**RACE REPORTS - 2016**

THE JOLLY HOLLY JOG – TUESDAY DECEMBER 27TH 2016

Congratulations to Debbie Bland part of (Team Bland) who chose to run the Jolly Holly Jog today a popular 1 lap, scenic, multi-terrain undulating course of approximately 10K that is run mainly on footpaths through the magnificent Studley Royal deer park. This was the 29th edition of the race and was hosted by Ripon Runners; they proudly boast that the venue is probably the most scenic multi terrain race in England… The race starts and finishes on Hell Wath Nature reserve; it’s a hilly but picturesque course that leads the runners from Hell Wrath around the Studley Royal Estate with beautiful views of Ripon and the stunning surrounding countryside. Debbie’s time was 54:19. Excellent effort well done!

THE CHEVIN CHASE – MONDAY 26TH DECEMBER 2016

What a brilliant way to start Boxing day off with a very bracing 7 mile challenging multi terrain race out in the stunning Yorkshire country side. The ever popular Chevin chase was a sell out as usual with all the 1170 places snapped up in record time. Eight Eccleshill road runners decided to run off the Christmas pud, or get overtaken by one literally as the fancy dress brigade were out in abundance. Although the weather was much less wet than last year, “storm Barbra” had her say in the matter packing those isobars as tight as a camel’s rear end in a sand storm , which meant ice cold gusts of wind were the main obstacle of what otherwise was a glorious sunny winter morning. There was no being put off by that though as the runners headed off uphill from the start line and out into the wilderness. The atmosphere was vibrant and the spectators were out en masse to witness this Boxing Day spectacle, offering fantastic support at every achievable vantage point. The route didn’t disappoint with its rocky descents and steep inclines dispersed around woodland trails and exposed country roads which offered some amazing panoramic views of Otley and the surrounding areas. All in all a brilliant race was had by everybody. The runners for Eccleshill were Claire Hern (1:00:04)  Noel Akers  (1:02:22)   Garry Ellison  (1:05:29)   Gillian Jago (1:09:12)   Mick Hogan  (1:10:47)    Dawn Hogan  (1:21:45)   Gill Jones  (1:27:03)  Anne Akers  (1:29:08).  A special thanks to all the support crew and photography from Eccleshill Road Runners who popped up at different points all around the course. Great running everyone well done !

PECO XC RACE 2, MIDDLETON PARK –  SUNDAY 18TH DECEMBER 2016

Race 2 of this year’s Peco Cross Country series was held at Middleton Park close to the John Charles Centre for sport, Leeds. Hosted by Hyde Park Harriers assisted by Abbey Runners this race again attracted a huge field of runners as the cross country races become ever popular. The just over four and a half mile course was a challenging mix of fields, paths, tracks, woodlands and was a multi lap, hilly course in testing conditions. The sun did make an appearance making for a pleasant morning for a run! Eccleshill had 18 blue and whites representing the club and vying for valuable points on the championship table by completing race 5 of the Winter championship. The ladies team were Claire Hern 39:29, Debbie Bland 43:12, Cathryn Smith 47:20, Sarah Myers 50.22, Debra Grant 52:24, Dawn Hogan 53:09 and Gillian Brown 55:31. The men’s team were Gyorgy Imris 36:30, Trevor Rhodes 36:49, Marc Steele 40:28, Robert Sutton 40:47, Steve Gledhill 41:53,  Sam Robinson 43:52. Garry Ellison 43:54, Ian Storey 44:44, Mick Hogan 44:55, Gary Popple 44:06 & David Lamont 45:11.

Well done Team and big thanks to our support and photography crew!

THE LEEDS CHRISTMAS 10K CHALLENGE –  SUNDAY 11TH DECEMBER 2016

Runners of the Leeds Christmas 10k were warned that they would be hard pushed to find a more varied, multi terrain, traffic free course than Leeds Christmas 10k Challenge. Now in it’s fifth year, the race remains a firm favourite with both recreational and club runners alike. Ahead of the next Peco cross country race at this venue next Sunday, Mark Hayward also entered into the Christmas spirit by earning himself a tee shirt and a mince pie! Runners were put under starters orders before being set on their way by Hunslet Hawks RLFC Mascot ‘Harry the Hawk’! After leaving the springy flat track at John Charles Stadium, the Christmas spirit of the runners was tested on the hills and woodland paths of Middleton Park. Christmas cheer was also provided in the form of their musical marshals during the multi lap course. Mark finished the race in 56:37 – well done!

THE LONGRIDGE XMAS PUDDING RUN –  SUNDAY 11TH DECEMBER 2016

Sue Gregson got into the Christmas spirit by taking part in the 33rd edition of the Longridge Christmas Pudding run. The race started from the Longridge Civic Hall. The 7 mile road race is hosted by UK Road Races assisted by  Fylde Coast Runners. Billed as  a tough, undulating seven mile course over the beautiful Longridge fells, all on roads, fully marshalled but still a great pre Christmas fun and friendly event. All finishers receive a Medal and Christmas Pudding!  Well done Sue! (time tbc)

THE ALCOY HALF MARATHON –  TUESDAY 6TH DECEMBER 2016

Steve Gledhill flew the Eccleshill flag abroad at the Alcoy Half Marathon! The Alcoy Half Marathon is 2 laps around the mountain town at 2000 feet above sea level. Running over some amazing bridges and taking in stunning mountain views. The weather was more English than Spanish with a light drizzle. The goodie bag included the usual T shirt and, randomly, a tin of Oxtail in sauce and a carton of chicken soup!   Steve finished the race in 1:57:33. Very well done!

THE LEEDS AND LIVERPOOL CHRISTMAS CRACKER – SUNDAY DECEMBER 4TH 2016

A massive congratulations to Mark Hayward who represented Eccleshill road runners in this Christmas themed out and back full marathon on the leeds Liverpool canal. Organised by Its Grim up north, there were three distances to choose from, the full marathon the half marathon or the 10K. Mark set his sights on the full distance and completed it in 4:44:46 smashing his previous best marathon time by 12 minutes. Mark earned himself a lovely piece of bling too for his efforts. Absolutely fantastic achievement Mark well done!

THE BATH SKYLINE MT 10K – SUNDAY DECEMBER 4TH 2016

Congratulations to Debbie Bland for flying the blue and white flag all the way down south where the “cider apples grow”.  Todays Bath Skyline 10k was her way of enjoying a pre-Christmas break with husband Philip and training partner Dolly. The Bath Skyline is a magnificent 6 mile route managed by the National Trust. It takes in breath taking views of the City of Bath, Solsbury Hill and Sham Castle. The whole run is off road to best capture these magnificent sites; along open countryside, through forest trails….and given that this is part of a winter series, through a healthy dose of good old mud along the way! The race took in two 3 mile laps along the Skyline route with over 200 metres of elevation. There was fresh fruit, jelly beans and jaffa cakes awaiting runners at the finish line! There was also a 5km and 300m fun run which made it an event for all the family. This was race 2 of a series of 4 where Bath University played host to Relish the great outdoors. The venue is a world class facility and is the training base for the British Paralympic team, Bath rugby and a huge host of other international athletes. Debbie finished 1st FV60  in 1:05:53 another fantastic effort from team Bland, well done great running!

THE HOKA 1 STOCKPORT 10 MILE – SUNDAY DECEMBER 4TH 2016

A big well done to our very own Annie and David who have chosen to end 2016 with a 10-Mile race over in Stockport, the Hoka 1 – 10 mile. Over the years the race has been hosted at two different venues before it settled in Woodbank park at the home of Stockport Harriers.The race route has also seen some changes with the original routes being run in and around the Edgeley part of the town. Now the route takes in Offerton and Bredbury and includes a bit of everything. Starting on a race track, running through a park, heading out on the road and a section on a bridleway through the countryside. The organisers have always tried to keep that ‘local race feel’ to it, whilst it’s increased in popularity over the years and become a ‘must do event’ on most runners’ race calendars’. What makes it so popular and why people keep coming back year after year is put it down to a well organised race along with vocal/encouraging marshals. Others talk about the variety of the terrain and the challenge of the hills. But the one thing that nearly everyone talks about is the ‘tongue in cheek’ approach that’s taken to its organisation. Well done Annie 1:28:11 and David 128:09  another great effort in the blue and whites and interestingly both managing to improve their times by over 3 minutes on last year’s times.  Well done guys!

PECO CROSS COUNTRY RACE 1, TEMPLE NEWSAM – SUNDAY 27TH NOVEMBER 2016

Race one of this year’s Peco Cross Country League was held entirely in the grounds of the beautiful Temple Newsam House. Hosted by Rothwell Harriers who were assisted by Kippax Harriers the organisation was second to none with friendly marshals and a well marked course. Charlie Trueman kicked off proceedings in the Junior 1 mile race completing two laps of the undulating field at the front of the house. Charlie put in a sterling performance and finished a fantastic time of 7:23. For the senior race the undulating course started with a lap of the large field in front of the house to spread out the runners, this race was purported to be the biggest participation in a Peco race to date with in excess of a thousand runners including the junior runners! The well marshalled course was a multi-terrain undulating course with a mixture of trail, grassy sections and woodland paths totalling approximately 4.7 miles. 22 Eccleshill runners earned themselves points on the Winter championship table, this being race 4 of the season. Leading the Men’s team home was Taylor Waddell in 33:08 closely followed by Noel Akers 38:47, Steve Gledhill 39:05, Marc Steele 39:14, Robert Sutton 39:18, Garry Ellison 39:26, Ian Dowsland 41:13, Michael Hogan 42:34, Tim Wrigglesworth 43:09, Ian Storey 43:48, Martin Steele 43:50 & Gary Popple 45:20. Leading the Ladies team home was Rhea Sutcliffe in 36:44 closely followed by Debbie Bland 40:33, Sarah Rawlings 43:56, Julie Steele 45:35, Helen Freeman 47:50, Janice Magennis 48:01, Cathryn Smith 48:06, Sarah Myers 48:08, Dawn Hogan 50:14 & Anne Akers 55:39.

Well done team and big thanks to our support & photography crew!

PRESTON 10 MILE – SUNDAY 20TH NOVEMBER 2016

Hosted by Preston Harriers this is the 35th Preston 10 mile road race, it is a flat UKA measured 2 lap course with slight undulations, which makes it attractive to those who are set on chasing a personal best time. The event is sponsored by Spar and monies raised go towards a local hospice and other charities. The race had an entry limit of 750 runners and was well marshalled with a very friendly atmosphere. There was a medal for all finishers. Sue Gregson was at the start line for this race representing Eccleshill road runners but unfortunately succumbed to a knee injury which has been plaguing her, but all was not lost as she still managed to finish 1 of the 2 laps and in the process got a 5 mile personal best. Wow well done Sue brilliant effort, hope you recover very soon fantastic effort against the odds!

HORTON PARK PARKRUN – SATURDAY 19TH NOVEMBER 2016

A cold, crisp start to the day met runners at Horton Park for race 3 of the club’s Winter championship. 11 Road Runners vied for points on the table at this 3 lap challenging race. Starting at the top of the park runners have a fast downhill start before encountering the hill back to the top of the park to complete lap one of three! Leading the team home was Taylor Waddell in 20:44 closely followed by Trevor Rhodes in 22:16, Ian Stow 23:08, Marc Steele 23:27, Steve Gledhill 23:44, Davd Lamont 27:29, Tricia Grant 28:41, Sue Gregson 31:22, Gillian Jones 33:03, Barbara Stow 34:54 & Julie Steele 35:55.

Well done everyone!

