**RACE REPORTS - 2017**

**JOLLY HOLLY JOG – SUNDAY 31ST DECEMBER 2017**

One of a trio of races known as the Hornblower series, the Jolly Holly Jog is a one-lap, scenic, multi terrain and undulating course of 10k which is run mainly on footpaths through the magnificent Studley Royal Deer Park near Ripon.  Runners can expect lovely views of Ripon cathedral and (if very lucky) herds of deer.

Blowing away the Christmas cobwebs were Debbie Bland (58:11), David Goodyear (1:04:26) and Annie Kisluk (1:04:26).  Fantastic running in what could only be described as muddy conditions.

**THE CHEVIN CHASE – TUESDAY DECEMBER 26TH 2017**

The 39th Chevin Chase lived up to its reputation this year. Selling out once again within a couple of hours (a shame as it was race 6 in our winter championships) the weather never a let-down made sure there was plenty of mud on the course to the delight of the masses. So Boxing Day kicked off with this very bracing 7 mile challenging multi terrain race out in the stunning Yorkshire country side. Five 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.  As the runners headed off uphill from the start line and out into the wilderness. The atmosphere was vibrant and the spectators were out in abundance 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 (00:52:50) Ian Dowsland (00:58:47) Brian Perfitt (01:08:14) Mick Hogan (1:14:13) Dawn Hogan (1:24:08).  A special thanks to all the support crew marshals and photography from Eccleshill Road Runners who popped up at different points all around the course. Great running everyone well done!

TRAVELLERS 6 – SUNDAY 17TH DECEMBER 2017

Our brother and sister duo David and Annie stepped back the mileage this weekend to take to the start line of this small 300 entry limit local race in Denby Dale, West Yorkshire. It’s billed as a challenging rural course of approximately 6 miles starting from the Pie Hall, Denby Dale. The course is what race organisers would describe as ‘ undulating’; not a PB course but really good fun! Annie described the race as hilly but fun, and to add to the enjoyment she bagged third in her age category. Yet another brilliant effort by these two. David finishing in 56:29 and Annie in 54:21. Great running and well done!

NERJA CHRISTMAS MILE – SATURDAY 16TH DECEMBER 2017

The annual ‘Milla De Navidad’ takes place at the Balcon de Europa in Nerja in the Costa del Sol.  There are 23 races in all, with entrants divided by age and gender, ranging from children born after 2004 to a veteran’s race for the over 55’s.  The winner of each category receives a ‘jamon’ (a cured ham joint).  If anyone manages to beat the all time record for the race they will win €100.  The men’s record is 4 minutes 15, whilst the women’s is 5 minutes.  The top 6 in each race also receive a trophy.  Much to the relief of Philip, Debbie Bland came 2nd in the FV60 category with an impressive time of 7:42 and avoided winning the ham that may have seen our favourite domestique having a hard time getting through customs on his return to the UK.  Well done Debbie!

LEEDS & LIVERPOOL CHRISTMAS CRACKER – SUNDAY DECEMBER 10TH 2017

The Leeds and Liverpool Christmas Cracker is advertised as a jolly good merriment of festive fun. There are tables laden (scrooge style) with mulled wine, chocolate baubles and Christmas cake and even a plum pudding and bauble designed medal at the end.  The scenic and fast, flat out and back courses along beautiful towpaths are available in 4 distances – 10k, half marathon, 20 miles and the full marathon. Representing Eccleshill in the full marathon were Annie Kisluk (4:36:30) and David Goodyear (5:04:08).  Fantastic achievement and well done to both of you!

**PECO XC RACE 2 GOLDEN ACRE PARK – SUNDAY 10TH DECEMBER 2017**

A freezing cold morning was not the most welcoming for our trusty band of runners today, especially those who only hours before had been partying at the YVAA Christmas dinner awards. Nevertheless the scene was set and with parking issues and race times spread out over an hour and forty five minutes, it was going to be a challenging event. First off were the junior 1 milers, and representing Eccleshill was Sam Dowsland who showed no remorse, taking the bit between his teeth to produce a brilliant performance. This was Sam’s first time wearing a race number but with some solid park run experience behind him he made it look easy. Sam posted an excellent time of (09:58) we are all as proud of him as his parents are. Very well done!

