antwerp Chicago) again lots of grassy areas but far more buildings, route choice and some tricky control placings. We didn't hang around after the race as it started to rain and we'd a 40 minute walk back to the hotel, quick shower and out for dinner.

Sunday we drove up to the event centre which was not too far from the Red Line Museum and docks area. It was a lovely sunny morning and I'd a fairly early start (10.38) and was lucky that it only started to rain as I was approaching the last control. By the time I'd finished and downloaded it was pouring down and Judith starting about 20 minutes later than me came in looking like a drowned rat, then the thunder and lightning started!!

The course started in a grassy area before going into the streets then back to open grass onto the dock side then finishing in a modern building area. There were several tricky control placings to catch out the unwary – two caught me and two didn't

3 to 4



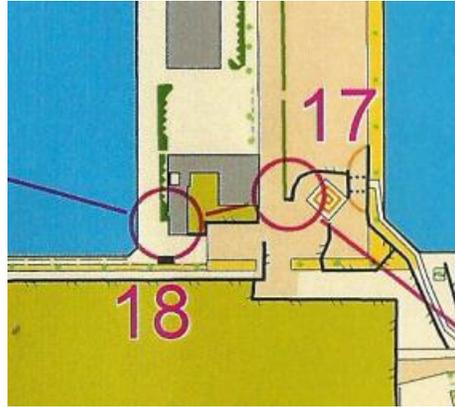
I went to the north of the triangular building, up the steps – no kite in view so it must be below the road approached from the north and down the grass.

7 to 8



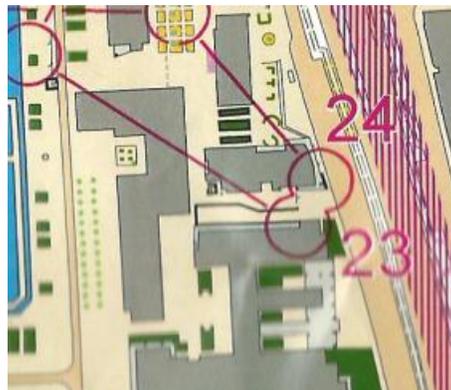
Messed this one up – didn't read the description – Outside corner – went to the inside corner before realising it was up above me!! Quick dash back to the steps but this cost me over a minute

16 to 17



Ok with this one – realised it was inside the fence so stayed on the grass by the quay side and came in from the North. A few runners near me went through the tunnel then had to backtrack. From 17 I followed the hedge north to the gap to go to 18.

22 to 23



Another mistake – careless map reading (and not bothering to read control description) – thought it was the wall end, nothing there then I realised that wasn't the centre of the circle. Had to backtrack up the wall and down under the canopy to the building end.

All the race numbers are put in a box then a lottery draw is made – Judith won a Nike ladies UPF race top, so we didn't come away empty handed. Can thoroughly recommend this Weekend!

Penistone 10k 26th June 2016

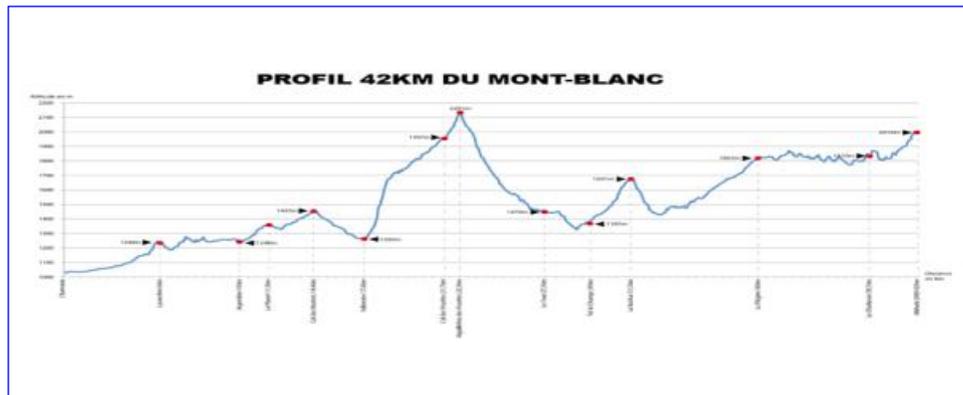
Position	Name	Club	Age category	Time	Comments
1	Ian Whitaker	Edinburgh AC	M	00:34:37	
24	Oliver Ingham	DDAC	M	00:42:59	
29	Sarah Gough	Barnsley Harriers	FV40	00:43:41	1st Lady
37	Steven Sharp	DDAC	M	00:45:07	
39	James Lodge	DDAC	MV35	00:45:29	
46	Joanne Worboys-H	DDAC	FV45	00:46:29	1st Lady vet 45
49	Katie Sharp	DDAC	F	00:47:00	
82	Emma Worsley	DDAC	F	00:50:21	
91	Richard Bradley	DDAC	MV45	00:51:13	
103	David Townend	DDAC	MV60	00:52:29	
135	Kate Lucas	DDAC	FV40	00:55:03	
140	Anita Nicholson	DDAC	FV50	00:55:54	
158	Sarah Godbehere	DDAC	FV45	00:57:36	
161	Simon Warsop	DDAC	MV50	00:57:39	
202	Rachel Jane Warso	DDAC	FV40	01:02:16	
203	Christopher Walker	DDAC	MV60	01:02:30	
213	Abbie Dagg	DDAC	FV40	01:05:21	
215	Kay Couldwell	DDAC	FV45	01:06:17	
244	Peter Andrews	DDAC	MV65	01:18:14	



Photos courtesy
of Mossie Net
Photography

Mont Blanc Marathon – 26th July 2016 – 42K, 9,000ft ascent & 5,600 descent

Contributed by Anne Middleton



The last weekend of June sees a mad few days of races in Chamonix attracting thousands of runners from all over the world. I'd completed the 23km Mont Blanc Cross a couple of times – the marathon always seemed a step too far. However, in an attempt to keep Pete quiet, I entered the ballot last September and was amazed to get a place; but being 9 months away, just parked it in the recesses of my mind. A calf injury limited my running in the autumn and winter and then just when I was starting to get fitter in the spring, I sprained my ankle. My training plan was in tatters. In early June I did the Wharfedale half marathon and Swaledale marathon (only 24 miles but with ~4,000ft of climbing) and a walk up Scafell Pike the weekend before the race, completed my training.

Our trip to Chamonix was notable for travelling on the day of a general strike which affected French air traffic control and resulted in us arriving extremely late. We woke the following morning amazed to hear the referendum result 'to leave' the EU – fortunately we'd bought a few euros with us, as the value of the £ plummeted.

Chamonix was not only busy with the usual climbers and walkers but also awash with young fit people in hi-tech compression gear, hydration vests and bright trainers. There was a real buzz and yet if one stood and looked beyond the busy streets of outdoor shops and bars, Mont Blanc with its snowy peaks soaring up to the sky was as beautiful as ever. We'd arrived a couple of days before the race, allowing time for a gentle recce of parts that I'd not been to before and acclimatise to the slightly elevated altitude. I also needed to get my gear checked (mobile phone, whistle, 0.5L water, survival blanket, mug and waterproof jacket), collect my race number and attempt 48 hours of carb loading and hydration.

I set my race day alarm for 4.30am; time to digest porridge, get to the bag drop off in the centre of Chamonix for the 7am start. I'd hardly slept and was just glad the day had arrived – no more time for pre-race nerves.

The forecast was good and the previous day's torrential rain was drying up. I'd been unsure as to which trainers to wear; new La Sportiva trail shoes (supposedly good on wet rock) or faithful Speedcross, but opted for the latter which I knew would cope with the muddy sections. I'd also fretted as to whether I should have practised running with poles but in the end couldn't fit them in my bag, so that decision was made for me.



There were 2200 runners at the start line – elite runners at the front and the rest of us scattered around the town square. I spotted a few race bibs with Union Jacks and a Telford Harrier; Europeans don't seem to be into club vests, preferring compression gear. Music, multilingual safety briefing, 3,2,1 ... we were off through the sleepy streets of Chamonix and start of the long but fairly gentle climb to Argentiere on tracks, through hamlets, woodland and meadows. It was 13°C but forecast to be quite chilly on top – I'd started in my favourite old DDT top thinking that I'd put more on if I got cold. There were small groups of supporters along the way. The first water station was only after 6 miles but I'd decided to stop at each one as I knew that hydration would be key to such a long run and I'd only got 750ml in my camel. As the morning went on more people came out to give support with cowbells, horns and fancy dress and having our names on our race bibs meant they could personalise their encouragement.