YVAA GRAND PRIX RACE 8 SPENBOROUGH – SUNDAY 13TH NOVEMBER 2016

A Beautiful sunny and reasonably warm day for the time of year, played host to YVAA’s  race 8 the final one this seasons 2016 Grand Prix series held at Spenborough. Five Eccleshill road runners turned out for this very popular mixed terrain race. The traditional 2 minute silence was held as a mark of respect to remember all who gave the ultimate sacrifice in the wars. The 5.5 mile race was organised by Spenborough AC. The course starts off with one and a half laps of the running track before heading out into the green belt encountering a varied mixture of surfaces as it meanders anti clockwise, It starts on a pristine running track before opening out onto a small amount of tarmac woodland trail, and farmland eventually returning back to the running track where if there’s anything left in the tank you get a chance to put in a sprint finish. There were also a few hilly sections thrown in for good measure. All in all it was a lovely day for a great race; the whole team ran really well. Debbie bagged first FV60 for her troubles. The results were Garry Ellison (46:16) Debbie Bland (46:30) Gillian Jago (49:02) Mick Hogan (49:11) and Dawn Hogan (55:23) Well done everybody and thanks to Philip Bland for support and Photography!

THE HOLLY HUSTLE 11K SUNDAY 13TH NOVEMBER 2016

Three Eccleshill road runners took on this inaugural challenge the Holly Hustle, limited to 220 runners the course has a 300 metre climb and offers a choice of 1 or 2 laps that’s 11kms or 22kms. Our three opted for the 11k on this fast fun packed forest trail run with some challenging uphill’s and rewarding downhills! Starting at the Myrtle tavern in Meanwood the route takes in some of the best trails that Leeds has to offer. A combination of the beautiful Meanwood Park and the hollies, famous for well-kept paths through extensive woodlands. The route passes Seven Arches Viaduct and Adel Crag. With the offer at the end of a free hot soup and crusty bread and a badge as opposed to a medal, what was not to enjoy about this? Finishing times were  Anne Akers  (1:27:37)  Noel Akers  (1:08:52)   and Rhea Sutcliffe  (1:05:56) : great running guys well done!

GUY FAWKES 10 MILE – SUNDAY 06TH NOVEMBER 2016

A cold breezy and wet morning greeted the runners for this year’s 2016 Guy Fawkes 10 mile which was hosted by Nidd Vale road runners. This year the event was not quite a sell out with 816 of the 1000 places on offer being snapped up. Whilst a large number of our club were busy dashing around kirkstall, Seven Eccleshill road runners opted for this very popular hilly 10 miler which is a course run on a mixture of scenic country roads and well surfaced bridleways finishing in the stunning grounds of Ripley Castle. All finishers received a fabulous goody bag and a commemorative running top. The course starts by rising through woods on a narrow tarmacked track at 2-3 miles it descends down into Birstwith village only to meet the Birstwith Brute a very steep hill which takes runners up and eventually to the highest part of the course with stunning views. 4 to 6 miles is largely downhill and gives runners a chance to whiz towards another steep hill up to Swincliffe village. 6-8 miles is a smashing downhill section which passes through Hampswhaite village. At mile 8 it’s the final steep climb that re-joins the outward route back through the woods to the final finish in ripley Castle courtyard. The runners and times are Ian Stow 1:21:47 Debbie Bland 1:27:23 Anne Kisluk 1:27:49  David Goodyear 1:31:16  Richard Phelps 1:34:19  Gillian Jago 1:34:38 Barbara Stow 1:59:55. Great running well done Everybody and support crew!

AGE UK ABBEY DASH 10K – SUNDAY 6TH NOVEMBER 2016

16 Blue & Whites lined up for Race 2 of the club’s Winter championship race, the Age UK Abbey Dash. Temperatures plummetted making it a chilly start but ultimately perfect running conditions despite a head wind on the way out along Kirkstall Road. A reported 12,000 runners vied for positions throughout the congested race. Starting on the Headrow runners charged out of the city centre along Kirkstall Road to the Abbey before making a u-turn back to the city centre. The only deviation being a quick jaunt around the Cardigan fields Leisure Park to make up the mileage. The flat, out and back nature of the race makes it a PB potential setting race and our runners saw a few of those today. First home for Eccleshill was Marc Steele 46:18 closely followed by Steve Gledhill 47:27 (PB), Ian Dowsland 48:22, Noel Akers 48:41, Mark Hayward 49:46, Martin Steele 52:59, Simon Lacy 55:08. For the ladies we had Sarah Goddard 49:07, Sarita Whitley 49:19, Carol Green 50:15, Julie Steele, 52:59, Rachel Smith 55:17, Sarah Myers 56:06, Tricia Grant 56:16 (PB), Anne Akers 63:23 & Gill Jones 64:49.

Big well done to all our runners and massive thanks to our support and photography crew standing out in those freezing conditions!

BRADFORD CITY RUNS – SUNDAY 30TH OCTOBER 2016

A small army of seven blue and whites descended on the City centre today to take part in the Bradford City Runs. This event offered a choice of 5K, 10k and half marathon distances. The 5K was a 1 loop option of the course which took runners from the start outside the former Odeon cinema, up Thornton road turning left into the Listerhills area, then around the university campus continuing its way back onto the City Centre and circling Centenary Square. The route then proceeds passing the new Broadway complex before treating runners to a surprise hill session around Little Germany then back into Centenary Square to the raptures of the waiting crowd of supporters. Sarita Whitley had this distance on her radar and finished in a fantastic time of (0:24:05) The 10K was 2 loops of the previous and this distance was the favoured by four ERRS Sam Robinson who finished in (0:50:00) Jonathan Robinson (0:50:16) Sarah Rawlings (0:53:09) and Sue Gregson (0:58:00) Running his first ever half marathon and taking in 4 loops of the course was James Kilrenny who finished in the amazing time of (1:42:00) Other half marathon runners were the ever improving Cathyrn Smith who romped home in (2:12:10) and Simon Lacy in (1:52:36) Congratulations everyone great running, and not forgetting the support crew, well done !

THE BRONTE WAY FELL RACE – SUNDAY 30TH OCTOBER 2016

Organised by Keighley and Craven athletic club the Bronte way fell race attracts people who want to make the transition from road to fell race as well as seasoned fell runners. Billed as a category BM fell race and run under FRA rules this popular event is an ideal starter for just that reason. Anne and Noel Akers participated in this one which is approximately 7.5 miles; the route is described as having hilly contours with medium difficulty, rural scenic surroundings and a trail surface incorporating 1152 feet of climb. Starting by running around Wycoller Hall in the beautiful country park in Trawlden  Colne and following a point to point route all the way finishing at the Fleece Inn on the cobbled streets of Howarth where those who complete the event are greeted with a nice bottle of Timothy Taylors and soup and a roll. Noel finished in 1:28:32 and Ann in 2:09:16. Great effort by you guys in this challenging event well done!

WISTOW 10K – SUNDAY 30TH OCTOBER 2016

Another potential personal best setting race is hosted by The Selby Striders Running Club. The Wistow 10k is the Selby Striders’ biggest event of the year – run over a flat, fast course the race is billed as an ideal step up from the 5k distance as well as excellent recovery from your marathon. Debbie Bland once again triumphed in the FV60 category to earn herself a cheque finishing in a fantastic time of 49:21. Well done Debbie!

YORKSHIRE COAST 10K – SUNDAY 30TH OCTOBER 2016

Hosted by Scarborough AC, the Yorkshire Coast 10k course is pancake flat with approximately only 10 metres of climbing throughout the whole race, making it a perfect choice for a personal best setting race. Starting at the town’s famous Spa Complex, runners then head onto South Bay foreshore, Sandside, Marine Drive and around the headland of Scarborough Castle. Continuing to the Peasholm Gap roundabout they then continue through Northstead Manor Gardens passing the miniature railway station before passing through the fantastic new open air theatre and out onto the North Bay Promenade before encountering the landmark ‘Sealife Centre’, just past which the runners turn around and proceed directly back along North Bay Promenade, along Marine Drive and back to the Spa Complex. Annie Kisluk and David Goodyear once again decided to travel a little further afield to take part in this popular seaside race,  Annie finished in 49:27 (PB) and David 51:09.

Well done!

PAIN BARRIER, PARKWOOD – SATURDAY 29TH OCTOBER 2016

Billed as ‘probably the toughest’ 10k race, The Pain Barrier isn’t just any old trail run. The organisers have worked hard to create a race which is reputed to be the most hilly, wet and muddy race around! The uncompromising terrain pushes runners’  physical strength, stamina and mental toughness to their absolute limit. Encountering obstacles aptly named ‘Marsh of Misery’, ‘Ravine Climb’ and ‘Pool of Punishment’ to name but a few, an accurate picture of what the race is all about can be conjured up no problem! Mick and Dawn Hogan most probably hit their pain barrier more than once throughout the duration of the challenging course but both managed to survive, if a little wet. muddy and dishevelled to finish the race in 2:02:48 and 2:02:49 respectively. Well done guys!

LEICESTER MARATHON – SUNDAY 23RD OCTOBER 2016

This year’s 2016 Leicester marathon series took place today and included the full and half marathon corporate relay and the Ted Toft mile for young people. Annie Kisluk and David Goodyear teamed up together in the famous blue and whites to represent our great club in the full marathon. The event was a sell out with an estimated 5000 runners taking part. The race series raises valuable funds for local charities including Hospice Loros in Gorby Road. The route is described as a flat undulating anticlockwise loop. It runs from Victoria Park into the city centre via London Road, St Georges Way and Belgrave Gate before heading out along the Golden Mile and into the country. It then takes in several areas as it makes its way to Birstall before coming back into the city at Red Hill Circle. From there on runners pass the National Space centre and Abbey Park before entering the Market place and on to the finish line back at Victoria Park. All finishers received a brilliant medal for their hard work. Congratulations to you both on yet another massive achievement. Annie finished in 4:27:42 and David in 4:35:01. Great running guys well done!

BRAMLEY 10K – SUNDAY 23RD OCTOBER  2016

The first race of the club’s Winter championship was the inaugural Bramley 10k. Billed as an undulating race run on roads it was hosted by ‘It’s Grim Up North Running’ the organisers of several off road races throughout the year, the start and finish were in the aptly named ‘Bramley Park’ (not to be confused with Bramley Fall Park!).  With a welcome downhill start runners were allowed to settle into the race before the first of several ‘inclines’ of the two lap course! Though run on some really busy roads at times the race was well organised and marshalled by some extremely supportive marshals. A round ‘half dozen’ donned the blue and white on what was a sunny but chilly morning with a head wind thrown in for good measure! All were rewarded with brilliant medal and a faaaaabulous goodie bag containing, water, Toblerone (big!) and beer! Leading the gents home was Marc Steele 49:00 closely followed by Steve Gledhill 49:46 and Martin Steele 55:13. For the ladies we had Jayne Robinson 54:06, Julie Steele 55:12 and Rachel Smith 55:34.

Massive thanks to our support crew Garry & Maxine who popped up in all the right places, cheering the team on and keeping them going!

BRIDLINGTON HALF MARATHON & FAMILY FUN RUN – SUNDAY 16TH OCTOBER  2016

The final race of the club’s Summer championship, the Bridlington haf marathon was once again well supported with both runners and non-runners and their families. A nearly full coach left Bradford at the ungodly hour of 6:30 am to ensure runners got to the start line in plenty of time. A misty start turned into a windy monsoon soon after the start and was relentless for the whole of the race. However, spirits weren’t dampened as the fantastic organisation and encouragement from the marshals of Bridlington Road Runners and Bridlington Rotary was second to none. Our runners produced PB’s a plenty despite the challenging conditions especially on the way back in on the cliff tops and down onto the sea front. First home for Team blue was Taylor Waddell in 1:28:20 followed by Trevor Rhodes 1:38:26, Craig Bingham 1:51:39,Debbie Bland 1:52:38 (awarded First FV60), Ian Storey 1:53:11, Richard Phelps 1:54:28, Dan Kirkham 1:57:14, Sam Robinson 1:57:27, Tim Wrigglesworth 1:57:47, Gillian Jago 2:00:01, Brian Perfitt 2:01:57, Julie Steele 2:01:58, Marc Steele 2:03:51, Martin Steele 2:03:52, Tricia Grant 2:14:48, Debra Grant 2:14:49, Kim James 2:22:00 and Robert Sutton who started but didn’t finish due to injury.

