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THREE CHAMPIONS AT THE STOOP

Lucy Williamson, confirmed winner of the 2016 Ilkley Harriers Race league, flanked by (L) Kate Archer, 2016 Queen of the Mountains and (R) Sarah Pickering 2016 U18W FRA champion

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**Don't forget:
AWARDS
NIGHT ILTSC:**

**Friday 27th
January
7:30pm at ILTSC**



From the Editor

Looking over the last five months of the club's activities, two themes in particular stand out.

The first is the sheer variety of races and runs that come up on the news feed. We have Harriers running 100km + races, such as the CCC and the Lakes in a Day, while most weeks around a dozen Harriers will be battling it out at 9am on a Saturday at Parkruns around the country. In between a huge range of activities includes relays such as the Hodgson Mountain, Danefield and Washburn Valley, the Ilkley Aquathlon and, in November, the Santa fun run in aid of the enhanced training facilities.

I hope the article "Something for the Weekend" gives a flavour of this variety, having chosen a couple of contrasting weekends in the hope that some of the events (local as well as much further afield) will inspire a few or many Harriers to try something different.

The second thought is about renewal. New members are the lifeblood of any sporting club; new members who stay, do well and develop themselves are a special kind of transfusion and we have been privileged this year to see the 2016 cohort of improvers do that. Recovering from illness, I tagged along with the improvers group one Tuesday evening thinking I was in for a leisurely stroll that would just suit my level of unfit. Not a bit of it; instead I found myself pounding the streets of Ilkley with a band of enthusiastic runners I was finding it difficult to keep up with, let alone talk to. In further recognition of the Improvers Group (they've already, with their coaches, been awarded Volunteer Harriers of the Month in October) there's a short article on the difference it has made to some of them.

Meanwhile, our top runners show no signs of slowing down.

This autumn, despite starting a new career in teaching, Jack Wood has been really busy on Fell and Trail. Happily he managed to find time to put together a profile for the Newsletter despite, by my calculation, running a total of just over 100km a week on his training schedule.

Some things, though never seem to change. Tom picked up another GB bronze and broke a few more course records, including the Run to the Summit in October and Harriers v Cyclists in November. He's not the only record breaker, though, as Jemima Elgood smashed the women's record for the Addingham Gala fell race in July. Last but by no means least, Kate Archer's efforts on Snowdon, Scafell Pike and Ben Nevis meant that she was awarded the prize of Queen of the Mountains.

Meanwhile the Ilkley Harriers Race League reached an exciting climax. Lucy Williamson has dominated the rankings and came into December leading with an impressive total of just under 860 points. Would it be enough to win the League? Or would Steve Murray do something special at the last race in the calendar? The IHRL headline report reveals the answer.

Finally as Christmas and the New Year approaches, one of my resolutions for 2017 is to do something different next year, maybe an Aquathlon or a scary mountain race but something different. I look forward to seeing loads of you out and about next year, adding to your own stories.

Peter Lewis - Editor



ILKLEY HARRIERS

Founded 1986

www.ilkleyharriers.co.uk

www.junior.ilkleyharriers.org.uk

Chair: Position vacant

Secretary: Hilda Coulsey

Treasurer: Martin Archer

AGM Organisation: Hilda Coulsey

Other committee members

- Abi Bailey
- Neil Chapman
- Richard Joel
- Peter Lewis
- Jane McCarthy
- Val Kerr
- Helen & Dick Waddington
- Sue Williamson
- Shirley Wood

OTHER CLUB ROLES

Ladies' Fell Captains, joint: Jane McCarthy, Jann Smith

Men's Fell Captain: Jack Wood

Men's Road Captain: vacant

Ladies' Road Captain: vacant

Men's XC Captain: Steve Coy

Ladies' XC Captain: Gaenor Coy

Junior section: Shirley Wood

Membership Secretary: Petra Bijsterveld

Website: Paul Wood

Newsletter Editor: Peter Lewis

Email newsletter Editor: Dan Wilkinson

Ilkley Gazette Reports: Alison Weston

Twitter: Petra Bijsterveld

IH Race League: Jane McCarthy

Auditor: Martin Lamb



Ladies Autumn Fell Report



Hello from your new ladies fell captains Jann Smith and Jane McCarthy and a massive big thank you to our fantastic outgoing captain Val Kerr...you will be missed !