I was happily running along when an English voice enquired if I was a Denby Dale Traveller – how amazing that someone had recognised my top. Andy, a Stockport club runner with considerably more experience of alpine races, warned me not to go too fast (unlikely) and advocated poles for the uphill sections (in my naivety, I'd thought they'd be good for downhills). We compared Peak District training routes and favourite races (I even promoted Mickleden to him!!) and for a short while forgot I was doing a race.



There was chaos at the Col de Montets, where we briefly ran along the main road with cars and people everywhere, but soon we returned to tranquillity for 4km of descent through quiet hamlets to Vallorcine, almost on the Swiss border. Here was the first of 3 full feed stations. I grabbed some banana and a couple of tuck biscuits having decided I'd give the salami and Swiss cheese a miss!



Next, a near vertical climb – where I reverted to fell runner's walk. I overtook a few people although it was quite tricky on a steep narrow path; needing to avoid tripping over walking poles and expending too much energy in the process. Eventually we were on a broader ski track which lead to the Col de Posettes, still with some snow. Pete was poised with his camera, having caught the cable car up the mountainside. We were also greeted by a man on the back of a jeep playing Elvis numbers on an electric guitar. A helicopter swooped overhead filming and we had the first sighting that morning of high snowy peaks emerging through the cloud.





After a brief runnable section, it was on and up into the cool cloud. We'd walked this section, part of the Tour de Mont Blanc route; so I knew what was in store – a steep rocky climb to Aigillette de Possettes, the highest point of the race followed by ~3,000ft of descent on a rocky path with a seemingly endless section of dilapidated wooden log steps with shear drop to one side. Near the top a runner was wandering aimlessly, clearly not with it; a fellow countryman had stopped with him and was blowing a whistle to attract mountain rescue. Slowly I descended, being overtaken all the while and by the next check point had lost ~ 50 places.

We briefly returned to civilisation at Le Tour; I waved to Pete and then onwards and downwards to Montroc before the start of the next climb to the lovely hamlet of Tre le Champs and another big feed station. Andy caught me up here and recommended drinking coke. I thought it would probably make me sick but gave it a

go; it seemed to work as a source of liquid sugar and was certainly preferable to a gel. Orange segments, piece of banana, savoury biscuit, a square of chocolate and mug of water (some I drank, the rest went over my head) – onwards and upwards.



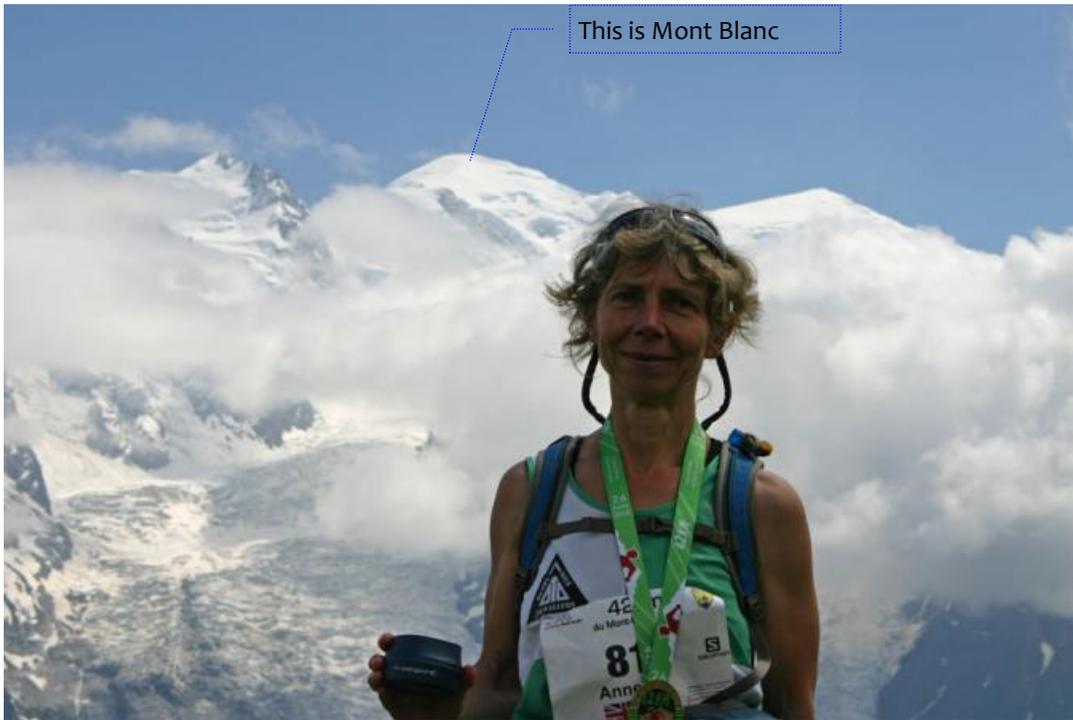
By now I'd got used to the additional trip & eye poking hazard of poles being used by many runners. I was on familiar ground and knew it was 'just' 6 miles of up, except for a mean 1,000ft descent on rock and tree roots. Even my fellow runners seemed less inclined to descend in a reckless manner, self-preservation and weariness had kicked in. A lot of the time we climbed silently, retreating into our shells to fight our own demons. I felt OK, making myself drink and eat frequent ½ shot blocks and mouthfuls of chia flapjack. The day was much brighter now – lovely scenery, amazing wild flowers and birds tweeting in the trees. Some runners stopped for a breather by the path, or to take photos – I just kept plodding, running the occasional flatter sections.

We came to a ski-field clearing; the cable car station at Flegere couldn't be far and and Pete popped up to offer encouragement! I had a final gulp of coke and banana to fuel me for the hour or so to the finish. By now, I knew I'd make it, barring any silly accidents. At last some more runnable paths, but plenty of trip hazards so concentration was key, especially with tired legs. Another runner was being tended to having fallen off the path; a survival blanket was wrapped around him – he didn't look well. With brilliant mobile reception, help would soon be on its way. Suddenly I was overtaken by a couple of ladies – where did they come from? And more importantly were they also Vet 50's? This section is also popular with walkers who gave me encouragement. A boulder field, a section of metal steps with handholds down a short ravine, vertical buttress (didn't look over the edge!) and finally we could see the crowds high above.

It is such a cruel finish, a monstrously steep climb on a rocky path, but I overtook the couple of ladies who'd passed me earlier and as the incline levels somehow managed to sprint to the finish line just within 7 hrs 30mins.

With my medal dangling round my neck, I staggered to find Pete who'd made his 3rd cable car journey of the day. Mont Blanc looked lovely on the opposite side of the valley and paragliders were soaring high above as tired but happy runners lay in the sun taking in the view & atmosphere, content at having completed an amazing challenge.





1st man Cedric Fleureton (France) 04:04:23
 1st lady Ida Nilsson (Sweden) 04:46:18
 Anne Middleton (UK!) 07:29:14 (1015/2045 overall, 102/343 ladies & 9/47 50+ ladies)
 Last runner 09:48:08

Stop Press—Registration for 2017 race ballots w/c 17th Oct— <http://www.montblancmarathon.net/>

Thurlstone Chase 2nd July 2016

Position	Name	Club	Age category	Time	Comments
1	Andy Swift	Penistone	M	00:23:47	
3	Ross McClelland	DDAC	MV40	00:26:21	
19	Nicky Spinks	Dark Peak	LV40	00:29:31	1st Lady
36	Mick Collinson	DDAC	MV50	00:32:04	

Do you want to go to sleep with a smile on your face?