Next off for us at 10:30 were the senior women and six of the best (just enough to form a team) set off on this two lap 4.7 mile course which was a mixture of undulating fields, mud, and woodland trails. The Idea was to split the male and female seniors by a full hour because the course would not have coped with all runners at once. One by one the Eccleshill ladies completed their mornings work valiantly crossing the finish line to the rousing applause of the waiting spectators. In no particular order the times were, Angela Storey (01:03:00 ) Jayne Robinson (46:02) Julie Steele (47:13) Liz Robinson (51:39) Kath Lucas (TBC) and Gillian Jago (43:33)

Finally with just enough runners to field a team the senior men set off to complete the proceedings enduring a now very muddy course but more the better for getting underway after a long wait. The sheer thought of actually getting home into the warm was enough to bring out some sterling performances from all. Whizzing past the finish line were, Ian Storey (34:55) Christopher Stanhope (41:17) Ian Dowsland (37:13) Marc Steele (41:16) Kyle Bethel (33:16) Mark Sutherland (33:23  ) Robert Sutton (40:05) and Garry Ellison (38:30) A big shout out to Sam Robinson who turned out to run but succumbed to the cold temperatures and took Ill just before the start. Thanks to our support crew and anyone who took photos. Well done all!

LANZAROTE INTERNATIONAL RUNNING FESTIVAL – SATURDAY 9TH DECEMBER 2017

A big shout out to Tony Redmond who represented our club, donning the blue and whites for the half marathon in Lanzarote. They make a big issue of this event over there by staging a running festival. On the menu 5,10,21 and 43 KM races. Lanzarote has always been a popular holiday destination but did you know it is also serves as a fantastic winter training destination for many athletes? Lanzarote plays host to a large number of remarkable sporting events for such a small island! The course is fast and flat and the climate in December is perfect for distance running. That’s if you call 23 degrees in the shade ideal. Enduring a 10mph headwind for the whole distance Tony posted a magnificent time of 01:50:19. Absolutely brilliant well done!

HOKA ONE STOCKPORT 10 – SUNDAY 3RD DECEMBER 2017

5 intrepid ERRers braved the voyage to the other side of the Pennines to take part in the Hoka One One Stockport 10.  The course is quite undulating over a testing 10 miles starting and ending on the race track at Woodbank Stadium.  The remainder of the route is mainly on the road, but with a short (1½m) off road section which was a bit on the muddy side following the recent weather.  There are also two ‘challenging’ climbs at 5 miles & 8½ miles. The race T shirts are printed with ‘Not Fast and Not Flat’ however the hills proved no match for the team from ERR who finished in great times.  Ian ‘The Machine’ Storey notched up yet another impressive PB (1:19:40) and Christopher Stanhope (1:30:32) overtook Sarah Myers on the last hill to prove that he is well on the road to recovery following his recent injury problems.   Sarah Rawlings (1:31:56), Sarah Myers (1:32:09 PB) and Gemma Illingworth on her first 10 miler (1:35:45) followed close behind.  Great running team!

MYERSCLOUGH 10 MILER – SUNDAY 3RD DECEMBER 2017

This weekend Debbie Bland returned to form, bagging the first FV60 in this cosy little race in Preston Lancashire.(Formerly known as the Guy’s 10) Prizes were awarded for the first three male and females in all age categories. A bit of a West Yorkshire invasion as described by Deb’s husband Philip, with clubs from Bradford, Saltaire, Halifax and Ilkley lining up. With a race limit of only 400 runners this is a10 mile road race on a flat, fast, scenic country course, starting and finishing at Guy’s Thatched Hamlet, Bilsborrow, near Garstang, Preston Starting at Myersclough college the first mile loops around the college and then joins St Michael’s Road. The route turns into Pinfold Lane, then Right onto Preston Road near Inskip. A further right turn into Hornby Lane leads back to Pinfold Lane. The route returns to Myerscough College finishing outside the Equestrian Centre. Great to see Debbie back where she belongs, bringing home the wine and (Cheese!) great running, time 01:24:27 well done!