The Autumn fell racing kicked off with the classic Lakeland 3 Shires race in the Langdales, with Alison Weston taking 2nd F50 accompanied by good runs by Mary Gibbons and Sarah Edwards.

Kate Archer was whopping 2nd lady at the Scafell Pike fell race (highest mountain in England) which combined with her great results this year at Ben Nevis (highest mountain in Scotland) and Snowdon (highest Mountain in Wales) gained her the major title of 'Queen of the Mountains 2016' ! What an achievement !

October saw the annual prestigious Hodgson Brothers Fell Relays centred around the Ullswater mountains. We took a team of 8 x ladies running 4 x different legs in pairs. Good reccies, running and organisation led to a solid 5th place. Team members were: 1. Chantal Busby and Lucy Jacques. 2. Jann Smith and Mary Gibbons. 3. Alison Weston and Outi Kamarainen. 4. Jane McCarthy and Kate Archer.

Next was the final race of the English Fell Championships which Alison Weston completed and, with the results of her other 5 championship races that year, led her to her superb placing of English 4th Vet 50 woman 2016.

The Annual Fell Relays took place at Loch Lomond , a little further away this year , a mixed team from Ilkley attended with Mary Gibbons and Outi Kamarainen competing in difficult conditions and enjoying a fun ceilidh and campover afterwards.

The Burley Moor Run was held in November with a massive turnout of Ilkley Harriers, Jemima Elgood again easily taking first place, closely followed by new member Pauline Munro and Jane McCarthy.

Next came the notorious Full Tour of Pendle in very horrible cold, wet, snowy conditions, a posse of Harriers took it on with Jane McCarthy placed 4th lady.

After The Stoop at Haworth with Obligatory Santa Hat wearing, we finish the year at the Auld Lang Syne with almost obligatory fancy dress. Get your mudclaws on, have some fun and get muddy !

Men's Fell Report – with a bit of Road thrown in



One of the joys of late summer and autumn is the series of fell races, held in delightful North Yorkshire villages, many under an hour from Ilkley. Unlike some of the Lakes fell races (thinking of the 27km of Borrowdale) they tend to be short and steep, often being completed by the winners in under 30 minutes, so leaving plenty of time to adjourn the picturesque hostelry nearby (or run the road race). When there is an accompanying gala or fair it makes for a great day out with the family, especially when there are junior races. This Fell report focuses mainly on these races, including the well-known Burnsall Classic, a must for anyone who has read Feet in the Clouds.

July

We all know About the Addingham Gala where, this year, there were six Harriers in the top 10 with honourable mentions for Paul Carman (2nd man) and Jemima Elgood (1st Woman). Later in the same month there was the Ingleborough fell race, one of the longer ones which saw Dan Wilkinson come in 6th. A day later the Cracoe fell race saw Iain Gibbons finishing 13th. A week later there were three Harriers at the Bingley show, won by Tom ahead of Martin Archer and Gavin Lamb. Then there was Ambleside on the 28th (Jack Wood 9th) and the Cowling Gala on the 30th, with Steve Turland and Robin Nicholson both finishing in the top 10.

August

August kicked off with the Kings Challenge at Silsden. Paul Carman and Michael Lomas were top 10 finishers here. On 13th there was the Littondale Fell and Road races, with Jack Wood (3rd) and Norman Bush (51st) representing Ilkley.

On 20th the Burnsall classic was held alongside the road race. Michael Lomas

came 20th just ahead of Richard Joel. Will Warboys and Martyn Sticker also ran.

Michael and Martyn also completed the 10 mile road race the same day. As there is no road report they are pictured here with two fellow road runners.