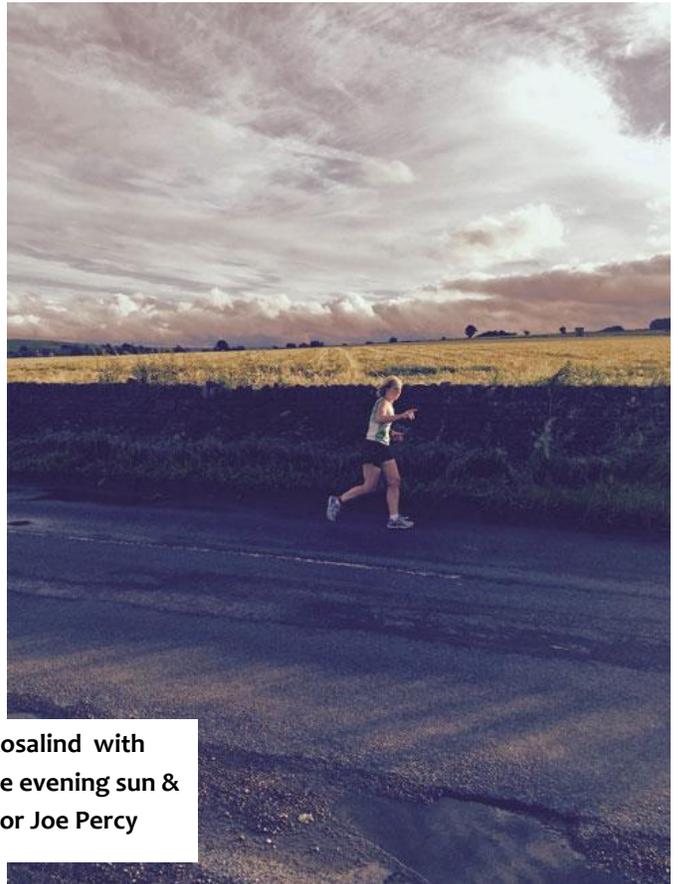
- We are in **URGENT** need of a couple more volunteers to join the junior coaching team.
- Becoming a coach requires time & commitment but is fun and hugely rewarding.
- Please talk to Jo Worboys-Hodgson (Junior Co-ordinator) or any of the coaching team if you think you might be interested and would like to learn what's involved.



Joe Percy 10k 29th June 2016

Position	Name	Club	Age category	Time	Comments
1	Matthew Pierson	Stainland	MSEN	00:34:26	
25	Johanna Winks	Halifax	WV40	00:40:05	1st Lady
34	Oliver Ingham	DDAC	MSEN	00:41:22	
62	Steve Sharp	DDAC	MV40	00:44:19	
81	Katie Sharp	DDAC	WSEN	00:45:17	
115	James Worsley	DDAC	MSEN	00:48:12	
118	Vishal Ramdhani	DDAC	MV35	00:48:30	
120	Sally Campbell	DDAC	WV40	00:48:47	
125	Emma Worsley	DDAC	WV35	00:49:07	
140	John O'Hanlon	DDAC	MV50	00:51:02	
152	Vicky McClelland	DDAC	WV40	00:52:07	
156	Samara Wood	DDAC	WSEN	00:52:36	
163	Laura Hartshorne	DDAC	WSEN	00:53:26	
165	Sue Kaye	DDAC	WV55	00:53:38	
169	Graham Guest	DDAC	MV40	00:54:01	
173	Sharon Jones	DDAC	WV35	00:54:13	
175	Rosalind Bedford	DDAC	WV55	00:54:24	
181	Simon Warsop	DDAC	MV50	00:54:54	
202	Simon Ellis	DDAC	MV40	00:57:37	
209	Abbie Dagg	DDAC	WV40	00:59:02	
216	Rachel Warsop	DDAC	WV40	01:00:09	
218	Stephen Warner	DDAC	MV60	01:00:23	
247	Peter Andrews	DDAC	MV65	01:15:55	





Pete & Rosalind with amazing late evening sun & clouds for Joe Percy

Joe Percy is a popular inter-club 10K road race - the course comprises two laps starting from Storthes Hall campus around Thurstonland/Farnley Tyas. This year the club entered 21 runners (with two teams of 10 runners to count). Stainland Lions won—well they did have a team of 60+! DDAC teams finished 12th & 20th - the taking part is sometimes more important than the result.

Hathersage Gala 4th July 2016

Position	Name	Club	Age category	Time	Comments
1	Rob Little	Dark Peak	M	00:30:04	
21	Simon Browne	DDAC	MV40	00:36:06	
32	Steph Curtis	Pennine FR	LV40	00:36:59	1st Lady
37	Oliver Ingham	DDAC	MU23	00:37:24	
138	Anne Middleton	DDAC	LV50	00:47:00	
196	Rosalind Bedford	DDAC	LV50	00:52:57	
228	Abbie Dagg	DDAC	LV40	01:03:05	

This was the 2nd short race in this year’s fell championship . Just 4.5miles with 1066ft ascent and classified as a BS race. It’s a great little evening race and well within the abilities of most senior club members. Give it a go next year!

Hathersage Gala Fell race



Spencers Dash 6th July 2016

Position	Name	Club	Age category	Time	Comments
1	Shaun Dimelow	Penistone	MV40	00:21:33	
10	Andrew Du Feu	DDAC	MV40	00:23:58	
12	Kerry Storrar	Barnsley AC	FV35	00:24:40	1st Lady
41	Dave Townend	DDAC	MV60	00:30:21	
57	Jon O'Hanlon	DDAC	MV50	00:31:35	



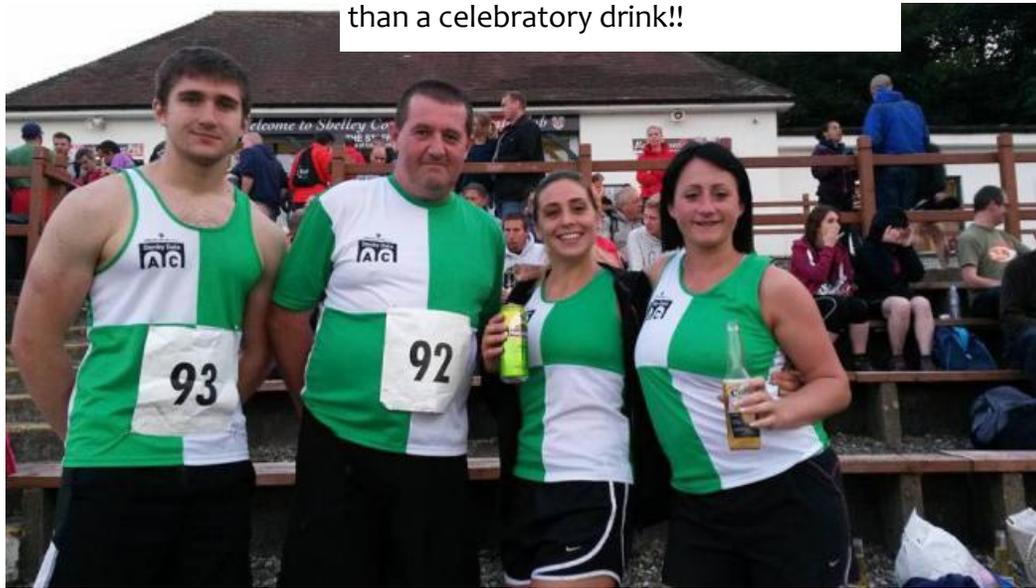
Woodland Challenge 8th July 2016

Position	Name	Club	Age category	Time	Comments
1	Rob James	Royton	M	00:40:53	
13	Oliver Ingham	DDAC	M	00:48:40	
23	Helena Croft	Holmfirth	F	00:51:14	1st Lady
35	Steven Sharp	DDAC	M40	00:53:21	
94	Sharon Jones	DDAC	F35	01:03:11	
98	Laura Hartshorne	DDAC	F	01:03:39	
126	Peter McEvoy	DDAC	M60	01:07:39	
153	Norman Roper	DDAC	M60	01:13:33	
186	Andy Ingham	DDAC	M451	01:24:09	



Woodland Challenge

And after a tough little race what better than a celebratory drink!!



Do you want to go to sleep with a smile on your face?



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Oxspring Hunshelf Amble 9th July 2016

Position	Name	Club	Age category	Time	Comments
1	Shaun Dimelow	Penistone	M40	00:52:57	
15	Andrew De Feu	DDAC	M40	01:00:38	
22	Samantha shaw	Penistone	F	01:04:43	1st Lady
52	Anne Middleton	DDAC	F50	01:16:41	
74	Chris Walker	DDAC	M60	01:38:11	



The **Oxpring Hunshelf Amble** organised by PFRAC is a 7 mile 'undulating' multi-terrain race. The route is the same as Amble's Revenge which takes place in early January except you run the other-way round the course and being July, one might expect it to be warm and dry—but not this year!