Some members took part in the family fun run whilst the half marathon was in progress including Katie Wrigglesworth and Sarah & Marcus Myers – well done to you!

Well done Team and massive thanks to our supporters and photographers, a grand day out all round!

YVAA RACE 7, PUDSEY – SUNDAY 16TH OCTOBER  2016

The penultimate race in this year’s YVAA Grand Prix was hosted by Pudsey Pacers leaving only the final race at Spenborough to go in the series. One of the tougher races in the series the Pudsey course is about as challenging as they come! Starting out at the top of the track leading up to Scholebrook Farm, the runners charge back down the hill and then turn left to begin what can only be described as around 6 miles of multi terrain madness! In true Pudsey style the weather was unkind making for wet, muddy conditions both on the tracks and in the wooded sections. Runners are then treated to a near vertical hill to the finish. With the annual club trip to Bridlington coinciding with this race it was left to just four blue and whites to fly the flag for ERR, Team Akers and Team Hogan & Queen of the mud Anne Akers was in her element finishing the course in a fabulous time of 70:59 with Noel speeding home in 48:52 followed by Mick in 56:43 and Dawn 68:08.

Well done Teams Akers & Hogan!

PALMA MAJORCA HALF MARATHON – SUNDAY OCTOBER 16TH 2016

David and Victoria Hudson Flew the flag for ERRs in the Palma Majorca Half marathon. The Palma Marathon was inaugurated in 2004 (as the TUI International Marathon) and the route takes in probably some of the finest views you will come across on any Marathon course, as the race goes up and down the seafront at Palma with the race starting and finishing in front of Palma Cathedral, one of the world’s greatest cathedrals. The race starts at the parc de Mar gothic cathedral and is a very flat affair, taking in many of the citys sights, as well as running along the seafront. The finish area is the old part of town and makes for a great photo opportunity. The cathedral which remains in sight for a large part of the race is one of the finest in Europe. Victoria Hudson finished in 1:58:29 and David Hudson in 1:59:02. Great running well done!

ALDI MANCHESTER HALF MARATHON SUNDAY 16TH OCTOBER 2016

A big shout out to Annie Kisluk and David Goodyear this weekend for taking on the very first Aldi Manchester half marathon. A race designed to bring in PBs described by organisers as one of the flattest fastest courses around with only 41 metres of elevation gain. This race also attracted a very strong field of elite runners. The competitors were helped along the way with live music provided by the Sale Brass band Rock choir and Trafford Jazz collective. The race itself begins under the arch at White City Way on the A56 heading up Bridgewater Way before doubling back on itself southwards towards Sale and back to a glorious finish at Emirates Old Trafford Lancashire county cricket club. A superbly marshalled event brought about by Xtra Mile Events. All finishers received a huge medal and a finishers T-shirt with a very unusual and cool design. Annie finished in 1:53:38 and David in  1:55:31.   Excellent results well done guys!

ENNERDALE ULTRA RUN –  SATURDAY 15TH OCTOBER 2016

Gareth Harland and Sarah Rawlings headed up to the Lake district national park with a posse of loyal followers Christopher Stanhope, Sarah Jayne Robinson, and Ian and Angela Storey, to raise the bar and complete an ultra-run in this beautiful scenic part of the country around Ennerdale water. With the staggering distances of 25k and 50k on offer Gareth and Sarah went for the 50k. Ennerdale is a remote valley on the western fringes of the Lake District National Park. A truly spectacular location for trail running with a fantastic combination of trails in a unique natural environment. It is surrounded by some of the Lake Districts most iconic mountains; Great Gable, Pillar and Haystacks, providing a natural backdrop full of dramatic ridges and wooded slopes. Ranging from single track lakeshore trails through woodland and into forest, the varied terrain offers a diverse and exciting course to runners.   The 25k and 50k routes head up into the more remote areas of the valley, set beneath the imposing backdrop of Pillar Rock with its many rock buttresses and waterfalls giving an alpine feel to the area. At the head of the valley and the furthest point of the course is the iconic Black Sail youth hostel. Gareth and Sarah what a fantastic achievement, Sarah what a massive step up you never fail to inspire,  both finished the course in fine style, Gareth 7:05:13 and Sarah 7:05:14. Well done to both and a massive thanks to your trusty support crew for their amazing support!

PLUSNET YORKSHIRE MARATHON, RELAY & 10 MILE –  SUNDAY  9TH OCTOBER 2016

Eccleshill had 17 representatives out in York today, 10 taking on the marathon and 7 opting for the 10 mile race.  Conceived originally as part of the Jane Tomlinson series of races in 2013 the marathon proved a hit from the word go with all 6,000+ places for the inaugural event snapped up in just 3 days. Athletes – professional and amateur – come from not only across the UK but from France, Spain, Ireland, the USA, Africa and the Caribbean to take part. Capacity was increased in 2014 and 2015 and the event was again a complete sell out, with all spots being taken within five hours, 2016 followed suit being once again a complete sell out. Runners in all the races leave the University of York campus and snake their way through the heart of the beautiful city and out into the villages and country lanes before heading back to a hero’s welcome at the university. The course is largely flat with a sting in it’s tail, a short, sharp, killer hill back up into the campus for a thrilling down hill dash to the finish in front of the roaring crowds!

The ten mile results were: Gyorgy Imris 1:12:45, Jayne Robinson 1:29:45, Sarah Rawlings 1:29:46, Gillian Jago 1:31:02, Tricia Grant 1:37:34 (PB), Julie Steele 1:37:34 and Cathryn Smith 1:41:30.  Leading Team Eccleshill home in the marathon was Rhea Sutcliffe in an impressive 3:38:58 gaining herself a guaranteed good for age London Marathon place for 2018 into the bargain! Our first timers at the distance also clocked some impressive times – Sarah Myers narrowly missed out on her goal of sub 5 hours in 5:00:25 and Russell Naylor had a race of two halves but clocked a respectable 4:13:41. Entering the 10 mile but deciding to take on the marathon at the eleventh hour, Ian Storey crossed the line in a personal best time of 4:19:33. Gareth Harland (4:21:49) coaxed Christopher Stanhope (4:21:50) to a personal best! Completing the Eccleshill gang were Robert Sutton, (4:05:15), Mark Hayward (4:56:44), Ian Dowsland (4:40:31) and Craig Bingham (4:40:06) – Job Well done everyone!

Massive thanks to our support crew around the course!

THE SHEFFIELD 10-10-10 – SUNDAY 9TH OCTOBER 2016

David Shepherd who used to run for ERR joined Sue Gregson who flew the flag for Eccleshill Road Runners today proudly wearing the blue and whites at the Sheffield 10-Ten-10. Aptly named because it was first run on the 10th of October 2010. It’s an exciting multi terrain trail 10k which attracts over a thousand runners each year, the race is well supported and creates a fantastic atmosphere. The event caters for all abilities from beginners to the elites and has seen international standard representation before today. The course has been created with a twist of creativity and innovation. It’s not your regular road race; it is run on grass, road, paved paths and woodland trails. It’s a really nice mix and introduces novices to the world of trail running gently. The course incorporates a few lumps and bumps, twists and turns just to add to the fun. This is the seventh edition of the race and is renowned for being the event that puts participants at its heart and encourages runners to complete a challenge with the enjoyment of shared effort. The course is described as having something for everyone, variety intrigue and surprise. David who now runs for the Steel City Striders after moving to Sheffield finished in (1:22:51 ) and Sue in (1:05:38) brilliant effort by both, well done!

THE RICHMOND CASTLE 10K – SUNDAY OCTOBER 9TH 2016

Congratulations to Debbie Bland who headed north to the beautiful town of Richmond to enter this popular race. The Richmond 10k is a scenic challenging route that passes the river Swale and spectacular waterfalls and finishes (with the kind permission of English heritage) in the grounds of Richmond Castle itself. The race even has its own beer festival and all finisher receive a commemorative item. Hosted by Swaladale Runners, the 6.21 mile course is a certified 10k. The run has a total ascent of 246 feet and has a maximum elevation of just over 591 feet. The race has grown in popularity and with a limit of 5oo runners has received entries from all over the UK and beyond. The race starts on an area of park land known as the Batts and is all on roads except for a very short section of grass at the start. Runners pass the spectacular River Falls on the river Swale before crossing the river at Green Bridge and climbing Sleegill. A quick look over the shoulder from Sleegill offers a splendid view of Richmond Castle. Runners are then taken on a short circuit of Catterick Garrison before returning to Richmond and a great finish within the grounds of the Castle. Debbie finished in 52:34 splendid effort, well done!

THE MBNA CHESTER MARATHON – SUNDAY OCTOBER 2ND 2016

Sue Gregson took part today in the seventh MBNA Chester marathon. It is multi-award winning and the UKs only international marathon from the historic Roman/Medieval international city of Chester and is a qualifying event for the England age group marathon. The fast and largely flat spectacular city and rural race route is combined with lots of enthusiastic support. The route actually covers 19 miles in England and 7 miles in Wales. The route is on closed roads passing Chester’s iconic landmarks (Roman walls, Cathedral , Medieval Rows, Eastgate clock amphitheatre) before heading out to the stunning Cheshire and North Wales countryside and villages; returning alongside the river Dee for an unforgettable finish at the racecourse. The support in the villages and communities along the course is one of the many highlights of the race. All finishers received a quality goody bag and a long sleeved technical t-shirt as well as a bespoke medal. Sue finished in 5:00:48 and that included stopping twice to help a fellow runner in distress, Amazing well done!

LITTLEBOROUGH 10K – SUNDAY 2ND OCTOBER 2016

Four Eccleshill Road Runners entered this picturesque ten kilometre race in Littleborough and were treated with some glorious autumn sunshine on this October day. The race started at Littleborough railway station and headed up Hollingworth Road, past the Waterside restaurant. The route then followed the edge of Hollingworth Lake onto Rakewood Road before turning round and then round the back of the lake to the beach. Moving on to Milbury drive crossed Milnrow Road and along Wildhouse Lane. Eventually after running parallel with the canal the runners came out near the level crossing at Smithy bridge rail station, and then followed a downhill section joining a cycle path for the last half mile. Team Hogan joined Debbie Bland and Mark Hayward for this scenic Sunday trot in red rose country. First home was Debbie Bland who picked up first FV 60 in 0:50:15 then Mick Hogan 0:53:34 followed by Mark Hayward 0:54:23 and Dawn Hogan 1:04:11 Well done everybody!

WOMEN’S RUNNING 10K  –  SUNDAY  2ND OCTOBER 2016

Held at the picturesque location of Temple Newsam House the Leeds Women’s Running 10k stretches miles through beautifully landscaped gardens and parkland, boasting an array of picturesque lakes, colourful and exotic plant life. A fun and friendly event, which provided pacers to help runners round the course, billed as the perfect environment for runners of all abilities. This undulating 10K multi-terrain course, featuring tarmac, gravel and trail paths, is perfect for runners wanting to run amongst picturesque settings, and have a feel for running on different surfaces. Restricted to Ladies only two Eccleshill Anne’s took part, Anne Akers and (Anne) Annie Kisluk who had to leave brother and race buddy David Goodyear standing on the sidelines! Anne finished in 72:00 and Annie 57:20 – well done ladies!