Pictured - Steve Murray, Dave Robson, Martyn Sticker and Michael Lomas



Men's Fell Report - continued

At the Malham, Reeth and Kilnsey shows main honours went to Jack Wood with Iain Gibbons 5th at Reeth. More details on Jack's profile page.

September

The Bradley Fell race on 4th September saw top 10 finishes from Martin Archer and Paul Carman with good performances from Rob Carr and Ben Joynson. A second Burnsall Fell race saw strong performances from Iain Gibbons, Paul Carman, Jack Cummins and Steve Turland.

SONNET: the Rime of the Ancient Harrier

Hered by yellow marshalls we all queue
Behind, chalked in the road, a yellow line
And while we check on old friends news and shoes
We shuffle backwards "one more yard" three times.
The hooter sounds; ninety stop watches start;
First steps, constrained and crowded, turn to strides
And strides soon lengthen as the leaders dart
Away, past cheering crowds, a god-like tide.
Behind we mortals, slow, medium and fast
Are sorted to our places in the throng.
Blonde, metronomic ponytails speed past
A moment of hypnotic grace, then gone
We follow, wistful, panting in their wake
Pushing our bodies hard for bodies' sake.

Peter Lewis

Written after one of the John Carr races

At no point during its composition was any laudanum consumed

Cross Country Report

The WYXC series has just finished as the PECO XC gets into its stride.

This year Ilkley ladies finished a superb third in the WYXC League. Here are some of the Team at WYXC4 Keighley

Ilkley men finished 9th in the WYXC League but showed progress throughout the season – they were 5th at Keighley. Both teams require a solid core of Harriers and getting between 20 and 25 attendees for every event is not easy, so congratulations to Gaenor and Steve Coy and their teams.

The PECO's attract a wider range of abilities than the WYXC, which makes them an excellent introduction to racing. Fields of 800+ are not unusual, with always a fair number of Harriers turning up so there is a strong social element as well. The races are also local, the next three are at West Park on 22nd January, Pendas Fields on 19th February and Roundhay on March 5th. If you haven't already got a race number, talk to one of the captains.



Age 27, Jack joined Ilkley Harriers c. 2005

Anyone following the Harriers news will note the sheer volume of racing done by Jack Wood, over the last 5 months, which have included six races in August (including two on the same day at Littondale); four in September, including a win at the Ilkley Incline and five in October including a second at the Withins Skyline, the day after he had come 13th in the Langdale Horseshoe. Now a member of the Yorkshire team, he ended the Autumn with two first places in the Guy Fawkes 10 and the full Tour of Pendle in November, so it seemed a good time to do a profile...



I've been running since I was a kid, though in the early years the focus was very much on orienteering. Dad used to take us orienteering on Sundays and with a local club (Airienteers) ran all over Northern England and occasionally in Europe as part of the British squad, so I started serious running to get fit for this. I also ran cross country at school (Guiselay) though never shone at this and, between the ages of 18-21, following a sequence of chest infections, I had a few years of not running at all. Gradually getting back into serious running has made a huge difference and now I run almost every day.

Something for the Weekend

I'm always impressed by the diversity of running activities that members of Ilkley Harriers get up to at the weekend. Some events are local and well attended, others are far flung and involve just one or two hardy souls. So, here some recollections of recent weekends with the aim of inspiring all of us to try something new.

The weekend of July 23-24

This weekend of far flung achievement, starts with the Saturday Parkruns where eight Harriers participated in five different events:

At Harrogate Paul Carman and Jann Smith got home in 18:33 and 21:19 respectively

At Skipton Archie Budding came 17th in a new PB of 21:41, beating Rob, his dad in the process. Polly Crawley, another Junior, was also running and posted 28:44.

At Wetherby Tom Warboys was home in 21:18; and at Fountains Abbey Neve Tennant, another sole Ilkley representative posted 29:49.

Finally at Lancaster, Oscar Stapleton was not just the first junior to finish but the outright winner, in a PB of 18:55

Lakes Sky Ultra

A contrast to the Park runs. This race is described in the publicity as one of the spiciest (=scariest) races in the country, with 56km of Lakeland paths, 4500m of vertical ascent, grade III scrambles and knife edge arêtes. The route includes such classics as Swirral Edge, Striding Edge, and Pinnacle Ridge. Not for the faint-hearted! Brian Melia was there and came 30th in 10hrs 30 mins.