A field of tall wet crops at the start resulted in an early soaking!



Sedbergh Sports Mens Race 9th July 2016

Position	Name	Club	Age category	Time
1	Simon Bailey	Mercia	M	00:24:58
141	Simon Browne	DDAC	M40	00:32:32

Sedbergh Sports Womens Race 9th July 2016

Position	Name	Club	Age category	Time
1	Victoria Wilkinson	Bingley	F	00:29:05
42	Jo Worboys-Hodgson	DDAC	FV40	00:36:57

Sedburgh Sports Fell Race – 9th July

Contributed by Simon Browne (Fell Captain)

This was the 3rd race of this year's FRA English Champs and was categorised as an **AS with 1312ft of climbing packed into 3.5 miles**. Jo Worboys-Hodgson and I made the long journey up to Cumbria and with it being July looked forward to some nice weather. We arrived in the rain with the clag well and truly obscuring the hills!

Unable to park in the event field as it was waterlogged, gave us the chance to warm up on the jog in from the car and after registration we took shelter in the main tent. The weather didn't seem to dampen any spirits, and the kids taking part in the sports events were having a whale of a time whilst being encouraged by the hilarious MC from the FRA relays in 2014 (for those of you that weren't there he is the fell running equivalent of Paddy McGuinness!)

Soon the ladies took to the start line and off they went doing a lap of the field before disappearing down the road. I decided to climb the fell and with it only being a short race it didn't seem to take long before the leaders were flying past me towards the line. Victoria Wilkinson of Bingley Harriers leading with Hannah Horsburgh of Keswick AC in hot pursuit. A great performance from Jo saw her finish in 42nd place from a field of 98.

A rather lengthy delay then took place until the men's start and in the pouring rain we set off. After nearly half a mile of tarmac (yes Bridget you did read that correctly!) the gradual climb began across some very wet fields. This ramped up as we hit the fell wall and following the flags we slowly trudged up an increasingly windy and hostile mountainside. The first summit of Knott gave way to a false flat and another steep but mercifully short pitch lead to the checkpoint on top of Sickers Fell.

This really was a race of two halves and the long slog up now turned into a manic descent. I had climbed virtually toe to toe with Andy Shaw from Holmfirth Harriers and I was determined not to let him get away. As the descent got steeper we were both struggling for grip and then a huge "Woohoo!" startled us as a Pudsey and Bramley runner went flying down the hill on his backside. At this point Andy slipped and rapidly picked up speed, accelerating away from me. "Sod this" I thought and so sat down and tobogganed 200 metres down the hill on my shorts (later regretting it but Sudocrem is wonderful stuff!). Please click on the link below for a laugh!

<https://www.youtube.com/watch?v=49-WKFNNgHI>

As we reached the fields above the finish, the gradient flattened a bit and the chase was on. People tend to think that running downhill is easy however the effort involved here was just as hard as going up! I caught Andy just before a gateway and went past him. I managed to sneak past another couple of runners on the approach to the finish only to lose out on a 3 way sprint to the line. I stopped the clock in 32:32 in 140th place out of 232.



**My arms showing evidence
tobogganing exploits!**

Windmill Half Marathon 17th July 2016

Position	Name	Club	Age category	Time	Comments
1	Nathanial Winfield		M	01:19:06	
15	Martha Hanby		F	01:24:59	1st Lady
24	Ralph Barker	DDAC	M60	01:27:36	1st Vet 60

Following a faster than intended first half of the London Marathon, I decided to enter a potentially fast Half Marathon to see what these 60 year old legs could manage.

Whilst flat, being a coastal location (Lytham St Anne's), there was always going to be the potential for a battle against the wind. Being a two lap figure of eight, there would be no way of escaping the wind, and this was how it turned out to be. I set myself the target of trying to maintain as close to 6.30 per mile pace. I was pretty consistent by adopting slipstreaming methods when running into the wind. Pleased with 1.27 and 1st v60 prize.

Contributed by Ralph Barker

Castle Howard Trail Race 17th July 2016

Position	Name	Club	Age category	Time	Comments
1	Mike Jeffries	Richmond	M	00:39:00	
25	Sarah Attwood	York Knavesmire	F	00:47:58	1st Lady
82	Peter McEvoy	DDAC	M60	00:56:01	
143	Norman Roper	DDAC	M60	01:01:24	

Widdop Junior Fell Races 20th July 2016

Position	Name	Club	Age category	Time
1	Briony Holt	Clayton-le-moors	U14	00:24:45
6	Euan Dady	DDAC	U14	00:30:09



Euan—inspired to enter this race by himself

Priory 10k 20th July 2016

Position	Name	Club	Age category	Time	Comments
1	Terence Forrest	Cairngorm runners	M	00:35:47	
14	Faye Beckett	Wakefield Harriers	F	00:39:46	1st Lady
104	Peter McEvoy	DDAC	MV6	00:50:07	
114	Tony Weston	DDAC	MV60	00:50:33	
165	Norman Roper	DDAC	MV65	00:54:24	
167	Debbie Chappell	DDAC	FV40	00:54:26	
203	Sarah Godbehere	DDAC	FV45	00:56:29	
204	Vicky McClelland	DDAC	FV40	00:56:37	
297	Deborah Daniels	DDAC	FV40	01:04:54	
300	Stella Taylor	DDAC	FV55	01:05:05	
301	Sam Dickinson	DDAC	FV35	01:05:10	



Sarah, Vicky & Tony at (Nostell) Priory 10K— a mass attendance from DDAC



Rosalind sprints to finish line at Yorkshire Wolds half-marathon (without the assistance of YAS!)

Yorkshire Wolds Half Marathon 23rd July 2016

Position	Name	Club	Age category	Time	Comments
1	Phil Taylor	Bridlington	M	01:18:47	
15	Claire Howard	Totley	F40	01:36:51	1st Lady
46	Steven Sharp	DDAC	M40	01:52:13	
49	Katie Sharp	DDAC	F	01:53:14	
101	Rosalind Bedford	DDAC	F50	02:08:16	
109	Anita Nicholson	DDAC	F50	02:13:43	
133	Kay Couldwell	DDAC	F40	02:22:56	
141	Chris Walker	DDAC	M60	02:30:28	

Arthur James ShakERR 24th July 2016

Position	Name	Club	Age category	Time	Comments
1	Will Kerr	Saltaire Striders	M	00:46:54	
13	Kirsty Allen	Baildon	F40	00:54:26	1st Lady
19	Bridget Coomber	DDAC	F50	00:56:25	1st Lady vet 50



1st FV50 again!

Holme Moss 24th July 2016

Position	Name	Club	Age category	Time	Comments
1	Morgan Donnelly	Borrowdale	V40	02:37:41	
12	Helen Berry	Holmfirth	F40	02:59:51	1st Lady
87	Jo Worboys-Hodgson	DDAC	FV45	03:51:10	1st Lady vet 45



**Aerial view of Jo at Holme Moss
— surely not walking! And still manages to win 1st FV45**

James Herriot 14K Country Trail Run 31st July 2016

Position	Name	Club	Age category	Time
1	Carl Bell	Keswick	M	00:53:10
16	Michelle Nolan	RZH	F50	01:02:12
102	Anne Middleton	DDAC	F50	01:17:36
175	Rosalind Bedford	DDAC	F50	01:28:50



The James Herriot race is a lovely 14K run over moorland tracks and paths near Castle Bolton in Wensleydale in aid of Rotary charities.

Cracken Edge 3rd August 2016

Position	Name	Club	Age category	Time	Comments
1	Andy Jones	u/a	M	00:42:25	
66	Ingrid Storm	Chorlton	W	00:58:25	1st Lady
71	Steve Blackford	DDAC	M60	00:59:25	
122	David Gill	DDAC	M55	01:05:53	

Steve was 2nd over 60. He unfortunately decided to start at the back of the field with David. As a result they were held up by the slower runners who started in front of them. This resulted in queues at the ladder style. However he did overtake a number of the slower runners during the run. When will he ever learn?!

Contributed by Christine Blackford!