ROMBALD’S ROMP  –  SUNDAY  2ND OCTOBER 2016

Hosted by Abbey Runners the Rombald’s Romp offers a trail ‘v’ fell 6.5 mile race. Both races start and finish on Keighley Road. Both routes are described as ‘undulating’ (total climbing about 230m ) and multi-terrain over Ilkley Moor for the Trail race. The Fell race is a quite challenging route over some very boggy ground and some quite rocky paths with tussocks and a bit of the hard stuff  to negotiate, common to both races there is a short section, about ¼ mile, through the forest. Gillian Jones took on the challenge to start off her mileage for the 401 Challenge virtual marathon – Ben Smith’s final marathon, a good start – well done Gill finishing in 1:45:02!

STAINLAND TRAIL RACE – SUNDAY 25TH SEPTEMBER 2016

Hosted by Stainland Lions Running Club, the Stainland Trail race is just what it says on the tin, a largely off road approx 10km multi-terrain race through the stunning Yorkshire countryside. Starting and finishing at Stainland Recreation Ground, the race runs through Fall Spring Wood, Milner Wood, Beestones Wood, Whittle Wood, Firth House Wood, Crow Wood and the beautiful rural roads and trails around Stainland Dean. Reena Mistry (60:53) and Gillian Jones (91:06) donned the blue and white to take on the challenging run with Reena earning herself an F35 category prize.

Well done Ladies!

MACCLESFIELD HALF MARATHON – SUNDAY 25TH SEPTEMBER 2016

The Macclesfield Half Marathon donates all surplus funds from the race to deserving local charities. The race is staged wholly by volunteers lead by a team of volunteers from Macclesfield Harriers, this, their 15th year they are supporting The Rossendale Trust, East Cheshire Hospice and Space4Autism so just by entering runners are helping to support these worthwhile charities. The race starts and finishes on the Macclesfield Athletics Track, buzzing with excitement from before the starting gun is fired  until the last runners make it back across the finish line and collect their well-earned rewards. The route is a nice, rural course, very undulating as you might expect for a rural course but with plenty of downhill section to offset the inevitable uphill, it is billed as a tough course, the runners are though,  helped by pace runners in addition to the enthusiastic support from all the marshals and supporters along the course. Sarah Myers entered the race as part of her marathon training for the upcoming Yorkshire Marathon and Annie Kisluk and David Goodyear are always on the lookout for something ‘different’ and this race fitted the bill! Sarah completed the course in 2:15:21 and Annie 1:52:43 followed by David 1:57:35.

Well done guys!

SUTTON ON THE FOREST 10K – SUNDAY SEPTEMBER 25TH 2016

It’s off to Sutton on the Forest today in York and Debbie Bland and Robert Sutton took the start line for this flat rural 10 KM course. Sutton on the forest is a vibrant community with approximately 700 residents. This is the former Sutton 7 run but now with a new 10K route takes runners through the grounds of Sutton Park Estate including gardens and woodland trails then moving on to quiet roads and farm tracks and parts of a former airfield. The race starts and finishes in the playing fields of the picturesque village of Sutton on the forest. The race is organised by the playing field association and promoted by Easingwold running club. Run under UKA rules and with a race limit of 500 there were prizes for the first three men and ladies as well as in the veteran categories and every finisher received a memento. Debbie finished   (51:20) and Robert finished (45:30) Well done both!

ROCHDALE HALF MARATHON – SUNDAY 25TH SEPTEMBER 2016

Richard Phelps nipped over the hill for a try at this half marathon which was run in conjunction with a 10K as well as a fun run. The event is in its second year and has already become very popular after a huge success in 2015. It is one of the highlights in their sporting calendar and has already helped raise thousands of pounds for local charities. The race starts and finishes at the stunning Rochdale town hall which is reputed to be one of the finest buildings in Europe. The new traffic free course has an exciting and varied feel to it taking runners on a tour of Rochdale’s historic town and breath taking countryside. The chip timed course was fully marshalled and every finisher received a goody bag with a medal and technical t-shirt. Richard finished in a brilliant time of 1:58:21. Wow! Well done!

THE LADYBOWER ULTRA SERIES – SUNDAY 18TH SEPTEMBER 2016

Congratulations to Eccleshill’s very own Rhea Sutcliffe and Ian Dowsland for stepping up to take part in this ultra-series in the Peak district. This is the friendliest most beautiful ultra-marathon in the north of England. It is the fourth year of running the event and it has become one of the most talked about ultras of the year. The route is one of the best ones in the area. It is extremely popular with runner’s cyclists and walkers alike. The 50 mile and 20 mile courses are a looped circuit of Ladybower and Derwent reservoirs, it is well marshalled and sign posted. The rest is a mixture of trail, track and a small section of road which is hardly used. Although the elevation of the route is mainly flat, there are undulations. There are 2 distances on the day which are actually 50.9 miles and 20.7 miles respectively. Rhea and Ian (Who has never run this sort of distance before) opted for the 20 miler. There were prizes for the first male and female as well as spot prizes and a t-shirt for every finisher. Rhea finished in 2:58 and Ian 3:31. Well done to both of you guys, Awesome!

KIRKSTALL 7 MILE –  SUNDAY 18TH SEPTEMBER 2016

The penultimate race in the club’s Summer championship was the Kirkstall 7 Mile, earning the 12 runners valuable points on the table, and it’s all to play for! This leaves just the Bridlington Half Marathon as the final chance to earn points before the start of the Winter championships. This undulating, largely off road race  starts out from the picturesque grounds of Kirkstall Abbey, after a short lap of the grounds runners then exit out onto the busy A65 before then turning left to negotiate the first off road section.  Woodland, canal, fields, river bank, cobbles and tarmac awaited as runners negotiated the challenging course in very hot conditions. Leading the team home was Ian Stow in 50:08 closely followed by Marc Steele in 54:23, Noel Akers 54:35, Ian Storey 55:44, Richard Phelps 55:49, Debbie Bland (1st FV60) 55:51, Michelle Barstow 57:39, Jayne Robinson 62:19, Julie Steele 62:25, Martin Steele 62:26, Anne Akers 73:07 and Gill Jones 73:51.

Well done everyone and big thanks to our support and photography crew!

THE STOCKPORT 10K – SUNDAY SEPTEMBER 18TH 2016

For the 5th consecutive year the roads of Stockport were packed with runners of all abilities challenging themselves in the fantastic big Stockport event series 2016. This year the series included the fantastic Big Stockport 10K Run and the Family Fun 1K Run, both started and finished at St. Petersgate Stockport. The event is organised by Life Leisure and sponsored by Biffa waste management. The route started and finished at ST Petergate passing Vernon park, The Plaza, under the viaduct, past the Pyramid and then headed along the river Mersey on the trans Pennine trail. Eccleshill’s Annie Kisluk was at the start line for this one but this time without her side kick David Goodyear who was out with an injury. Annie finished in a brilliant time of 52:20 absolutely amazing and well done!

THE ENGLISH HALF MARATHON, WARRINGTON `- SUNDAY SEPTEMBER 18TH 2016

This year saw the eighth annual event of the English half marathon which is held in Warrington, Cheshire. It was as expected a sell-out. Three ERRs lined up for the start of this ever growing in popularity race. The event is owned and organised by Contest sports events Ltd. Every runner received a medal a t-shirt and goodies at the finish line as well as access to a food festival with live music and much more. The day included a chip timed half marathon a 10k and the Wire FM mile. The English half marathons official charity is the NSPCC. The course was redefined last year and was well received by the runners; the course is generally flat with just a few rises and dips for added interest. The full field is sent on its way from the Town Hall in the centre of Warrington before crossing Bridgefoot and heading south. Runners are able to enjoy the best sights – the Guardians at Market Gate, The River of life on Bridge Street, The Cultural Quarter and Halliwell Jones stadium, home of Warrington Wolves. Best of all is the grand finale back at the Town Hall and the chance to run through Warrington’s famous Golden Gates. Finishing first for the blue and whites was Reena Mistry in 1:51:18 followed by Sarah Rawlings 2:00:51, Christopher Stanhope 2:02:57 and close behind Gillian Jago with a brilliant 2:06:39 great running guys. Well done!

LEEDS GOLDEN MILE –  SATURDAY 17TH SEPTEMBER 2016

‘A track race over the ‘classic’ distance’

Held on the track at the Leeds Beckett Carnegie Athletics Centre, the Leeds Golden Mile races are just what it says on the tin – 1 mile track races, run as a series of heats. Heat allocations were based on runners own predicted times, and there were heats suitable for runners of all abilities, offering a perfect opportunity to experience the excitement of track racing. Reena Mistry decided to take up the challenge and posted an excellent time of 06:30. Well done Reena!

YVAA CROSS COUNTRY CHAMPIONSHIPS –  SATURDAY 17TH SEPTEMBER 2016

Another busy weekend of racing kicked off with the 38th staging of the YVAA Cross Country Championships which was held once again at Nunroyd Park, Guiseley. Promoted by Skyrac AC the race was billed as a fairly flat course around Nunroyd Park, each lap having two small hills! The event was split into three race and  race 1 included all the Ladies teams and the M70+ category completing two laps which was equal to 5k, race 2 saw the M50, M55, M60 and M65 complete 4 laps for 10k and race 3 the M35, M40 and M45 teams also completed 4 laps for 10k. Debbie Bland represented Eccleshill as an individual runner and managed to bag a medal 3rd FV60 in a time of 21:55 . Well done Debbie!

THE GREAT NORTH RUN –  SUNDAY 11TH SEPTEMBER 2016

Rounding off a fantastic weekend of racing was the Great North Run half marathon which saw 13 Eccleshill runners take part along with around 57,000 others each one for their own personal reasons, be that to try and gain a personal best or raise vital funds for charity. A beautiful morning greeted runners but this eventually turned into very hot conditions for running.  Starting in Newcastle upon Tyne the 13.1 mile route takes runners through the city centre towards the River Tyne where thousands of people cross over the iconic Tyne Bridge and runners quite likely get a glimpse of the Red Arrows passing overhead. From there the runners travel through Gateshead being entertained by the many bands on the run. The route, lined by thousands of supporters yielding oranges, sweets, ice pops, biscuits etc,  then leads runners to South Shields where at the top of Prince Edward Road the view of the sea is one of the most welcoming sights along the whole course. From that point there is just over a mile to go and the crowds get louder as runners make their way down the final straight towards the finish gantry.

Eccleshill’s runners were Craig Bingham 1:58:46, Ian Storey 2:02:20, Claire Tailford 2:06:11, Tim Wrigglesworth 2:11:03, Richard Phelps 2:11:46, Gillian Jago 2:12:12, Claire Downey 2:21:01, Gillian Jones, 2:41:33 and getting a massive personal best with her posse of pacers Tricia Grant 2:24:32 along with Garry Ellison, Martin Steele, Julie Steele and Marc Steele.

Big thanks to the support and photography crew around the course!

THE VALE OF YORK HALF MARATHON- SUNDAY 11TH OF SEPTEMBER 2016

Back for a third year and described as a must do, sell out race, the 2016 Vale of York half marathon attracted no less than thirteen Eccleshill Road Runners. The sun certainly had its hat on leaving conditions very warm for this increasingly popular event. The Vale of York is a fast and flat half marathon and is run in aid of the Sue Ryder charity. The race starts on the Mintex race track and finishes on the runway at Sherburn aero club, on the way it takes in closed scenic roads. For the novice runner this is the perfect introduction to a longer distance, and for the more seasoned racer it’s a genuine opportunity to gain a personal best. As well it fits in perfectly for those with an autumn marathon schedule. The results I have are subject to verification Russell Naylor 1:39:18 Ian Stow 1:42:04 Robert Sutton 1:41:53 Sarah Goddard 1:50:29  Debbie Bland 1:50:46 Steve Gledhill 1:53:26 Mark Hayward 1:58:21 Sarah Rawlings 2:00:32 Christopher Stanhope 2:10:15 Rebecca Trueman 2:13:24 Debra Grant 2:23:19 Gillian Brown 3:00:08 pacing Lorraine Mcknight 3:00:09. Great effort on such a warm day. Well done everybody!