**PECO XC RACE 1 NOSTELL PRIORY – SUNDAY 26TH NOVEMBER 2017**

Race one of the Peco cross country season got under way today at Nostell Priory. I would like to start by offering a warm welcome to our newer runners and our new team captain Sarah Myers. The race was hosted by Ackworth road runners and assisted by our very own club **Eccleshill road runners**. A very bracing early start saw volunteers from ERRs turning up to set up equipment and receive instructions for marshalling duties. An intermittent cold wind was ever present under a sunny backdrop to remind us of the time of year. The junior races were soon in full swing to get the day off to a good start. There was somewhat of a delay to the start of the senior race, probably due to late registrations. The Course: The course was mainly on grass with short sections of stone/grass track and woodland paths with bark chippings. It also crossed a surfaced cycle track. There were no sharp inclines but it wasn’t entirely flat either!  It was a great turnout for us with 8 Errs marshalling and a male team of 14 runners and a female contingency of 6 runners. All in all a fantastic team effort by everybody and a brilliant start to this series. Times : Kyle Bethell       0:36:57 Mark Sutherland 0:37:24 Gareth Harland 0:38:01 Ian Storey 0:41:06 Tony Redmond 0:42:12 Jon Robinson 0:42:21 Robert Sutton 0:42:31 Tim Barnett   0:43:52 Marc Steele 0:44:45 Christopher Stanhope 0:45:37 Brian Perfitt           0:45:49 Gillian Jago 0:46:48 Debbie Bland 0:46:51 Gary Popple 0:47:35 Jayne Robinson 0:49:54 Vicky Cousins 0:51:02 Sam Robinson 0:51:25 Mick Hogan 0:52:15 Debra Grant 0:52:09 Kathryn Lucas 1:07:00  A big thanks to everyone marshals runners photographers and spectators. What a team.Well done everyone!

**THE SKIPTON SANTA RUN – SUNDAY 26TH NOVEMBER 2017**

A big shout out to our very own Eccleshill road runners Lorraine McKnight and Gillian Brown who got into the Christmas spirit early this year, donning their Santa suits to take part in this traditional annual event. The one lap clockwise circular 5km route takes runners around the canals and streets of Skipton. All key points were marshalled. The entry fee included a Santa suit to run in and commemorative medal to all finishers! Last year more than 1300 Santa’s of all ages completed the Great Skipton Santa Fun Run in front of a crowded Skipton. Each year the event, organised by The Rotary Club of Skipton Craven, gets bigger and bigger and 2017 was no exception. The run takes place with the help of officers from Skipton Town Council and from Craven District Council and in addition to many of the runners’ own charities, the main beneficiaries this year will be Sue Ryder Manorlands, Yorkshire Cancer Research and Rotary’s own charities. Many local businesses, organisations and schools use the event to raise money for their own charities as well. Well done to both of you. That’s a great way to see in the festive season. Your times are (TBC) Great running!

KIRKSTALL TRAIL RUNNING FESTIVAL – SATURDAY NOVEMBER 18TH 2017

The cobwebs were certainly blown well and truly off this morning as bracing temperatures welcomed 8 Eccleshill road runners to Kirkstall Abbey for the Trail running festival. This established trail running festival is now in its 3rd year and getting bigger and better every time.  The event starts and finishes in the grounds of the magnificent Kirkstall Abbey. The terrain was an undulating mixture of road, track and field. A friendly greeting was displayed by the hosts Abbey runners and CAKE was in abundance for the lucky finishers, as well as a goody bag with beer and a classy medal. Distances on offer were 8.8 miles, half marathon, full marathon and the ultra. The course was designed as 1 loop for the 8.8’ts, a larger loop for the half, 3 loops for the full marathon and if that’s not enough a stomach churning 4 loops for the ultra. The different distances had staggered starts to ease congestion so first off for the ERRs were the Brother Sister combo, Dave and Annie who chose the full marathon. Next were Kyle and Ian Dowsland whose preference was the half. Last but not least Gillian Garry Marc and Julie set off for the 8.8 option, fuelled by Friday night’s alcohol and a sheer determination to get over the finish line and out of the cold. Once the runners were underway a beautiful crisp autumn morning unfolded and along the route and the sun shone brightly as runners made eager progress through woodland trail, along tarmac paths and besides stunning canal scenery. Unfortunately due to an oversite by the coordinators, it appears that one of the marshals was wrongly placed resulting in a shortfall in the end distance of approximately one mile. First home in the half marathon was Kyle Bethel with a stunning performance bagging a trophy for the third male back at that distance in 01:32:06 TBC Ian dowsland finished in 01:49:24. For the 8.8 milers Marc Steele was first to the tape in 01:05:42 followed by Gillian Jago and Garry Ellison in 01:12:16 Julie Steele put in a sterling performance pushing herself up them hills to post a time of 01:15:00. Our very own marathon masters clocked up another staggering 26.1 miles with Annie posting 04:36:57 and David 04:57:47. A brilliant performance  by everyone well done team ERR!