Salt Cellar 5th August 2016

Position	Name	Club	Age category	Time	Comments
1	Matt Elkington	Dark Peak	M	00:50:31	
27	Johnny Ridge	DDAC	M	01:02:39	
38	Anna Hoogkamer	Dark Peak	F	01:06:04	1st Lady
137	Samara Wood	DDAC	F	01:29:25	



This is a tough 6.8 mile race with 1594ft ascent—category BM. Johnny at Sam obviously enjoyed it last year—returning to shave 2 & 10 mins, respectively, off their previous times.

Borrowdale 6th August 2016

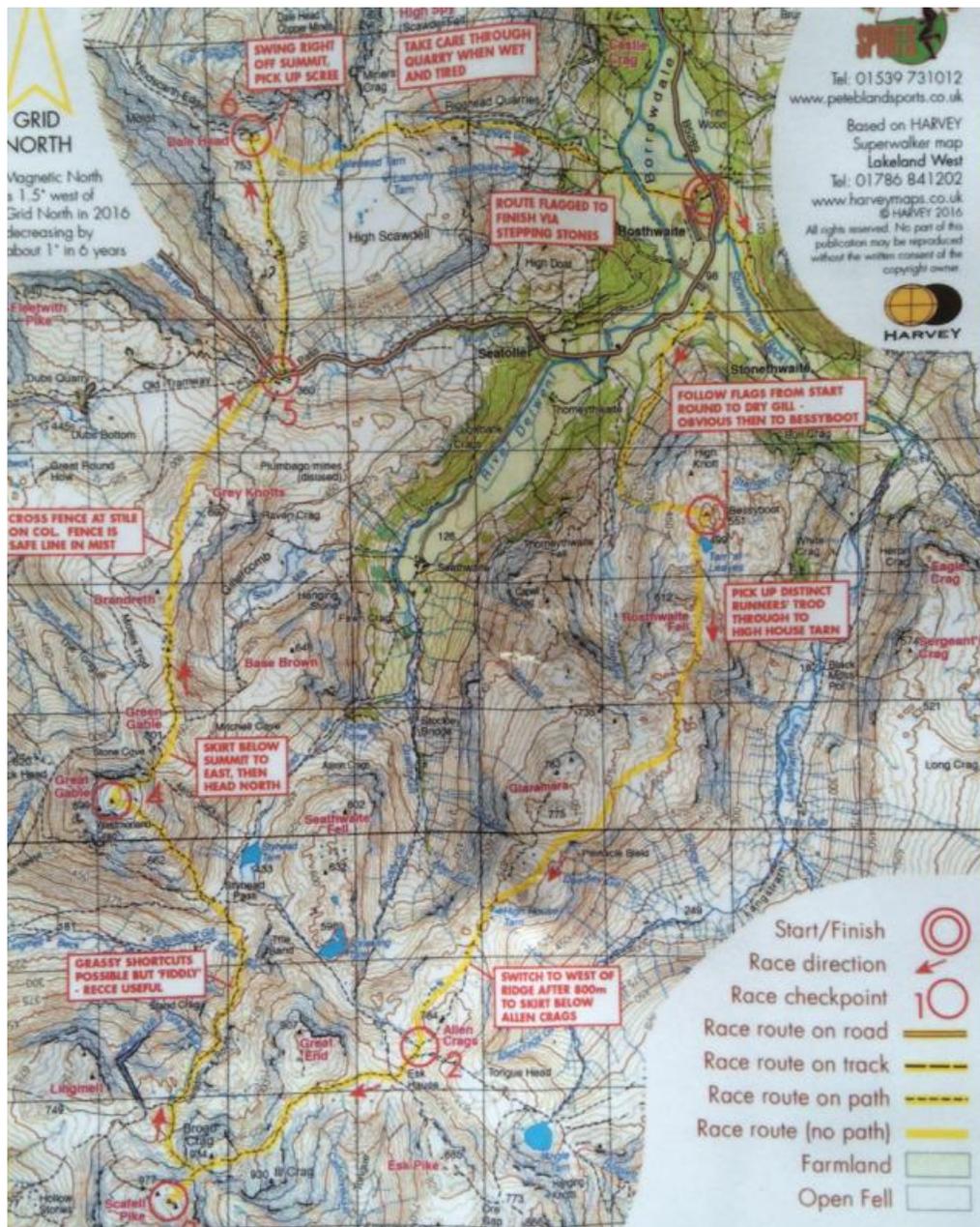
Position	Name	Club	Age category	Time	Comments
1	Ricky Lightfoot	Ellenborough	M	02:49:21	
40	Lou Roberts	Ambleside	F40	03:26:09	1st Lady
215	Simon Browne	DDAC	M40	04:30:07	

Borrowdale Fell Race – 6th August 2016

Contributed by Simon Browne

Round 4 of the English FRA championships saw nearly 400 competitors assemble in the beautiful setting of Rosthwaite near Keswick in the Lake District for the toughest race in this year's competition. At 16.8 miles and 6526ft of climb, this is no picnic!

I had travelled up to the Lakes with the family on the Thursday before the race to find the rivers full and a soggy campsite due to 24 hours of solid rain the day before, however by Saturday the skies had cleared, the sun was shining and it was sun cream at the ready!



Unfortunately I was the only member of our club for this one however, one of my Fire Service pals, Rick, was running and as we gathered in the start field I searched in vain for him. At last just before the start at 11am I managed to locate him but, as we chatted the race suddenly was under way and we were at the back of the pack. The route soon narrows to a single footpath alongside Stonethwaite Beck and with the best part of 400 runners in front of us, we were walking for the first half a mile. "Never mind" I thought as a slow start isn't such a bad thing on a race like this.

The slow climb to the first summit of Bessyboot took just over 40 minutes and then the slog across towards Scafell Pike began. The recent rainfall was evident as we squelched through streams and bogs. This was energy sapping terrain and not what you need with 3 big mountain climbs in front of you, however my slow start was paying off as I was steadily overtaking other runners.

The route flanks round Allen Crag before the second checkpoint at Esk Hause Shelter and I was happy to see some friendly faces in the form of a couple of retired firemen who were responsible for getting me into fell running. A brief chat and a quick drink soon saw me on my way again.

Esk Hause marks the beginning of the climb to Scafell Pike and even though it's England's highest peak, the rocky ascent doesn't seem too bad as you are already at a decent altitude. The awesome descent down the scree leads to the spectacular Corridor Route and here the recce I'd done previously with Jo and a couple of others helped as I picked out some grassy lines to the side of the main path, again making up a few places.

Looking ahead I knew it was time to try and take on some fuel as the shape of Great Gable loomed into view. Warm support and refreshments were welcome at Styhead but as I started the ascent, I knew that I hadn't done enough training miles for this race.

The gruelling slog to the top took just under half an hour but felt longer as my legs protested strongly. Sometimes I wasn't travelling any quicker than the many walkers out enjoying the fells! Just as I rounded a corner feeling at my lowest ebb, I was snapped by Stephen Wilson of A Grand Day Out Photography and had to laugh as I knew how knackered I would look.

which way I bent my leg it didn't seem to get rid of it so I just lay there for what seemed like ages as I saw other runners not far away descend to the quarry to receive applause from the spectators. Eventually it eased off and I gingerly picked my way down where Lesley and the kids were waiting with some extra drink and gels.

The summit of Great Gable was a welcome relief and the point where I was highest placed at a dismal 182nd! I was looking forward to getting my legs moving again and the stretch to Honister



is the place to do it. Unfortunately I took a rather unconventional line and ran most of this stretch completely alone. As I started the descent to Honister Quarry through some bouncy heather I started to feel the first twinges of cramp. Despite having eaten some salted peanuts to avoid this, it suddenly hit me. My left adductor suddenly went into spasm and I hit the floor like a sack of spuds. This was the most painful mega-cramp that I'd ever had and no matter which way I bent my leg it didn't seem to get rid of it so I just lay there for what seemed like ages as I saw other runners not far away descend to the quarry to receive applause from the spectators. Eventually it eased off and I gingerly picked my way down where Lesley and the kids were waiting with some extra drink and gels.



Looking very camp on Great Gable!

Knowing I'd lost lots of time and places, I went into survival mode and as I moved on and dibbed the Honister checkpoint, I knew that I had just one more climb to do, Dale Head. Despite the recce, this seemed to go on forever with false summits aplenty before I finally reached the top. It was the descents now that were the problem and the one from Dale Head is steep. I slowly picked my way down to the slate mines but before long the cramp was back and some more minutes were lost as I hobbled along as best I could.