THE YORKSHIREMAN HALF & FULL MARATHONS –  SUNDAY 11TH SEPTEMBER 2016

A busy weekend of racing also included the Yorkshireman Half and full off-road marathons. Hosted by Keighley & Craven AC these races are deceptive as they are not actually what it says on the tin! The ‘half marathon’ measures 23.71 km or 14.7 miles and the ‘full’ 41;84 km or 25.99 miles The half also includes a total ascent of 293.29 m and a maximum elevation of 447.55 metres. The races start on Main Street. From there runners bear right along cobbles and through Sun Street towards Penistone Hill. After a brief uphill section, they pass the cricket ground and along Lee Lane to the nearby reservoir. The next four miles are on tarmac, over a stream and across an open moor to Withens Pub. The route continues across countryside, passing near Gatehouse and via Houghgate and Brookhouse reaching the halfway mark at the junction with the A629. The inward half starts along a footpath to Denholme Beck. Under a railway bridge to a reservoir, through allotments and over a viaduct, the route carries on through forest and across moorland to Hainsworth Village. From there, runners pass along Black Moor Road, the nearby farmhouse and onto Penistone Hill. Then the last 1.2 miles onto the finish line.

Congratulations to Jon Robinson who completed the full marathon (pairs with Daniel Gavelle) in challenging, hot conditions in 5:12:03 and Anne and Noel Akers completing the half  Noel finished in 3:01:13 and Anne 4:12:48.

 THE LANGDALE HALF MARATHON – SATURDAY 10TH SEPTEMBER 2016

Congratulations this week to David Goodyear and Anne Kisluk for completing the Langdale half marathon, reputed to be one of the most difficult races of its type in the UK. Being run in the beautiful Langdale valleys, the Great Langdale Half Marathon is a very picturesque race. However it is also memorable for being exceptionally hilly with some parts of the course climbs being 1:3 this challenging race attracts both seasoned runners as well as a large number of ordinary people looking to challenge themselves. Runners start the race in Great Langdale, running anti clockwise towards Little Langdale via the attractive hamlets of Skelwith bridge, Chapel Style and Dungeon Ghyll. Chip timing was introduced this year. With a low key friendly atmosphere every runner is made welcome. Annie and David along with the other competitors achieved a maximum elevation 758.43 feet. Road races in the beautiful Langdale valley have been run for nearly thirty years and in that time many thousands of runners have enjoyed the stunning location of the valleys whilst running their chosen distance. Well done guys for taking on this difficult challenge, brilliant effort! Times are Anne 2:06:47 and David 2:09:30.

 THOLTHORPE 10K – SUNDAY 4TH SEPTEMBER 2016

Debbie Bland opted for a 10 k event at Tholthorpe in the beautiful Hambleton district North Yorkshire. Proceeds from the event are donated to Tholthorpe Village Hall. The start and finish is in the pretty village itself. The race is now in its 21st year and is a well-respected, friendly event, attracting entrants from a wide area. The event is promoted by Easingwold running club, the attractive course passes through local countryside and finishes on the Village Green by the duck pond. The route is well marshalled and there were prizes in male, female, team, veteran and local categories. Debbie described the race as hilly and the weather conditions were warm. Debbie time official 51.05 Well done Debbie especially considering this event was part of the North Yorkshire championships with some top veteran runners in the UK to compete with. Brilliant!

 WOLVERHAMPTON MARATHON- SUNDAY 4TH SEPTEMBER 2016

The 19th edition of the Carver Wolverhampton Marathon took place today along with a string of other events. Participants tackled a new route around the city in a variety of formats. As well as the marathon and the half marathon, there was the Banks’s 10k Run, the Cousins 20k Cycle event and the walk in the Park, where participants could stroll around the park at their own pace, and the Children’s Mini Marathon. Eccleshills David Goodyear and Annie Kisluk opted for the full Monty (26.2 miles) wearing the famous blue and whites. They along with 1700 other competitors took up the challenge which left the organisers well chuffed with the increased turnout. The marathon originally started when in 1998 the late Roy Carver, together with Ivan Savage, then-Carvers group sales director, came up with a plan to put the Wolverhampton marathon back on the city event map. All proceeds from the events go to charities including Compton Hospice, Wolverhampton Rheumatology Support Group, The Haven Wolverhampton and the Mayor of Wolverhampton’s chosen charities, which include the MS Therapy Centre in Tettenhall, Wolverhampton Samaritans and Help For Heroes. Once again David and Annie thanks for representing our club in this fabulous event and well done! Times Annie 4:17:12 and David 4:20:54.

ARTHUR JAMES MEMORIAL RELAY  – SUNDAY 28th AUGUST  2016

The club’s annual relay in memory of the late Arthur James attracted 8 teams of 3 runners taking on the 3.04 mile race starting out at Rawdon Meadows, turning into Parkin Lane and then following Thornhill Drive all the way to Calverley. We feared it may resemble a Peco cross country mud fest following torrential downpours on Saturday evening and way into the night. Drizzle persisted early morning but soon cleared leaving perfect conditions for this, the fourth edition of our club members only race. On arrival at Calverley runners were then directed to follow the main road towards Greengates and after a slight incline a fantastic, fast down hill finish ensued as they were directed into the bottom of Clara Drive to follow Eleanor Drive back to Parkin Lane and the car park to finish. The victorious team who were awarded the trophy consisted of Trevor Rhodes 21:13, Russel Naylor 21:00 and Dan Kirkham 24:36  (cumulative time 1:06:49). The other 7 teams were Steve Gledhill 22:50, Dawn Hogan 30:52 & Cathryn Smith 30:26 (cumulative time 1:24:24); Gillian Brown 31:01, Paul Stanhope 21:50 & Rachel Smith 26:19 (cumulative time 1:19:10); Mick Hogan 25:23, Debbie Bland 25:24 & Gyorgy Imris 20:17 (cumulative time 1:11:04); Tim Wrigglesworth 26:13, Lorraine McKnight 32:13 & Ian Stow 21:27 (cumulative time 1:19:53); Garry Ellison 22:22, Richard Phelps 24:08 & Marc Steele 24:30 (cumulative time 1:11:00); Debra Grant 31:02, Helen Freeman 28:47 & Sarita Whitley 24:41 (cumulative time 1:23:08); Marc Steele 23:55, Julie Steele 27:05 & Martin Steele 26:05 (cumulative time 1:17:05). A special mention must go to Gyorgy Imris who recorded the fastest time of the day 20:17 – course record set? Something for you all to challenge next year!

Very well done everyone and big thanks to all our volunteers without whom the relay would not have been possible! Remember: ‘RUN BECAUSE YOU CAN’

SESSAY SWIFT 6 – WEDNESDAY 24TH AUGUST 2016

Debbie Bland opted for a swift midweek 6k race – the fifth edition of this popular race hosted by Thirsk & Sowerby Harriers. The course is a flat, fast one lap course in and around the picturesque village of Sessay near Thirsk in North Yorkshire. Hence the tag ‘swift’! Debbie once again claimed first FV55-64 in a brilliant time of 29:17 and was rewarded with….chocolates Mmmmm.

Well done Debbie!

FLEETWOOD HALF MARATHON – SUNDAY AUGUST 21ST 2016

Gillian Jago returned to Fleetwood today to settle an old score with a half marathon course. In Gill’s own words last year here was her worst half marathon in three years. Described as a course that’s perfect for runners of all abilities with a fun and friendly atmosphere flat and accurately measured. The race starts behind the marine hall gardens and runs along Fleetwood’s outer promenade and esplanade offering great views over Morecambe bay. Gillian came back with vengeance and absolutely smashed her previous time by 20 minutes finishing in 2:00:58. “Way to go girl, brilliant”!

ESCRICK 10K – SUNDAY AUGUST 21ST 2016

Race 13 of Eccleshill’s Summer championship came in the form of the Escrick 10k over in York. A fast, flat, multi terrain race on roads, paths and bridleways within the beautiful Escrick Park Estate which started on the village green. The weather although a tad warm was set to make this an enjoyable race. Likened to a military operation, a twisting, turning course took runners around the estate taking in the cooler woodland sections, constantly turning left, right, left, right! A downhill finish back to the village green and a barbeque was a welcome sight as the sun made for a hot second half of the race. Storming home in first place for Eccleshill was Debbie Bland  50:24   followed by Marc Steele  50:37  Richard Phelps  51:54   Ian Storey  52:13  Martin Steele  1:01:19    Julie Steele  1:01:19   & Gillian Jones  1:10:31

Well done all and many thanks to our support and photography crew!

HELL ON THE HUMBER – SATURDAY AUGUST 20TH 2016

Gareth Harland Sarah Rawlings Christopher Stanhope and Sarah Jayne Robinson took on a challenge with a difference “Hell on the Humber”

Hell On The Humber is an endurance event series like no other, and each year on the third weekend in August, otherwise known as HOTH weekend (to the initiated), hundreds of runners and walkers from across the country descend on the world famous Humber Bridge, to test themselves in running, walking, shuffling, and crawling over it.

HOTH sees the many competitors taking on the tough and demanding Hell On The Humber route, on the World famous Humber Bridge, for 6, 12, or 24 hours, as they try to complete as many 4 mile laps as possible in that time. There’s no upper mileage limit, though there are some long standing and pretty impressive course records, some of which have proved just too tough to break over the last 5 years. All that is asked is that participants complete a minimum of one 4 mile lap every 3 hours. Sarah Rawlings Gareth Harland Sarah Jayne Robinson chose the 12 hour option starting at 7 o’clock pm Saturday night until 7 o’clock am Sunday morning; this meant they had to complete a minimum of 4 crossings in the four 3 hour sections or 16 miles. By the end of play 12 gruelling hours later Sarah Jayne had completed no less than 32 miles…Yes you read it right 32 miles Christopher Stanhope 36 miles and Sarah and Gareth a staggering 44 miles total, absolutely amazing, and all this done overnight in blustery conditions although the rain restricted itself to just a few spots. Well done and congratulations TEAM ERR!!

WEST YORKSHIRE FIREFIGHTER 5 – SUNDAY AUGUST 14TH 2016

Eccleshill Road Runners turned up mob handed this morning to take on the West Yorkshire firefighter 5 mile road race. The weather although warm was set to make this an enjoyable challenge. Once again it was hosted by the West Yorkshire fire and rescue service and Bradford Airedale Athletic Club. 16 blue and whites set off on the gun to start with a half mile lap around the fire and rescue centre’s training ground then out onto the roads and uphill following an anticlockwise route with a very scenic view about the half way stage. A water station at approximately  the three mile stage was a very welcome respite for those wishing to take advantage before descending down the last part of that section and turning left to meet the last mile and a quarter uphill drag taking them back into the fire station grounds and the final lap around to the finish line. This race was also part of our summer championships and will earn valuable points for the contenders. Results are Trevor Rhodes  35:09    Gyorgy Imris   35:09   Garry Ellison  39:25    Steve Gledhill  40:02  Mark Hayward  40:20   Marc Steele  40:39   Richard Phelps  41:32   Ian Storey  41:49    Mick Hogan  42:43   Gillian Jago   43:48   Chris Everett  44:49   Julie Steele  46:39   Craig Bingham  47:34   Dawn Hogan   53:22   Gill Jones   54:39  and Sue Gregson  58:00. Brilliant running everyone well done!

