

NOVEMBER 2005

NOVEMBER NEWSLETTER

BAILDON BOUNDARY WAY HALF MARATHON - 2nd APRIL 2006

If you have not already been notified, the entry forms for this event came out on Tuesday 25th October and the event is expected to fill VERY QUICKLY. Entry forms are available on the website at www.baildonrunners.tk
It is a half marathon, but scenic off road, on tracks, towpath, woods and open moorland.

CROSS COUNTRIES

You can all come out of hiding now, until January at least. After a lengthy meeting on 26th October, the following dates and clubs were provisionally arranged. Venues to be confirmed.

JANUARY 15 th	Abbey Runners	Golden Acre Park
FEBRUARY 12 th	Kippax	Kippax (with the potato field?)
FEBRUARY 19 th	Ackworth	Ackworth school or pub
MARCH 5 th	Fell and Dale	Otley Chevin
MARCH 12 th	Eccleshill	Idle Cricket Club

It was considered too many dates prior to Christmas clashed with other events, and the meeting had been organised too late, plus the 18th of December was too close to Christmas, (for those out buying me Christmas presents). This means all races will now be in the New Year, which could clash with London Marathon training.

The above dates and venues will all be confirmed later

Other points of note were

- 1) Male vets (or masters) now start at 35 – you old buggers, so vets categories will be as the ladies i.e. Over 35, Over 45 and Over 55
- 2) Entry fees will be £2.00 if no refreshments afterwards, and £2.50 if refreshments afterwards, so if you pay your money, you should be encouraged to go back for the results
- 3) 2nd Claim club members will now count – up to 2 maximum for males, and 1 for ladies – but the names must be put forward 3 weeks prior to the first race, with a reason, and will be subject to confirmation by the league committee.
- 4) The lower age limit will be reduced to 15 if this falls within the North of England Athletics rulings.

Hopefully you will make a note of these dates, and not make alternative arrangements! These races are to encourage club runners competing for their club and everyone counts in some way. We need a minimum of 8 men and 4 ladies per race. There are also individual awards, and talk of a memento if you do all 5 events – even though we are still waiting for last year's T-shirts.

NOVEMBER DIARY

The following events have been planned for this month

Wednesday 2nd Our 2.6 mile time trial, no formal plans have been made this time, to go anywhere for a drink or a meal afterwards other than the LPSA, but Peter Branney may be going to the Sheesh Mahal afterwards with one or two others – to be arranged on the night.

Wednesday 9th We will have our usual monthly "committee" meeting after the normal training run.

Monday 14th Nike will be bringing their shoe van, either to the Leisure Centre or the LPSA, so you can go for a run in their shoes, or try out a video of your running style on a treadmill. The guy – Mike Hill will then assess what if any type of shoe/pronation you need – or maybe even not to bother running and try pole-vaulting instead?

Tuesday 15th Anyone interested in going for a pizza/pasta to Fat Franco's on New Road Side Horsforth? They are doing some sort of special offer for £4.95. I am booking seats now so please let me know names and numbers. 7.00 for 7.30 eating.
Wednesday 16th if anyone is interested we will do a half marathon'ish training run.

XMAS LIGHTS RUN

This looks like taking part on Tuesday 6th at 7.30, starting from LPSA, with a buffet afterwards, please tell Peter or Carol if attending so we can cater for sufficient.

Talking about catering, our member Joe Ward, has opened a sandwich/catering service on Burley Road, encouraging healthy eating – further details to follow.

WEST YORKSHIRE CROSS COUNTRIES

For those who don't already know, Peter Branney took part in the first event on 15th October at York and came a commendable 54th in a very strong field. Then on 30th did a 9.2k course at Otley finishing 82nd – but it looks like he is training to be a serious runner, as he did this with an extremely bad hangover, narrowly avoiding being sick around the course. At least it is the best 3 out of 4, and the next one is at Wakefield on 19th November.

YORKSHIRE VETS

The last race of the series for this year, takes place at Ogden Water, t'other side of Bradford, on Sunday November 13th at 11.00am This will be a MULTI-TERRAIN course of about 10K. This could be a good run to warm up for the cross countries, and the club badly needs some points. Instead of up there competing for the top 10 position, we are languishing about 27th out of 41 clubs. And the entry fee is only £2.00, though there is no T-shirt or owt. There is rumour that some pub grub will be available in "THE CAUSEWAY FOOT INN" afterwards at the presentation, for £1.50, if that tempts you for your Sunday lunch. Please ask Peter Hey if you are interested, and want more information.