I lost loads of places on this section and was beginning to see people that I'd left behind right at the start. All that hard work down the drain! However as I hit the flat and climbed a stile (not easy with cramp!) I was amazed to see Rick right behind me. This was the boost I needed and the cramp seemed to fade away. A strongish finish saw me pick up a couple of places and leave Rick a minute or so behind.

I was so happy to get to the finish of what was definitely my toughest race to date, however I couldn't help but feel slightly disappointed that I'd had a poor second half. As is the way with these things, the next day I had already made my mind up to go back and do it again!

Borrowdale and I have unfinished business!

Name: Simon Browne
 Club: Denby Dale Athletics Club
 Category: M40
 Result: 04:30:07

Location	Time of Day	Leg	Elapsed	Position
Start	10:59:52	00:00:00	00:00:00	
Bessyboot	11:42:39	00:42:47	00:42:47	216th (379)
Esk Hause	12:27:26	00:44:47	01:27:34	191st (377)
Scafell Pike	12:54:47	00:27:21	01:54:55	188th (370)
Styhead	13:20:12	00:25:25	02:20:20	184th (370)
Great Gable	13:47:55	00:27:43	02:48:03	182nd (361)
Honister	14:27:43	00:39:48	03:27:51	202nd (355)
Dale Head	14:56:00	00:28:17	03:56:08	201st (349)
Finish	15:29:59	00:33:59	04:30:07	215th (354)

York 10k 7th August 2016

Position	Name	Club	Age category	Time	Comments
1	Adam Stacey		M	00:33:00	
63	Bethany Garland	Chichester	F	00:38:38	1st Lady
4208	Stella Taylor	DDAC	F55	01:20:15	

Arncliffe Gala Fell Race 13th August 2016

Position	Name	Club	Age category	Time	Comments
1	Simon Bailey	Mercia	M	00:10:27	
18	Katherine Lawson	Helm Hill	F	00:14:13	1st Lady
90	Rosalind Bedford	DDAC	F50	00:20:29	

Littondale 4mile Road race 13th August 2016

Position	Name	Club	Age category	Time	Comments
1	Daniel Cliffe	Liverpool Harriers	M	00:19:43	
19	Jo Buckley	Baildon	F40	00:25:23	1st Lady
52	Rosalind Bedford	DDAC	F50	00:33:54	



Arncliffe gala has something for everyone—but not everyone opts for both races!



And look who this is after a summer of training, ex DDT, David is enjoying his 1st race in ages—with a little encouragement from Rosalind.



Weasdale Fell Race 20th August 2016

Position	Name	Club	Age category	Time	Comments
1	Todd Oates	Ambleside AC	M	01:05:43	
18	Nina Walkenshaw	Howgill Harriers	F	01:19:27	1st Lady
52	Anne Middleton	DDAC	F50	01:48:00	
53	Rosalind Bedford	DDAC	F50	01:48:18	

Weasdale fell race is organised by Howgill Harriers as part of Weasdale Agricultural Show and was one of this year's club championship races. It's a category BM race—8.7 miles & 2000ft ascent. Rosalind & I were the only mad Denby Dalers to make the 240 mile journey (twice as we'd also been for a reccie). This was a memorable race



Registration took place in the back of a sheep truck—admittedly no sheep were present.

We all tried to shelter under a gazebo in a forlorn attempt to keep warm and dry.

The start was delayed whilst we waited for Howgill newly-weds to change out of their wedding day finery.

Green Bell on Recce





We set off in driving wind and rain—the hills shrouded in thick cloud, having decided to run together.

The 40mph winds, rain & tussocky grass made for challenging conditions. We counted 14 false summits before reaching the CP at Randygill Top. Then with the wind on our backs we ran uncontrollably along the grassy ridge to Green Bell, the 2nd summit CP, glad that we'd reccied.



A fast grassy descent, followed by a river run (the path had become a river!) - a kayak would have been handy although we couldn't have got any wetter.



Rosalind—Glad to have survived!

Returning to the show ground, the race timekeepers were sat in a car with the windscreen wipers going flat out. The gazebo had blown away, most of the show goers had gone—only a few sheep and farmers remained. Sadly we were too wet & cold to stay for prize giving & wedding prosecco.

Contributed by Anne Middleton

Honley 10k 27th August 2016

Position	Name	Club	Age category	Time	Comments
1	Jonny McClean	Holmfirth	M	00:42:33	
4	Ross McClelland	DDAC	M	00:44:09	
7	Fiona Davies	Rotherham Harriers	F	00:47:33	1st Lady
9	Andrew Du Feu	DDAC	M	00:48:15	
53	Sue Kaye	DDAC	F	01:01:19	
58	Vicky McClelland	DDAC	F	01:02:20	
87	Stella Taylor	DDAC	F	01:12:23	
93	Stephen Warner	DDAC	M	01:15:30	

This is one of the 5 South Huddersfield Trail & Road series races <http://www.trailandroadseries.co.uk/>



A big THANK YOU to all Juniors and Seniors who supported the inaugural Denby Dash on August Bank Holiday Monday.

The 2017 event will take place on **Monday 28th August**
(pending landowner permission)





5 DDAC juniors competed in the 1 mile Denby Gallop and 15 raced the 2 mile Pirateship Challenge



Sylvie & Gus set course records



A surprisingly tough 5 miles!

Centenary Deffer Dash—6th Sept 2016

Contributed by Andy Kirby & Stephen Warner (photos)

36 senior members took part in the 100th 1.75 mile Deffer Dash and we were wondering afterwards whether this was an all-time record. I've gone back through the archive and the record turn-out is actually 52 runners in May 1986! The winner that day was John Taylor in 09:51, a little off his record (09:33 in 1989) but still an excellent time.

A turn-out of 36 runners is however the largest field for a Deffer Dash since May 1990 and as Patrick said on the evening - 'Steve Robinson (the founder of the Dash) would have been looking down on the proceedings with great pride and satisfaction'.



Ross McClelland finished first in 11:45 & Jo Worboys-Hodgson was first lady in 14:25—both quite a bit slower than course records but it was a rather warm evening!

**A commemorative T-shirt to mark the occasion will shortly be available.
Details will be circulated shortly.**



Letter From America

Contributed by Bob Johnson, Colorado, USA

(bob.johnson@skybeam.com)

What fantastic results for Team GB at the Rio Olympics, bodes well for Tokyo 2020!

Shirley and I recently visited Yellowstone National Park in Wyoming for the 3rd time but this was our first trip to the far northwest corner. We came across the junior black bear shown in the photo (which was taken from the safety of my truck!). Thankfully, mama bear wasn't nearby.



On the return journey we drove through Montana and called into Little Bighorn Battlefield site, known to the Lakota Sioux as the Battle of the Greasy Grass. We have taken several visitors to this National Park which is famously referred to as Custer's Last Stand.

By the mid-1800's, the US Government had created Reservations designated as areas for enforced settlement of Native American Peoples. The primary driving force was the ever-increasing encroachment of European Settlers seeking land and natural resources. However, Plains Indians were not accustomed to living in permanent

settlements: their nomadic way of life revolved around the migration of deer and buffalo herds. Consequently, the US Army was tasked with forcing Lakota Sioux, Dakota, Cheyenne and Arapaho tribes into the Great Sioux Reservation in Dakota Territory. Lieutenant Colonel George Armstrong Custer and his 7th Cavalry Regiment were charged with expediting this objective. Custer had distinguished himself during the American Civil War and was assigned to accompany Brigadier General Alfred Terry and his Dakota column of 1876 numbering approximately 700 troops.

However, this particular battle had its origins much further east: when gold was discovered in the Black Hills of South Dakota, hordes of immigrant prospectors flooded the area which had already been ceded as a Reservation. The US Government then tried to buy back the land, when that failed they tried to get a lease so that prospectors could continue mining. Chief Red Cloud made it clear that the Black Hills were not for sale or lease. This gave the US Government an excuse to round up the Plains Indians and force them into Reservations, particularly Sitting Bull and Crazy Horse because they were planning attacks against the trespassing gold miners.