Bingley Show

Nearer home, at the Bingley Show Fell Race, Tom Adams was showing a clean pair of heels to 143 other competitors, including Martin Archer and Gavin Lamb (11th and 12th respectively).



The Trans d'Havet

In the Italian Alps Alex Hirst completed this mountain marathon, 250 runners started but only about 150 completed the race, of which Alex came 74th, running up and down some pretty intense peaks for 40k (the short race!).

Sunday 24th July, Pomona King of the Mountains

Half a world away, there is a place called Pomona, a small town in the hinterland of Noosa (Queensland, Australia) whose single distinguishing feature is a large lump of volcanic rock named Mount Cooroora (438m). The annual "King of the Mountain" race is held there, instigated by an Australian called Bruce who ran up and down it in under an hour.

Ruaridh Mon-Williams having returning to Brisbane - his birthplace - for the first time in 18 years, was holidaying in Queensland with his family and decided he'd enter the race which starts and finishes in the main street, in front of the whole community. Ruaridh finished in third place and first under 20 year old, behind the 2016 Australian Mountain Running champion (Mark Bourne).

Weekend of October 8/9

8th October

Andrew Sheldon took part in the Birchfields Harriers Poppy run, a 10k Trail race at Aldridge Airport.

Alison Weston and Jack Wood, meanwhile were enjoying a beautiful day running the Langdale Horseshoe Fell Race.

Away in Bangor Lucy Williamson had a fabulous run at the Bangor 10K and came home as first lady in a time of 41:55.

Lakes in a Day was a 50 mile adventure requiring participants to run from Caldback to Cartmel via Blencathra, Clough Head, Helvellyn and Ambleside. Andrew Merrick completed it in 14:44:25.

9th October John Woodward and Dave Ibbotson ran the London Parks Half Marathon, accompanied by Dave Jepson.

Further North the Plusnet Yorkshire Marathon saw David Howe and Helen Waddington clocking PBs of 3:27:13 and 3:52:31 respectively with Derek Oliver finishing ahead in 3:14:09. There was also a 10 mile race with a 4-strong Ilkley contingent comprising Jane McCarthy, Mike Helme, Caroline Howe and Sally Lynch.

Finally the Withins Skyline Fell race saw 19 Harriers participating with a 1-2 for Tom Adams (in a new course record) and Jack Wood.

The Improvers Group



One of the highlights of 2016 has been the success of the Improvers Group, who received the accolade of Volunteers of the Month for October. We started with over 70 with some 40 'graduating' after 6 months under the wonderful tutelage of Jane Bryant. Through the summer we had 20-30 regularly turning out on a Tuesday evening to explore the fields and moors around us. With the winter nights closing in, we've been pounding the streets – still with plenty of hills! It is great to see the improvement in so many recruits who can now call themselves runners but the greatest thing is it's been so much fun for runners and helpers alike. A big thank you to all the helpers, especially Hilda and Petra, and Abi Bailey, who co-ordinated activities through Facebook.

These comments of three of them give a flavour of the range of benefits members of the group have obtained from their experience.

"I loved the Tuesday night running group. Though I wasn't strictly a beginner, having run for several years, I was keen to improve as a runner and this group was just perfect. In fact it's the best exercise class I've ever done. It's inclusive and welcoming and both Hilda and Jane have been great at just giving us the confidence to keep coming back. Thanks."