RUN BOLTON ABBEY  – SUNDAY 12TH NOVEMBER 2017

Run Bolton Abbey is a new trail running event  – part of the Sue Ryder family of events. A choice of distances including 10k, 10 mile, half marathon or 2 mile family fun run. Three Eccleshill Road Runners took on the challenge of the half marathon which offers a unique opportunity to run on exclusive parts of the estate not usually accessible to the public. The routes are on a mixture of paths, tracks, woodland trails and open land. “Offering a run through Strid Wood, over Dicken Dike, climb the Valley of Desolation and the Launde Plantation and take on a stretch of Barden Fell. A diverse range of surfaces and stunning landscapes all crammed into one challenging run.  All routes start and finish at the Cavendish Pavillion Car Park and benefit from chip-timing. Tony Redmond 02:49:37 Gillian Jago 02:47:54 Stuart Wagstaff 02:40:15 Fantastic times, well done guy’s!

Meanwhile Fiona Eastham who took on the 10k finished in 01:23:58 Well done Fiona !

YVAA GRAND PRIX RACE, SPENBOROUGH – SUNDAY 12TH NOVEMBER 2017

The final race in the 2017  YVAA Grand Prix was, as usual hosted by  Spenborough & District AC. Remembrance Sunday started out a chilly but sunny morning with a bitter wind. Following 2 minutes silence in honour of the fallen, runners set about a lap and a half of the athletics track before careering out through the car park across the road and up the first of the narrow ginnels to queue for the privilige of negotiating the first of the many stiles. Pitted with hills, mud, stiles, tree roots and narrow paths this race sure has variety! After a tough undulating course runners return to a rousing welcome at the athletics track where, if there’s anything left in the tank, they can put in a sprint finish! Eccleshill’s Fabulous four were Debbie Bland 0:50:13 Annie Kisluk 0:51:43 David Goodyear 0:51:42 and Julie Steele 0:52:19.

Big thanks to our support & photography crew!

THE DALBY DASH 10K – SUNDAY 12TH NOVEMBER 2017

Brian Perfitt elected to travel further afield this weekend to take part in the Dalby Dash, proceeds from the race go to Help For Heroes and Pickering Rotary Club. The race set off from Low Dalby visitor’s centre after observing 2 minutes silence for Remembrance Sunday. Following the gun the first 2 miles are a steady uphill climb on a private tarmac road along House Dale and then at the top of the hill runners turn right as the track levels off. First runners to summit get the **King and Queen of the Hill** prize! The surface continues as an uneven compacted stone trail, the track turns right. Now begins the fast and furious descent as runners head down Sand Dale and Heck Dale. At the bottom, a right turn takes them along Dalby Beck and down the trail back to Low Dalby and the finish where they are rewarded with a memento.

Really well done Brian – a brilliant time of 49:40.

THE LANCASTER HALF MARATHON – SUNDAY 5TH NOVEMBER 2017

Part of the Lancaster Race Series, the Lancaster Half Marathon is a  popular half marathon which encourages new runners and personal best hunters alike . The course is mainly traffic free and uses footpaths & cycleways allowing runners to really stretch their legs! For new runners, and those considering running with Lancaster for the first time, they promise a warm welcome and a race with fantastic support that is designed for all. They say, ‘regardless if you are an elite runner with prize winning ambitions, chasing a new personal best time, or just want to get fit and test yourself, then these are the races for you’! Two Blue & Whites put in sterling performances: Claire Hern 1:3146 & Robert Sutton 1:48:39. Well done!