Terry and Custer split their regiments to comb a wide area where Plains Indians were known to be camped. There were several minor skirmishes during the early months of 1876 which forced the Indian Tribes to convene a Pow Wow on the banks of the Little Bighorn River in Montana. Two divisions of Custer's battalion under Reno and Benteen came across the encampment from the east and southeast but didn't realize how many Indians had assembled despite warnings from his renegade Indian Scouts. Crazy Horse engaged with Keough's regiment to the southeast of Last Stand Hill. Custer decided to take

his 4 divisions to the north side of the encampment and engaged accordingly.

It didn't take long for Custer to realize just how outnumbered he was and called for his troops to retreat and regroup at the nearest high ground known as Custer Ridge. In so doing, he and his troops were in essence completely encircled. On June 25, 1876 the battle of Little Bighorn took the lives of 268 US Army troops and 136 Native American warriors (and 4 children + 6 women) in the space of an hour according to eye witnesses. Custer himself was killed on the mound that is now known as Last Stand Hill.

At the time, Chief Sitting Bull of the Lakota Peoples was a leading voice in combating the US Army's invasion of their way of life. When news of Custer's demise reached Washington, a much larger army was dispatched to deal with the aftermath. Custer's body was exhumed and sent to Washington for reburial in Arlington National Cemetery. Today, there are stone markers located at the places where US soldiers and Native Warriors were known to have fallen.

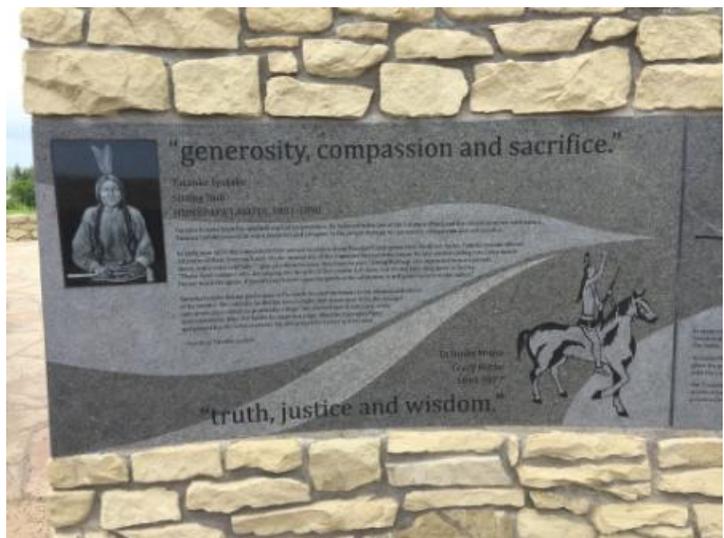
Crazy Horse surrendered a few days after the battle. Sitting Bull and his tribes fled to Canada but returned in 1881 to surrender. Sadly, he was murdered by Indian Police in 1890. The most important aftermath of the battle was that the US Government forced the Sioux Nations to cede their land, particularly the sacred Black Hills. The fight to regain their land continues to this day.

Although Little Bighorn is a place of war and destruction, today there is an unusual tranquility and air of reconciliation at the site. Along with a Memorial to the US Army and their horses, there is also a memorial erected by Native American Indian Tribes involved in the battle. There is also a Custer National Cemetery for fallen military personnel that is still in use today. The Park Rangers who man the Visitor Center are predominantly Native American and have a personal commitment to maintain the memory of all of the warriors who perished in the battle.

There are also several archaeological projects underway at the site to uncover more details of the battle and environs, the precise chronology of the battle is not yet fully understood. It is widely believed that Native American Nations know a lot more than they are prepared to divulge about this famous battle, nevertheless work continues at the site.

Below is a photo showing a panel within the Native American Memorial.

Go for Gold DDAC!



DDAC Road & Fell Race Championships 2016/17

Reminder of The Rules.....

The Senior's, club Road Race championship comprises 9 events nominated by the ladies and men's club captains. There are 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 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 must also be a paid up club member.**



Scoring - This sounds complicated, but is really quite simple. The first club member 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 age categories are:

Mens Open, Vet and SuperVet (Road & Fell) and Ladies Open, Vet and SuperVet (Road & Fell)

Vet's are aged 40—49 and Supervet's are 50 & over.

Winners in each category are presented with beautiful trophies at the club's annual Christmas Dinner (usually in May!!) and are well worth all the effort.

The Senior's club Fell championship comprises 9 events nominated by the club's fell captain. There are 3 'short' events, 3 'medium' and 3 'long'.

Up to **5** of the nominated events 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 must also be a paid up club member.**

New to fell running??

If you are a fell running novice & want to understand more about this sort of running, race classification and local fell races, there is an excellent introduction on the Steel City Striders website:

<http://www.steelcitystriders.co.uk/fell-introduction/>

DDAC Road Race Championship 2016/17

The following races were chosen by our club captains (Abbie Dagg & Phil Ellis)



SHORT

Sun 26th June 2016 - Penistone 10km

Sun 4th Sept 2016 - Cannon Hall Run 10km

Sun 29th Jan 2017 (provisional date) - Meltham 10km

Meltham Community Centre HD9 5QT, Start 9:30am Cost to be confirmed

www.melthamac.com

MEDIUM

Sun 14th Aug 2016 - Askern 10 mile

Sun 6th Nov 2016 - Guy Fawkes 10 mile

Ripley Village Hall HG3 3AY, Start 10:30am, Pre entry only Cost £14

www.niddvalleyroadrunners.co.uk/guy-fawkes-10/

Sun 5th Mar 2017 (provisional date) - Norton 9 mile

Norton DN6 8NS, Start 11am, Cost TBC

www.askerndrc.org/our-races/

LONG

Sat 3rd Jul 2016 - Yorkshire Wolds Half Marathon

Sun 30th Oct 2016 - Holmfirth 15

Holmfirth Community Sports Centre HD9 7SE, Start 9:35am, Cost £17 or £19 on the day

www.holmfirthharriers.com/joomla-pages-iii/category-list/27-road/673-holmfirth-15-mile-and-10k

Sun 12th Feb 2017 - Liversedge Half marathon

Roberttown Community Centre WF15 7LS, Start 11am, Pre entry only cost TBC

www.roberttownroadrunners.co.uk

Check the DDAC website for race details and updates: www.denbydaleac.co.uk

Road Race results so far.Competition is hotting up!

DDAC ROAD RACE CHAMPIONSHIP 2016 - 2017

You need to run one short, one medium and one long race to qualify.

Points are based on your best short, medium & long race plus your best 3 others.

You also need to be a paid-up club member

All results to Anne Middleton please

Race	SHORT			MEDIUM			LONG			Total Points	Points to count	Position	Age Category
	Penistone 10K	Cannon Hall 10K	Meltham 10K	Askern 10m	Guy Fawkes 10m	Norton 9m	Yorkshire Wolds Half Marathon	Holmfirth 15m	Liversedge Half Marathon				
Date	26-Jun-16	4-Sep-16	TBC	14-Aug-16	6-Nov-16	TBC	23-Jul-16	30-Oct-16	12-Feb-17				
Men's scores													
Steven Sharp	9						10			19	19	1	
Chris Walker	4	5					9			18	18	2	SV
Dave Townend	6	7								13	13	3	SV
Oliver Ingham	10									10	10	4	
Johnny Ridge		10								10	10	4	
Steve Blackford		9								9	9	6	SV
James Lodge	8									8	8	7	
Jonathon O'Hanlon		8								8	8	7	SV
Richard Bradley	7									7	7	9	V
Pete Andrews	3	4								7	7	9	SV
Grahan Guest		6								6	6	11	V
Si Warsop	5									5	5	12	SV
Ladies scores													
Anita Nicholson	6	6					8			20	20	1	SV
Katie Sharp	9						10			19	19	2	
Kate Lucas	7	8								15	15	3	V
Jo Worboys-Hodgso	10									10	10	4	V
Sally Campbell		10								10	10	4	V
Kay Couldwell	2						7			9	9	6	V
Rosalind Bedford							9			9	9	6	SV
Samara Wood		9								9	9	6	
Emma Worsley	8									8	8	9	
Catherine O'Brien		7								7	7	10	

DDAC Fell Race Championship 2016/17

The following races were chosen by our Fell Captain (Simon Browne)

SHORT

Sun 22nd May 2016 at 2:30pm – West Nab 5.9m, 1640ft, Cat AS

Mon 4th Jul 2016 at 7:30 pm – Hathersage Gala 4.5m, 1066ft, Cat BS

End Feb 2017 – Hope Winter 5.9m, 1480ft, Cat BS

Hope Sportsfield Castleton Rd Hope S33 6RD, EOD £5

<http://www.hopefellrace.co.uk/>

MEDIUM

Sat 20th Aug 2016 at 1:30pm – Weasdale Horseshoe 8.7m, 2001ft, Cat BM

Sat 10th Sep 2016 at 1pm – Hodder Valley Show 6.2m, 1148ft, Cat BM

Mid Jan 2017 – Stanbury Splash 7.3m, 1312ft, Cat BM

Penistone Hill Country Park nr Haworth, EOD £4

www.woodentops.org.uk/index.php?topic=stanbury



LONG

Sat 29th Oct 2016 at 10:30am – Grin & Bear it 15.9m, 1939ft Cat CL

Langsett Barn, Langsett, S36 4GY, Cost £10 or £12 on the day

www.grinnbearit.org

Sun 13th Nov 2016 at 10.30am - Roaches 15m, 3701ft Cat BL.