"At 41 and with a diagnosis of a type of arthritis called Ankylosing Spondylitis (AS), I had spent my 30s fearful that running would aggravate the pain in my joints, so avoided a lot of exercise. I also had all the other usual excuses such as no time and fatigue related to my condition. It was an article about preventing Osteoarthritis (closely linked to AS), through high impact exercise that made me consider running. A colleague was going to the Couch to 5k group and said she would pick me up. From there I have looked forward to Tuesday nights. I would like to say thank you to Jane who led the couch to 5k course with her charismatic and motivational energy. I am now a fully-fledged member of Ilkley Harriers and a regular in Abi and Hilda's improvers group. I have overcome the barriers and excuses that have stopped me from exercising. Everyone in the group is supportive & encouraging, ready with a welcoming smile. I don't have any illusions that I will be running marathons anytime soon but joining Ilkley Harriers has improved both my physical and mental health. I am truly grateful to everyone in the improvers group for helping me achieve this."

"Before joining the 0-5km group in May I had dabbled in running but always hated it. Having missed joining the 0-5k sessions last year I was determined to join in this time. I was very nervous on that first Tuesday but needn't have worried. It was encouraging to hear so many others with similar stories. Right from the off I was hooked, Jane is an excellent coach and the other leaders were similarly encouraging. So, six months on, I now feel I can call myself a runner! I love the Tuesday evening club runs, they're a great bunch with whom you can always have a natter and a giggle. My 2017 goals are simple, to keep running, keep fit and enjoy it. So glad I took that first step."

Harriers Race League

SHE STOOPS TO CONQUER!

This year the Ilkley Harrier Race League went right down to the wire. With one race to go Lucy Williamson, who had made the running for most of the year, was leading with 859.78 points. However, just 80 points behind was Steve Murray with a race in hand and an average score per race on fell (and trail) of over 86. Lucy could also improve her total score if she ran and scored over 75 points. So at the last race - the Santa-hatted Stoop - either had the chance to win.

Enter Tom Adams. We Race Leaguers know how much harder it is to get a top score for the League when he is running, as the winner's time acts as the benchmark for one's own (adjusted) time. And so it proved. Tom won by what looked like a mile in 30m14, Lucy did not improve on any of her fell scores, so remained on 859.78 and, most importantly, Steve's score for the race was below the 80 required. His final total score was just six points off Lucy's lead hence he had to be content with second.

In the Trail League, Adela Reperecki confirmed her position at the top of the Trail League after the PECO XC at Temple Newsam with 377 points, followed by Michael Duffield on 349 and, by my calculation, Steve Murray on 344.

In the Fell League, Jack Wood built an insurmountable lead with 389 points from 4 races, with David Robson and Richard Joel second and third on 357.97 and 354.73 respectively. Mary Gibbons on 295 (6th) and Jann Smith on 265 (9th) are the leading ladies.

In Road, Lucy Williamson confirmed her first place with a superb sub-40 minute 10K PB at the Abbey Dash taking her 4 race total points to 347. Steve Murray is second in the Road League on 334 and Harry Sime third on 320.

However not everything is settled yet. Quite a few of the top 15 have yet to submit a wildcard race to include in their total. At the Awards evening on 27th January there are prizes for Harriers outside of the top 3 so, with a couple of races coming up before the end of the year, fame and fortune (well a bottle of wine) could be the reward of getting that wildcard submission in.

The races for the 2017 League are posted on the racing section of the website: some old favourites plus Rombalds Stride (Trail) on 4th Feb, the Yorkshire 10 (Road) on 10th Oct and the full Tour of Pendle (Fell) in November.

Lucy at the Ilkley Trail race, one of the counters towards her overall victory.



Ilkley Harriers of the month

July 2016 - November 2016

<p>JULY Runner of the month: Sarah Pickering For winning the FRA U18 champs</p>	<p>JULY Volunteer of the month: Val Kerr for recent Washburn and Danefield relays and previous relay organisations together with long and successful committee work</p>
<p>AUGUST Runners of the month: Jane Mccarthy Dick Waddington for their stunning performance in the ultra CCC at Mont Blanc</p>	<p>AUGUST Volunteer of the month: Rachel Carter for undertaking and transforming the membership process as secretary, now relinquishing the role</p>
<p>SEPTEMBER Runner of the month: Kate Archer Queen of the mountains (Snowdon, Scafell Pike and Ben Nevis)</p>	<p>SEPTEMBER Volunteer of the month: Hilda Coulsey for the newsletter</p>
<p>OCTOBER Runner of the month: Petra Bijsterveld for the Kielder and Snowdonia marathons</p>	<p>OCTOBER Volunteers of the month: The Improvers Group the Committee decided to recognise the great work done by all those involved in the Improvers, including the Improvers themselves who have made stunning progress</p>
<p>NOVEMBER Runner of the month: Lucy Williamson For sub-40 minute 10k PB at Abbey Dash</p>	<p>NOVEMBER Volunteer of the month: Shirley Wood For organising the Santa Run</p>