LITTONDALE FETE 4 MILE RACE  – SATURDAY 13TH AUGUST 2016

The Littondale 4 mile road race is held as part of the Littondale Fete, run along quiet country lanes it is supported by Leeds City Athletics Club. Previously known as the Arncliffe 4, this Yorkshire Dales low key event was run until 2012, and after a break was resurrected by Leeds City member Alan Buckley in 2015.  Starting with a 2 mile jaunt down the south of the Dale before crossing over for a 2 mile roller coaster return back to the start/finish area close to Arncliffe Village Hall. Debbie Bland once again enjoyed FV60 victory to take the category prize in 33:09. Well done Debbie!

YVAA GRAND PRIX RACE 6, HALIFAX  – WEDNESDAY 10TH AUGUST 2016

The sixth race in this year’s YVAA Grand Prix was hosted by Halifax Harriers. Registering at the Springhall Athletics Track the runners were then walked down treacherous cobbled paths to the start on the edge of the canal. A fast, mostly flat, out and back 6 mile race along riverside paths and canal tow paths, interspersed with momentery road sections in order to cross to the opposite bank to make the return journey back to the finish. Eccleshill had 9 representatives out in the blue and white with Reena Mistry leading the team home in 43:55 (4th F35 and 9th lady) closely followed by Robert Sutton in 45:10, Craig Bingham 47:59 and hot on his tail Steve Gledhill in 48:00, next was Debbie Bland in 48:38 (2nd F60), Mick Hogan 51:30, Julie Steele 55:37, Dawn Hogan 63:17 and Gill Jones 65:40

Well done everyone and big thanks to our support and photography crew!

ROUNDHILL FELL RACE  – SUNDAY 7TH AUGUST 2016

The Roundill Fell Race offers runners a tour of Blubberhouses Moor to the west of Timble, Otley! Hosted by Otley AC this annual event is ideal as an introduction to fell running for those not too familiar with the sport. The route measures 14.1 k – just over 8 and a half miles, Debbie Bland decided that an off road option was ideal as she is nursing slight injury and despite that she still managed first FV60 in 2:01:11, really well done Debbie!

THE BLACKPOOL AIR SHOW 10K  – SUNDAY 7TH AUGUST 2016

The course is a traffic free accurate one lap route with small undulations but mainly flat and fast. It has good running surfaces with tarmac path and concrete seawall along the promenade. The course offers excellent views on a clear day. The race is staged around the air show with aircraft flying past the course throughout the day. Anne and Noel Akers turned up in the blue and whites and completed this describing the conditions as bracing with a strong headwind. Well done guys especially in those conditions .Times TBC.

THE ROCK N ROLL DUBLIN HALF MARATHON – SUNDAY 7TH AUGUST 2016

Once again the famous four Sarah Ian Gillian and Chris took to the start line for the 13.1 mile Dublin half marathon. The weather was set giving great conditions and the team headed off at the gun with one aim in mind to get round as a team and achieving a personal best for Sarah. The Rock’n’Roll half marathon is a point to point course that starts in Dublin’s dockland area,runs along the north side of the Liffey river, and passes all fan favourites! After crossing over Memorial bridge, the route passes the, famous Ha’penny bridge, Christ church cathedral, Brazen head pub (Ireland’s oldest pub), James Joyce museum and the Guinness brewery. Runners continue past the Royal hospital and Kilmainham Gaol into Phoenix Park, one of the largest walled city parks in Europe. There the journey turns scenic as the route winds through the lush park, taking in the Wellington monument, the Papal cross, the President’s house and the famous Dublin zoo. The team made it home in 2:13:20 gaining a fantastic PB for Sarah Myers and earning each one of them loads of bling. Well done a brilliant team effort!

RUN FOR ALL YORK 10K –  SUNDAY 7TH AUGUST 2016

Runners of the eighth edition of the Asda Foundation York 10k were greeted by a lovely sunny morning. The fast, flat 10k course is billed as one of the most popular events in the region’s race Calendar, carrying on the legacy of the late Jane Tomlinson raising vast amounts for the charity foundation she set up and attracting participants of all abilities. This scenic race takes runners right through the historic heart of this beautiful city.  Five Eccleshill Road Runners donned the blue and white to take part, they were, David Goodyear 50:54, Annie Kisluk 52:08, Sarah Rawlings, Jayne Robinson & Jennifer Briedis ran as a team and finished in 60:33.

Well done everyone!

THE DUBLIN ROCK N ROLL 5K SATURDAY AUGUST 6TH 2016

Dublin’s fair city was the attraction this weekend for four or Eccleshill road runners. Ian Storey, Sarah Myers, Gillian Jago and Christopher Stanhope. The four set off for a weekend of sightseeing and running on the emerald isle. Saturday saw the intrepid four kicking off with the 5K and netting some top notch BLING. This was the ideal warm up for the half marathon to follow on the Sunday. Ian led the 5k team home in 25:32 followed by Gillian in 26:19 then Christopher in 27:36 just ahead of Sarah in 28:32. Great effort Guys and well done!

THE FLAT CAP FIVE – WEDNESDAY 3RD AUGUST 2016

Anne and Noel Akers entered this years Flat cap 5.Hosted by Dewsbury road runners the flat cap 5 is in its fourth year. It’s a five mile trail run on roads and fields in Dewsbury. The race started at the Leggers inn Saville town wharf Dewsbury. The fastest runners received various prizes as well there was a prize for the one who wore the best flat cap. The course was a scenic route which took part of the greenway in before heading towards the river and the canal then looped back towards the finish at the Leggers. Noel completed the race in 41:44  Anne finished in 54:53  Very well done guys !

THE JAMES HERRIOT 14K – SUNDAY 31ST JULY 2016

Set among stunning scenery in the Yorkshire dales national park the 12th staging of the James Herriot 14k took place; the course runs over moorland tracks and paths near castle Bolton in Wensleydale . Debbie Bland donned the blue and whites of ERRs to take part. The event helps to raise money for charities aided by the rotary club. The course is traffic free and well marshalled. The start and finish is held in a field close to Bolton castle with the kind permission of Lord Bolton himself. The race is dedicated to the memory of the famous author ,James Alfred Wight, who wrote under the pseudonym of James Herriot, and became one of the most popular writers of the twentieth century. His books, a series of stories based on his experiences as a young veterinary surgeon working among the farming community of North Yorkshire, sold in their millions throughout the world. Their great success spawned two feature films in the mid-1970s, followed by a television series, [All Creatures Great and Small](http://www.worldofjamesherriot.com/tv-locations/), which enjoyed global success in the late 1970s and early 80s.  Debbie was running with a knee injury but nevertheless managed to beat her 1:30 time that she was aiming for managing to clock 1:27 and finish 2nd FV60 Debbies finish time 1:28:06 well done !

 THE ARTHUR JAMES shakERR – SUNDAY 24TH JULY 2016

Eccleshill road runners hosted the inaugural Arthur James shakERR formerly (the Saltaire shaker) this Sunday and what a brilliant turn out both for club members and participating runners. The slightly revised course of approximately 13k was lapped up with enthusiasm by everyone proving a resounding success for Eccleshill and meriting excellent feedback from those who took part. A fantastic tribute to the legend who is Arthur whose slogan lives on  “Run because you can”.  It was also a platform for us to raise the club’s profile and show just what we can achieve when we all rally together. Representing the blue and whites were  David Goodyear  1:11:57,  Annie Kisluk 1:19:52,  Richard Phelps 1:10:15, Sam Robinson 1:16:23, Debbie Bland 1:11:57,  Lee Mathews 1:22:04,  Mark Haywood 1:10:20,    Kim James  1:54:13, and Vikki Lomas 1:54:13. What a massive success story! Thank you to All the marshals, the Committee for the organisation and all the club members who took on the necessary tasks needed to bring this all together on the day. We are ERRs and we know it!

GREAT YORKSHIRE RUN, HARROGATE 10K –  SUNDAY 24TH JULY 2016

Formerly the Harrogate 10k, hosted by Harrogate Harriers and now adopted into the Great Run series of races this beautiful 10k route starts and finishes on Montpellier Hill in the Montpellier Quarter, home to exclusive shops, bars, award winning restaurants and the famous Betty’s Tearoom. Runners then head out on a short lap, turning up Valley Drive and then onto Cold Bath Road before heading through the leafy streets towards the Stray, a popular spot for picnics and outdoor games. Here they follow alongside Otley Road before heading back onto Montpellier Hill, past the cheering crowds at the start to begin their 2nd lap. The picturesque, multi-terrain course then takes runners through the English Heritage Grade II Listed Valley Gardens alongside blooming shrubs and herbaceous beds before then turning onto Harlow Moor Road and into the bridle path towards the highly acclaimed Royal Horticultural Society’s Harlow Carr gardens. As they pass by they then turn back into Pinewoods along the footpath back onto Harlow Moor Road before heading down Harlow Moor Drive and out onto Cold Bath Road. Here they follow the same route out towards the Stray, along Otley Road with the final run along the path before crossing the finish line in the heart of the town centre.  Julian Bailey was the only Eccleshill Representative and finished in a brilliant time of 50:23, well done Julian!

BINGLEY SHOW 10K RACE –  SATURDAY 23RD JULY 2016

This year the race offered a great new course through the footpaths of the beautiful surroundings of Bingley and St Ives estate. Billed as a great introduction to off-road/fell running this great little race hosted by Bingley Harriers is organised in conjunction with the annual Agricultural (Bingley) show. Its a little bit dirty and lumpy but the views and atmosphere are fantastic. Starting and finishing in the show ring, the bargain priced advance entry price also includes free entry to the show! Representing Eccleshill we had Brian Perfitt 65:48 and Simon Lacy running in the ERR vest for the first time finished in a fantastic time of 72:36! Well done Guys!

PRIORY 10K –  WEDNESDAY 20TH JULY 2016

This year attracting a record number of entrants, race 11 in the club’s Summer Championship the Priory 10k was hosted by Ackworth Road Runners. Another hot evening once again made for challenging conditions for running. The race, run in and around the picturesque setting of Nostell Priory Park was mainly off road but on good tracks and paths with a little woodland thrown in. Run alongside a 5k option the 10k consisted of two laps of the same course. Slightly off putting it was when runners arrived at the finish to have to run around again! Earning valuable points on the championship table were: Marc Steele 52:13, Richard Phelps 52:59, Ian Storey 56:52, Debbie Bland 54:32, Gillian Jago 57:23 and Julie Steele 60:40. Well done everyone and big thanks to our support and photography crew around the course!

YVAA GRAND PRIX RACE 5, CROSSGATES – TUESDAY 19TH JULY 2016

The 5th Race of this year’s YVAA Grand Prix series proved to be the hottest day of the year with temperatures soaring above 30 degrees, inevitably resulting in tough conditions for running and low turn out. Sarah Rawlings was the loan representative for Eccleshill as many opted to stay in the shade! Hosted by St Theresa’s AC the course of around 5½ miles takes runners over footpaths and tracks, through fields, woods and a farmyard to the east of Cross Gates, mainly off-road, but for a very brief section of tarmac following the farm yard.  Billed as an undulating course made all the more challenging in the heat, and there was no stream crossing this time around to cool the feet!! Sarah completed the race in a brilliant time of 50:30! Well done and big thanks to her support crew (Ellie)!

BRAMHAM 10K RUN  – SUNDAY 17TH JULY 2016

This inaugural race organised by Bramham Parish Council is a multi terrain course of approximately 10k, starting and finishing on Bramham’s playing field. Most of the route is off road on tracks and bridleways in stunning countryside. Described as an undulating course with the last section climbing steadily up a farm track to the top of Windmill Hill before descending through the lovely village of Bramham then up Almshouse Hill, fondly known as the Bramham Beast (steep but short & akin to Trooper Hill in the Bluebell Trail race) to the playing field. Two lone Eccleshill runners turned out in the blue and white, Sarah Rawlngs finishing in 55:49 2nd F50 and Debbie Bland in 55:39 and 1st F60 – very well done ladies on perhaps what may well have been one of the hottest days so far this year! Big thanks to Philip for his support and photography!