Village Hall, Meerbrook, Leek. EOD £6

www.mowcoprunner.com

Mid Mar 2017 – Edale Skyline 21.1m, 4505ft, Cat AL

Edale Village Hall , online entry only from 1st Feb £12

www.dpfr.org.uk/pages/view/skyline

Check the DDAC website for race details and updates: www.denbydaleac.co.uk

Fell Race results So far. Where are all our fell runners? Do come and have a go!

DDAC FELL CHAMPIONSHIP 2016-2017

You need to run one short, one medium and one long race to qualify.

Points are based on your best short, medium & long race plus your best 2 others.

You must also be a paid-up club member.

All results to Anne Middleton please

Race	SHORT			MEDIUM			LONG			Total Points	Points to count	Position	Age Category
	West Nab 5.9m, 1640ft, Cat AS	Hathersage Gala 4.5m, 1066ft, Cat BS	Hope Winter 5.9m, 1480ft, Cat BS	Weasdale Horseshoe 8.7m, 2001ft, Cat BM	Hodder Valley Show 6.2m, 1148ft, Cat BM	Stanbury Splash 7.3m, 1312ft, Cat BM	Grin & Bear It 15.9m, 1939ft Cat CL.	Roaches 15m, 3701ft Cat BL.	Edale Skyline 21.1m, 4505ft, Cat AL				
Date	22-May-16	4-Jul-16	TBC	20-Aug-16	10-Sep-16	TBC	30-Oct-16	13-Nov-16	TBC				
Men's scores													
Simon Browne	10	10								20	20	1	V
Oliver Ingham	8	9								17	17	2	
Andrew de Feu	9									9	9	3	V
Ralph Barker	7									7	7	4	SV
Stewart Yates	6									6	6	5	SV
Graham Guest	5									5	5	6	V
Ladies' scores													
Anne Middleton		10		10	10					30	30	1	SV
Rosalind Bedford		9		9						18	18	2	SV
Abbie Dagg	9	8								17	17	3	V
Jo Worboys-Hodgso	10									10	10	4	V

Future events & dates for your diary

Please don't forget these two classic events in the Club's year



DENBY DALE ATHLETICS CLUB

Presents

THE TRAVELLERS 6

SUNDAY 18th December 2016, 10.30am Start

Sponsored by Blackford Sports

A challenging rural course of approximately 6 miles, starting from Denby Dale Pie Hall

Entry fee: £6.00 for UKA Club runners or £8.00 for unattached runners.

Cheques Payable to: 'Denby Dale Athletics Club'.

2nd December – Closing Date for Postal Entries. EOD if entry limit not reached.

See DDAC website for full details & entry form www.denbydaleac.co.uk

**Many helping hands also required for marshalling, timekeeping & preparing food
—please let Ross know if you can help.**

Runner vs Bike

Wed 28th December at 11am from the Pie Hall

This is a fun event for members, friends & family.

Run approx 10K

or

Cycle approx 15K

On country roads, paths and tracks.

No entry fee but please bring a raffle prize & mince pies etc.

See DDAC website for route map and instructions.



The Junior Coaching team is in the process of putting together another exciting calendar of junior events.

Details will be circulated to parents and added to the website shortly.

Winter parkrun challenge

Dates and venues for club's 2016 winter junior & senior parkrun challenges will be announced very soon.

Give it a try, if you've never had a go.

Penistone Footpath Runners present "Amble's Revenge"

Bank Holiday Monday 2nd January 2016 at 10.30am

This is a 7 mile multi-terrain race following the same route as the Oxpring Hunshelf Amble
but in reverse.

Starting from the Trunce start, registration will be from 9.30am at Rafters Bar,
Waggon & Horses Oxspring.

Pre-entry £7 or £8 on the day for UKA affiliated runners.

Thursday evening training for Seniors

- These sessions led by Si Warsop & Abbie Dagg focus on building speed and stamina working as a group.
- As well as being sociable & fun, they are great for improving general fitness and preparing for races as well as learning warm-up techniques and post-workout stretching to help avoid injury.
- Runners of all abilities are very much welcome.
- Why not come along and give it a try! Every Thursday, 7 or 8pm from the Pie Hall.
- Check DDAC Seniors Facebook for times.



Do you want to go to sleep with a smile on your face?

- We are in **URGENT** need of a couple more volunteers to join the junior coaching team.
- Becoming a coach requires time & commitment but is fun and hugely rewarding.
- Please talk to Jo Worboys-Hodgson (Junior Co-ordinator) or any of the coaching team if you think you might be interested and would like to learn what's involved.

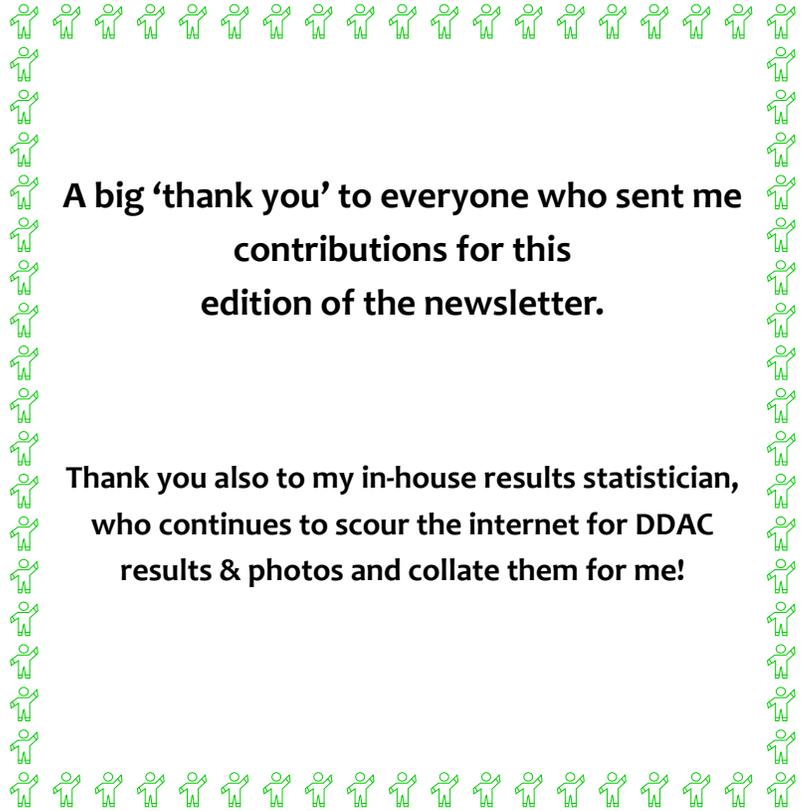
Denby Dale Athletics Club

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**We're on the web at :
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')



**A big 'thank you' to everyone who sent me
contributions for this
edition of the newsletter.**

**Thank you also to my in-house results statistician,
who continues to scour the internet for DDAC
results & photos and collate them for me!**

Next Issue Dec 2017

Please let me have
contributions by
mid Dec



For latest news & updates, join our
Facebook pages (both closed groups)

'Denby Dale Travellers' - for Senior section

'Denby Dale Athletics Club' —for Junior section

December Newsletter—Request

I would like to include a feature on **The Trunce** in the next edition of the newsletter.

Please dig out your old photos, facts & figures or
put your first impressions and memories onto paper (or PC!).

Thank you—The Editor