Ilkley Harriers Race Programme 2017

Every Saturday	9.00	5k Time Trial	Leeds, Bradford, Harrogate, Skipton	5k	Register first-www.parkrun.com
Jan	Time	Event	Venue	Terrain	Contact
JR	Sat 7th	Yorks XC Champs	Lightwater Valley Theme Park	XC	Steve & Gaenor Coy
FULL	Sun 15th	Brass Monkey	York Racecourse	Road	Kavsmire Harriers
L JR	Sun 15th	Stanbury Splash	Penistone Hill Country Park	Fell / BM	woodtops.org.uk
JR	Su 22nd	PECO - race 3	West Park / Beckett Park	XC	Steve & Gaenor Coy
JR	Sat 28th	Northern XC Champs	Knowsley Safari Park	XC	Steve & Gaenor Coy
	Sun 29th	Meltham Tough 10k	Meltham Com. Sports Centre,	Road	see ukresults.net
▲	Sun 29th	Ferryby 10	Cottingham High School,	Road	see sportsentysolutions.com
	Sun 29th	Ulverston Duathlon	Sports Centre LA12 9DR	Off road	see Ulverston Tri Club
Feb					
L	Sat 4th	Rombalds Stride	St. Oswald's Junior School	Mixed	15th Airedale Scouts
	Sat 4th	Wadsworth Trog	Old Town Cricket Club	Fell / BL	cvfr.co.uk
	Sat 4th	YV XC Champs	North'n Racing C.DN11 0HW	XC	yvaa.org
▲	Sun 5th	Dewsbury 10k	Town Centre	Road	Dewsbury Road Runners
▲	Sun 19th	Liversidge 1/2	Roberttown Community Centre	Road	see ukresults.net
▲ FR	Sun 19th	Muddy Boots 10k	St. Wilfrid's School, Ripon	Mixed	see ukresults.net
JR	Sun 19th	PECO - race 4	Barnbow / Pendas Fields	XC	Steve & Gaenor Coy
	Sat 25th	Bolton Abbey Races	Ultra / ⚡ & Full marathon	Trail	racebest.com
JR	Sat 25th	National XC Champs	Wollaton Park, Nottingham	XC	Steve & Gaenor Coy
	Sat 25th	Midgley Moor Fell	Booth Cricket Club, Halifax	Fell / BS	fellrunner.org.uk
JR	Sat 26th	Bolton Abbey Races	5k / 10k / 1/2 & Full marathon	Trail	racebest.com
	Sun 26th	Ulverston Duathlon	Sports Centre LA12 9DR	Off road	see Ulverston Tri Club
	Sun 26th	Huddersfield 10k	Huddersfield RUFC	Road	see ukresults.net
FULL	Sun 26th	Snake Lane 10	Rugby Club on Burnby Lane.	Road	pockrunners.com
L JR	Sun 26th	Ilkley Moor Fell Race	Millenium Gardens	Fell / AS	Chris Oxlade - 01943 816790