WASHBURN VALLEY RELAY  – FRIDAY 15TH JULY 2016

The second relay of the week came in the shape of the ever popular Washburn Valley Relay. Hosted by Otley AC each team run one of three legs, leg one 3.02 miles, down the hill and up through the woodland exiting back down onto the side of Fewston Reservoir, Leg two is an undulating 4.01 mile route around the perimeter of Fewston Reservoir and leg 3 is 3.30 miles around the perimeter of Swinsty Reservoir – all three legs finish with a gruelling uphill climb to the finish back to the start. Runners were met by an extremely humid evening making for tough running conditions but absolutely perfect for a picnic to finish off what was truly a great evening. Team spirit once again was second to none. A massive well done to all concerned, runners, supporters, photographers and picnicers alike! The teams & results were: Eccleshill Ospreys: Debbie Bland 25;43, Claire Tailford 32:42, Dan Mackenzie��23:21 Aggregate time 1:21:46, Eccleshill Peregrines: Jayne Robinson 27:44, Gareth Harland 29:53, Marc Steele 24:59 Aggregate time 1:22:36, Eccleshill Eagles: Martin Steele 27:00, Gillian Jago 33:44, Trevor Rhodes 23:14 Aggregate time 1:23:58, Eccleshill Kestrels: Sarah Rawlings 26:23,  Julie Steele 36:17, Ian Stow 23:47 Aggregate time 1:26:27, Eccleshill Hawks Marc Steele 23:52, Brian perfitt 37:10, Richard Phelps 26:12 Aggregate time 1:27:14, Eccleshill Owls: Amanda Wrigglesworth 34:14, Tim Wriggglesworth 32:06, Paul Stanhope 24:19 Aggregate time 1:30:39.

Well done teams and big thanks to our supporters and photographers!

GOLDEN ACRE PARK RELAY  – WEDNESDAY 13TH JULY 2016

The annual Golden Acre Park Relay hosted by Abbey Runners saw Eccleshill field 6 teams on the night. A beautiful Summer’s evening greeted the runners to the picturesque park and as the sun went down we were left with perfect conditions for running. Each team member runs a leg of approx 2.75 undulating miles in and around the park and woodland paths. Challenging conditions underfoot make it feel like you are running much further as eyes are peeled to ensure you stay upright for the duration! This year we had some first timers joining us in the club vest for their baptism into the world of racing. It was great to see Angela Cunningham & Caroline Ward joining our teams.  Finishing the night with cake, flapjack and other goodies we all agree they were more than ‘well earned’ – our teams are now looking forward to the Washburn Relays.

The teams & results were: Eccleshill Ospreys: Gareth Harland 20;00, Ian Stow 20:20, Helen Freeman 25:49, Eccleshill Eagles: Martin Steele 24:21, Brian Perfitt 22:56, Paul Stanhope 20:04, Eccleshill Kites: Richard Phelps 22:15, Mark Hayward 22:06, Chris Everett 24:39, Eccleshill Peregrines: Tim Wrigglesworth 21:17. Anne Akers 28:58, Noel Akers 20:53, Eccleshill Owls: Julie Steele 24:59, Gillian Jago 23:28, Debbie Bland 23:05, Eccleshill Hawks: Angela Cunningham 29:24, Gary Popple 24:37, Garry Ellison 22:03, Eccleshill Kestrels: Caroline Ward 32:22, Jayne Robinson 24:30, Sarah Rawlings 24:33, Eccleshill Merlins: Gillian Jones 31:48, Tricia Grant 29:00, Debra Grant 26:39.

Well done everyone! Big thanks to Abbey Runners for their superb organisation and also to our support and photography crew!

HUDDERSFIELD RACE FOR LIFE – SUNDAY 10TH JULY 2016

Gillian Jago took part in this year’s race for life in Huddersfield West Yorkshire. The event is now in its 16th year and some 1585 women turned out raising £95,000 for cancer research UK.  Although the event is timed the emphasis is very much on simply taking part, some mothers pushed their babies in buggies whilst others power hooped their way around the course. Race for life events are not competitive they are about an army of women crossing the line together in the fight against cancer, whatever the distance every step taken helps bring the charity one step closer to the day when all cancers are cured. Well done Gillian for entering this race and doing what you like for the benefit of others brilliant!

 ASDA FOUNDATION LEEDS 10K – SUNDAY 10TH JULY 2016

Six Eccleshill road runners entered this prestigious event which increases in popularity every year. 2016 is a landmark year for the Asda foundation Leeds 10k as it marks the tenth running of this super event which enjoys a fantastic reputation for the quality of its course, vibrant atmosphere and supportive spectators, who will play their part in helping you achieve your aims, weather that’s just to finish, to notch up a personal best or to raise funds for your favourite charity. All participants will be helping to carry on Jane Tomlinson’s remarkable legacy. Starting at Vicar Lane the route passed the Corn exchange and the railway station before heading out and back on Kirkstall road and finishing in front of the town hall on the Headrow. First home for the blue and whites was David Goodyear 50:01 second was Sarita Whiteley 50:16 Anne kisluk 50 :28  followed by Ian Storey 51:51 then with an ever improving performance Jennifer Briedis and winning her first medal 1:01;35 closely followed by Jayne Robinson 1:01:36 Brilliant effort by a brilliant team well done all!

BINGLEY BIATHLON  – SUNDAY 10TH JULY 2016

The first edition of the Bingley Biathlon hosted by the Friends of Bingley Pool in partnership with Bingley Amateur Swimming Club and Bingley Harriers and Athletics Club was run as a Modern Biathlon under Pentathlon GB rules. Modern Biathlon consists of separate swimming and running events.  Distances vary by age category and points are awarded on the basis of time- the faster you go the more points you are awarded.  Points are also adjusted for age ����� so all the family can compete against one another! The swim took place in Bingley pool and the run was held in Myrtle Park. Chris Everett & Debbie Bland (who decided to take part to celebrate her birthday!) were the only two Eccleshill representatives.Debbie was amazing 14th out of 72 Women completing the 200m swim in 4m 21s and the 1600m run  8m 01s – Chris’ times 3m 33s & 7m 33s

Well done guys & Happy Birthday Debbie!

BAILDON CANTER �� – SATURDAY 9TH JULY 2016

The Baildon Canter is an off-road race of approximately 5K with a scenic climb over Baildon Moor to the trig point on Hope Hill and a good “lets go for it” descent! Predominantly a big part of the Baildon Carnival the event also hosts a 1 mile family fun run. Reena Mistry did not let the drizzly weather spoil her enjoyment and had nothing but praise for the friendly faces marshalling and supporting around the course.  Reena completed the race in a brilliant time of 26:21. Really well done!

NORTHERN  VETERANS A C TRACK & FIELD LEAGUE ����- WEDNESDAY 6TH JULY 2016

Held at St Mary’s Stadium, Cleckheaton, the Northern Veterans AC Track and Field league offered participants a wide range of disciplines to take part in. Shot putt, discus, hammer, triple jump and of course 100m, 200m, 400m, 800m, 1500m and 3000m races. Eccleshill’s Reena Mistry opted for the 3000m and due to lack of participation from the ladies took on 11 men! Finishing in a respectable 12:42:60 giving some of the men a run for their money! Well done Reena!

DANEFIELD RELAY – TUESDAY 5TH JULY 2016

Hosted by Horsforth Fellandale the Danefield Relay is a challenging run on the Eastern side of the Chevin Country Park at Otley. The course had to be slightly revised this year due to the storms earlier in the year causing tree trunks to be deposited on the course and vital forestry work being carried out. Teams of three each run approx 4.8 kilometres, Team Akers ran  as part of Team Kirkstall with Anne looking lovely in purple and Well done on taking on this challenging race. Times to be confirmed.

HALIFAX HALF/FULL MARATHON – SUNDAY 3RD JULY 2016

A charity fundraising event, as well as a great excuse for you, your family, your pets and all your friends to have a giggle…and raise some much needed funds for a very worthy local charity.. And eat cake, lots of cake! So what does Christopher Stanhope do? Having never run this distance before, He only enters the marathon option of the Halifax half and full! And goes and finishes within his 5 hour self-expected time and all of this with how much training? NONE!! Please don’t try this at home. Thanks to the help and support of Gareth Harland who ran the race with Christopher who was in his words (A God send) the route was certainly a bit different. With a single lap for Half-Marathon runners and two for the Marathon, it’s a hilly opening few miles before a kinder run in to the finish. It’s challenging, it’s hilly and it’s very much a taste of Halifax. Fantastic effort guy’s! (But to anybody reading this: please follow a proper training plan if you intend to run a half or full marathon for the first time). Gareth paced Christopher to a brilliant 4:59:29 finish. Well done on the team effort guys!

HOLLYBANK ECCUP 10 MILE RACE – SUNDAY 3RD JULY 2016

Now in it’s 23rd year, this popular 10 mile race hosted by Abbey Runners completely sold out it’s 800 places! The race starts and finishes at Adel St John Primary school and now has a new sponsor and charitable partner, Hollybank Trust, hence the name change!  Last year’s course tweaks are retained including the faster finish straight, but it still takes in the rural closed roads in and around Eccup that make this Leeds most popular 10 mile road race! As well as working with our new charitable partner, the club’s Charity of the Year is Sunshine and Smiles. Abbey Runners will be making a donation to both charities from the race proceeds. A cloudy and rather chilly start to the proceedings made for perfect running conditions until late morning when the sun shone on the final finishers. A killer hill up to the finish straight didn’t deter the Eccleshill six and leading the pack home was Rhea Sutcliffe in 1:16:46, closely followed by Robert Sutton 1:22:15, Annie Kisluk 1:26:17, Brian Perfitt 1:27:41, David Goodyear 1:28:00 and Gillian Jago 1:34:05.

Well done Team and big thanks to our supporters around the course!

THE SNICKERTHON – SATURDAY 2ND JULY 2016

Hosted by ‘How hard can it be’ events the Snickerthon offered the choice of both a half and a full marathon. Held at the picturesque countryside setting of Chasewater Country Park, Burntwood in Staffordshire, the race is comprised of a multi lap, scenic course which boasts several aid stations offering runners lots of ‘goodies; en route! The draw though for our very own Sue Gregson once again quite simply had to be the ‘bling’, in the shape of, yes you guessed it, a Snickers bar Sue found it simply irresistible! Completing four 5k laps to complete the half marathon Sue earned herself another delightful piece of bling to add to her growing collection. Sue completed the race in 2:35:18 finishing 17th, well done!

HYDE PARK HARRIERS SUMMER MILE  – ��WEDNESDAY 29TH JUNE 2016

The clue is in the name, hosted by Hyde Park Harriers this race gives participants a rare chance to see how fast they can race a mile! Divided into fourteen heats according to their predicted mile times, each group were herded into a starting pen to await the previous group finishing before the whistle blew to signal the start of the next heat. Two laps inside Woodhouse Moor park ensued. Tricky under food, the days rain left the park’s paths slippy under foot. However, this didn’t stop there being some absolutely fantastic times posted! Earning valuable points on the Summer championship table were Dan Mackenzie 06:16, Marc Steele 6:22, Noel Akers 6:37, Ian Storey 7:14, Richard Phelps 7:21, Martin Steele 7:25 and the Ladies: Reena Mistry 6:43, Sarita Whitley 6:45, Claire Tailford 7:01, Gillian Jago 7:45, Julie Steele 8:17 and Anne Akers 9:08. Dan & Reena were also rewarded with a trophy for fastest male and female from our club. Well done Team, fantastic effort and some brilliant times! Thanks to Anne for some great photos!