Ilkley Harriers Race Programme 2017

Every Saturday	9.00	5k Time Trial	Leeds, Bradford, Harrogate, Skipton	5k	Register first-www.parkrun.com
Time	Event	Venue	Terrain	Distance	Contact
March					E/D
Sat 4th	11.00	Bradshaw Pendle Rnd.	Village Hall, Barley	Fell /	16.7k / 590m
Sun 5th	tba	Lightwater V Challenge	Lightwater Valley	Rd/paths	10k & 3k
Sun 5th	11.00	PECO - race 5	Roundhay Park	XC	approx 4.5m
Sat 11th	8.00	Haworth Hobbles	Haworth Primary School,	Fell / BL	51k / 1340m
Sat 11th	tba	Dentdale Runs	Dent	Road	14.2m & 7.5m
Sun 12th	tba	PECO relays	tba	tba	tba
Sun 19th	9.00	Bradford 10k	Bradford City Centre	Road	10k
Sun 19th	10.00	East Hull 20	Salisbury Road, Hull	Road	20m
Sun 19th	10.00	Ulverston Duathlon	Tennis Centre LA12 9HT	Road	5k/11k/5k
Sun 19th	10.30	Heptonstall Fell Race	The Cross Inn, Heptonstall	Fell / BL	24.8k / 966m
Sun 19th	11.00	Trimpell 20	Lancaster Castle	Road	20m
Sun 19th	11.00	Thirsk 10	Race Course, Thirsk	Road	10m
Sun 19th	11.15	Rwoc Edge	Silsden Sports Club	Fell / BM	10.9k / 269m
Sat 25th	12.00	Long Mynd	Church Stretton, SY6 6JG	Fell / AM	18.5k/1372m
Sat 25th	13.00	Boulsworth Bog	Wycoller Country Park	Fell / BM	13.2k / 425m
April					
Sat 1st	14.00	Pendle	Barley Village Hall,	Fell / AS	7.3k / 457m
Sat 1st	15:15	West Nab	Hebble Lane, Meltham	Fell / AS	9.5k / 500m
Sun 2nd	9.00	Wakefield 10k	Thornes Park, Wakefield	Road	10k
Sun 2nd	9.30	Baildon Boundary Way	Baildon Cricket & Rugby Club	Mixed	7/2 marathon
Tues 4th	19:00	Bunny Run 1	Old Sun Hotel, Haworth,	Fell / CS	4.8k / 100m
Sat 8th	12.00	Donard Challenge	Donard Park, BT33 0AA	Fell / AS	10k / 900m
Tues 11th	19:15	Bunny Run 2	Old Sun Hotel, Haworth,	Fell / CS	4.8k / 100m
Sun 16th	10.00	Helmsley 10k	Sports Field, Helmsley	Mixed	10k
Sun 16th	10.30	Guiseley Gallop	West Side Retail Park	Mixed	10k
Tues 18th	19:30	Bunny Run 3	Old Sun Hotel, Haworth,	Fell / CS	4.8k / 100m
Tues 25th	19:30	Bunny Run Relays	Old Sun Hotel, Haworth,	Fell	N/K
Thur 27th	19:00	Dick Hudsons	Track up to White Wells	Fell / BM	11.2k / 335m
Sat 29th	10.30	Three Peaks	Horton-in-Ribblesdale	Fell / AL	37.4k/1608m
Enter Early	L - Harriers League	M - Mob Match	EC/BC - Fell Champs.	YV - Yorks Vets Champs.	YV - Enter Online
EX - Not your normal Events	JR - Junior Races (times may differ)	BO - BOFRA Championship Races	FR - Fun Run (times may differ)		

Training Sessions

Monday

- 7:00pm Circuit Sessions at IGS gym (60 minutes). £2 per session (£1 For U18s)

Tuesday

- 7:00 pm Club night at ILTC; hence changing and shower facilities available. Non-members welcome to join in as a try out. Training preceded by race results and future events. Experienced runners lead a range of groups doing runs at various paces on the roads and, in lighter months, on paths and moors.

Wednesday

- 7:00pm Speed session from the Old Bridge with Pete Shields.

Thursday

- Speed/strength with Neil at the ILTSC field in the winter.
- 7:45 Old Bridge: Road speed session with Jane.

Saturday

- 7:45am, Old Bridge: Early Birds Hard run to A59 with Neil (c.75 minutes)
- 9:30am, Old Bridge: Easy trail run (60-90 minutes)



Muddied but unbowed, Jemima Elgood on her way to victory in the Burley Moor Run
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www.junior.ilkleharriers.org.uk