RUSH AROUND THE RHUBARB  –  TUESDAY 28TH JUNE 2016

Hosted by Pudsey and Bramley Athletic Club, Rush Around The Rhubarb is a 6k multi-terrain race on tracks and trails around the rhubarb fields in Pudsey. Despite being rather short it is a challenging race which takes in part of Woodhall Lane and just when runners think it’s over as the marshal turns them left, they have to carry on up through fields where they were met by a herd of cows frolicing around and then onwards over a stile into a field of horses! Mud, stiles, woodland and a hop over a stream completed the miriad of challenges. Rushing around were Paul Stanhope 28:07, Marc Steele 29:14, Ian Storey 32:11, Christopher Stanhope 33:58, Sarah Rawlings 34:40, Martin Steele 34:47, Julie Steele 34:45, Gillian Jones 43:50 and Linda Bussey 47:09. Well done turning out on a rainy evening Team! Thanks to Jayne for her support and Ian for the photography.

BRADFORD MILLENNIUM WAY RELAY  –  SUNDAY 26TH JUNE 2016

The Bradford Millennium Way Relay is a relay of five legs with two runners per leg, taking place each June. Starting from and returning to Bingley, taking in Wilsden, Denholme, Oxenhope, Haworth, Oakworth, Steeton, Silsden, Addingham and Ilkley with some stunning scenery en-route. The race attracts teams from Yorkshire and Lancashire. The total distance of the race is 76km or 47¼ miles, involving approx. 1920m or 6300 feet of climbing (5 x 13-18 kms / 8-11 miles). Taking in the Yorkshire Dales ���  the route includes footpaths along becks and through woods, tracks across fields, tracks across heather moorlands; very undulating; sandstone rocks and peat on moors. Runners are required to run in pairs at all times and follow the countryside code. Each pair complete one of 5 legs thus each team consists of 10 runners. Primarily aimed at those runners with some fell running experience our very own Reena Mistry fitted the bill perfectly and became an honorary Saltaire Strider and joined Team 52 to complete Leg 2 of the relay in 1:35:34 Well done Reena & your team mate!

PENISTONE 10K – SUNDAY 26TH JUNE 2016

The Penistone 10K was formerly known as the Penistone Show 10K which was established over 30 years ago, this being the 32nd edition to be precise. Hosted by Penistone footpath runner it is run under UK Athletics rules of competition on roads and the Trans-Pennine Trail around Penistone. The race starts and finishes at the Penistone Church Football Club and on the starting line representing Eccleshill We had Annie Kisluk (53:21) and David Goodyear (53:51).  Well done!

HUMBER BRIDGE HALF MARATHON – SUNDAY JUNE 26TH 2916

More than 2000 runners turned out today for the 2016 Humber bridge half marathon which organisers were expecting to be the best in its 17 year history. On the start line for Eccleshill road runners was Gareth Harland Gillian Jago, Sarah Jayne Robinson who was doing her second half marathon today and Sarah Rawlins. The route started on the approach to the bridge where runners followed an undulating loop which was run entirely on road surface crossing the Humber Bridge in both directions. The course also passed through nearby villages on the way. Incidentally the bridge is not flat as it rises towards the centre span which is a testing part of the course coming as it does towards the end of the race. First run in 1999 this event raises tens of thousands of pounds for local charities every year and also incorporates a fun run. The event has grown so much in popularity that this year’s entries were fast heading for a sell-out. A few hill thrown in for good measure added to slightly breezy conditions on the bridge made this a little more challenging. Great effort and well done team! Gillian Jago finished in 2.02.18,        Sarah Rawlings 1.57.15, Gareth Harland  2.09.43, Jayne Robinson 2.09.41

TOTAL WARRIOR – SATURDAY JUNE 25TH 2016

Sarita Whitley and Richard Phelps joined forces to tackle 30 punishing obstacles 10 tonnes of ice 100 tonnes of mud and 1 free beer This could only be one thing “The Total Warrior” situated in the grounds of a  magnificent  stately home surrounded by rolling hills and beautiful woodland at Bramham park in Leeds. Total warrior is the pinnacle of obstacle racing providing the most innovative and highest quality obstacle event in the UK offering more obstacles- per- KM and pain-for-your-pound than any other race. It is the ultimate test of your strength, stamina ,mental determination and team work.In this event success is about survival not speed so it’s important to forget about breaking records and bring everything you have to cross the finish line and become a total warrior. Congratulations Sarita and Richard a brilliant event to be flying the colours for Eccleshill road runners,well done!  Results Sarita 2:40:46 Richard  2:40:47.

PUDSEY PELT – WEDNESDAY 22nd JUNE 2016

Part of a four race series, the Pudsey Pelt is a self guided trail race on footpaths, bridleways, woodland trails and field edges. The bargain priceed entry includes narrative route instructions and a £2 voucher to use in the Bankhouse Inn on the night.   This was the second race in the Yorkshire Evening Trail Series (best 3 out of 4 to count). Described as scenic and undulating, navigational skills are essential as there are no marshals on the course.  Managing to negotiate it perfectly were Anne and Noel Akers both finishing in 1:12:51. Well done Team Akers!

SOLSTICE SAUNTER  –  MONDAY 20TH JUNE 2016

This inaugural  race hosted by Airedale Dodgers took place in the beautiful surroundings of Bolton Abbey on the longest day of the year (that’s the 21st I hear you cry! Not this year as the leap year meant Summer Solstice is a day early!). Hailed a resounding success by many of the finishers, the challenging 5 mile, circular course started out from the Pavilion car park and worked it’s way clockwise up through the Strid Wood to Barden Bridge, then back through the grounds to the pavilion. Helping to support the fantastic care provided at the Sue Ryder Manorlands Hospice and earning themselves some fantastic bling, an amazing goodie bag and a bottle of beer were Rhea Sutcliffe 40:21, Dan Mackenzie 40:54, Martin Steele 48:13, Julie Steele 49:19, Gillian Jago 49:19, Gillian Brown 58:37, Gillian Jones 60:06, Linda Bussey 70:11, Debbie Bland and Dolly sauntered round in 1:24:03 & Sue Gregson meandered round as a minion in 1:32:10!

Well done Team ERR & thanks to Philip the photographer & Katie for her support!

TRAILBLASTER – SUNDAY 19TH JUNE 2016

A true endurance test for the hardiest of runners…Sponsored by cannonball events… Do you have what it takes to compete for 6 long summer hours around a 5k trail loop? How many times will you make it round? Well Sue Gregson and her friend Helen did just that. The Event took place on the trails and paths near Townley Hall Burnley in Lancashire and on private farmland and woodland within the park. It let runners cross the river twice without getting their feet wet. A completely unique course provided a great opportunity to run on trails that were completely traffic free on a fully marshalled and flagged course. Completing a staggering total of 105 KMs in the 6 hours incorporating hills, mud stepping stones fields, sunshine and rain but having lots of fun. Fantastic and inspiring well done sue (and Helen) Brilliant effort. Sue managed a fantastic 8 times 5K laps in a total time of  5:42:37 WOW !!

RACE THE TRAIN-  SUNDAY 19TH JUNE 2016

David Goodyear and Annie Kisluk travelled to Lancashire to participate in this unusual race which takes on a different format where the runners actually race against a steam train as it sticks to its time table. Runners are given an hour and a half to run the 12 mile route between stations in order to beat the train (if you can)  In partnership with East Lancashire Railway’s the race started from Bury train station and on the sound of the steam trains whistle. Runners set off North along trail paths running alongside the railway lines and Irwell River. The run was from point to point, starting at Bury and finishing at Rawtenstall Station.The steam train then on the sound of its whistle travelled south to the next station then changed tracks, then headed north to catch the runners as it made its way to Rawtenstall StationFriends and family could also ride the train looking out for runners along the way shouting encouragement. Fantastic effort David and Annie well done! Times TBC.

FRECKLETON HALF MARATHON  –  SUNDAY 19TH JUNE 2016

Race 9 in the club’s Summer championship came in the shape of the Freckleton Half Marathon. The Freckleton Half Marathon is the UK’s oldest half marathon. It was first run in 1965. Runners follow a mainly flat, scenic route through and around the village of Freckleton, which is situated midway between Blackpool and Preston. The unusually late 2:00pm start time allows participants to have a Sunday lie in but apparently designed to avoid a clash with Sunday church services! After the start at the Cricket Club the route snakes it’s way around the village for a around a mile before before heading north into pretty hedgerow-lined country roads. Five Eccleshill members made the journey over to earn themselves valuable points on the championship table. Robert Sutton 1:42:28, Debbie Bland 1:50:24, Ian Storey 1:57:31, Gillian Jago 2:00:47, Richard Phelps 2:10:03.

Well done all!

SAINSBURY’S PUDSEY 10K  –  SUNDAY 19TH JUNE 2016

Eccleshill had three representatives at this years Sainsbury’s Pudsey 10k hosted by Pudsey Pacers. The challenging 10k starts in the centre of Pudsey by the Cenotaph, runners head down through the town to take on the varied terrain the race has to offer including including road, mud and streams, gravel tracks, extremely tough steep hills but also speedy downhill parts. First home for Ecceshill was Noel Akers 54:28 closely followed by Brian Perfitt in 55:08 and Annie Akers 75:45, Well done Team!

POTTER’S ‘ARF MARATHON  –  SUNDAY 12TH JUNE 2016

Eccleshill’s Annie Kisluk and David Goodyear travelled to Stoke-on-Trent for the Potters ‘Arf Marathon. First held in 1982 as a marathon the race starting from Burslem, the Potteries Half Marathon was soon moved to Trentham Gardens, and was widely regarded to have one of the best finishes in the world. Renamed the Potters ‘Arf,  the race is a hilly course, but is very popular with runners and has three times been voted the ‘Best race in Britain’ by readers of Running Magazine. Since the initial ‘Arf marathon in 2005 the race has grown in popularity with runners and is now attracting fantastic spectator support associated with full marathons. This year runners were invited to help them celebrate the 31st race held in the Potteries. Annie finished in 1:55:15 closely followed by David in 1:55:42.

Well done!

CANCER RESEARCH RACE FOR LIFE, LISTER PARK  – SUNDAY 12TH JUNE 2016

This yearly race for life held in Lister Park attracts a large field of ladies, most donned in Pink as do hundreds of race for life events around the globe. Thousands take part in the 5k events raising vital funds for research into all cancers.The 5k course is accessible to most as the 5k distance is doable for the majority. The Bradford course takes a scenic route contained within the park, featuring a few hills on hard standing paths. The event has an amazing atmosphere, the reason most take part as they all come together for the same reason. This year Linda Bussey, Reena Mistry, Harjyot Hayer and Sarita Whitley (who acted as a run leader for a group) all took part, well done ladies!

GOOLE RIVERBANK CHALLENGE  – SUNDAY 12TH JUNE 2016

Four Eccleshill Road Runners took on the Riverbank challenge today hosted by Goole Viking striders. It is a popular summer run which is contested on the banks of the river Ouse at Goole. It’s a multi terrain flat course of approximately 1/3 marathon distance 8.7 miles. The club also hosted a 2.5 mile fun run with a memento for each finisher. Sarah Rawlings, Paul Stanhope. Christopher Stanhope and Ian Storey decided to run this course as a group together which was mostly on the embankment with just a little bit of road towards the finish line at the end. The general consensus of the group was “(A very enjoyable race, one for the diary)” our team finished in a time of 1:21:39 and were joint 86th,  excellent effort guys well done!