THE DERWENT 10 MILER – SUNDAY 5TH NOVEMBER 2017

A race with a difference this weekend for David and Annie as they continue to ramp up more miles for 2017. This one is a spectacular 10 mile road race which is run clockwise around Derwentwater.  Undulating rather than hilly this course is one of the most scenic road races in the country especially at this time of year when the autumn colours are at their peak. The 58th Derwentwater 10 mile road race is organised by Keswick AC. The race started in the town centre. From the start the route looped for 10 miles around Derwentwater in a clockwise direction. It is undulating in nature and run entirely on tarmac. The first half of the race is run along the Borrowdale valley, which is where it mostly undulates. Then the second 5 miles includes two steep climbs as the course runs beneath Catbells and above the level of the lake, eventually levelling out for the final mile to the finish at Portinscale. Another brilliant effort by both our running comrades with David posting (01:33:18) and Annie (01:29:59) Great effort as always guy’s Well done!

GUY FAWKES 10 MILER – SUNDAY 5TH NOVEMBER 2017

A cold but beautiful sunny autumnal morning greeted the runners for this year’s 2017 Guy Fawkes road race once again hosted by Nidd Vale road runners. Whilst a number of our club were busy dashing around kirkstall Abbey, four 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 goody bag and a commemorative running top. The course starts by rising through woods on a narrow tarmacked track whereat 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. Between miles 4 and 6 it is predominantly downhill, giving runners another chance to whiz towards a steep incline up to Swincliffe village. Miles 6-to 8 lend a friendly hand to the proceedings by way of a  smashing downhill section which passes through Hampswhaite village. The final sting in the tail reveals a steep climb that re-joins the outward route back through the woods to the inevitable finish in Ripley Castle courtyard. Easing herself back into racing after a bout of illness was Debbie Bland who sensibly took things a little easier than normal and finishing in 01:38:02, Super Sarah Myers who seems to be upping her game at the moment posted 01:40:36. No stranger to regular racing was Gillian Jago clocking a time of 01:32:03 and the only male representative for the blue and whites was Ian Storey with a very impressive finishing time of 01:23:38. A splendid performance by our club here today. Thanks to anyone who supported and took photos. Well done!

AGE UK  LEEDS ABBEY DASH 10k – SUNDAY NOVEMBER 5TH 2017

11 Road Runners took on Race two of the club’s Winter championship and living up to the season, temperatures  dropped considerably on what was a chilly but beautifully sunny morning. A pancake flat course coupled with perfect conditions for running yielded personal best times for for many of the competitors, including Eilish McColgan (daughter of Liz) smashing the ladies course record. A reported 12,000 runners vied for positions throughout the congested race. Starting on the Headrow in the city centre, runners charged out 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.  First back for Eccleshill was Kyle Bethell in a brilliant time of 42:00 followed by Mark Sutherland 43:42,  Ian Dowsland 47:23,  Brian Perfitt 48:20, Stuart Wagstaff 51:38, Gemma Illingworth 52:11, Vicky Cousins 52:51, Jackie Bywater 55:20, Angela Storey 76:24, Gillian Richardson 80:41 & Linda Bussey 80:53

Well done Team and big thanks to our support crew!

THE BRADFORD CITY RUNS – SUNDAY OCTOBER 29TH 2017

The first race of our Winter championships got underway today as a mighty army of 18 blue and whites descended on the City centre 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 into 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. The 10K was 2 loops of the previous and this distance was favoured by 13 blue and whites; whilst the Half marathon was 4 loops with a little section added at the start to make the distance up. Team spirit was out there in abundance as the runners prepared themselves for the start line of the 3 distances. Donning  blue and white war paint for full effect. More or less perfect weather conditions added spice to a fantastic performance from each and every Eccleshill Road Runner. Times posted were as follows: For the 5k we had a lone participant, Roy Ward (29.06) The 10k results were Mark Sutherland (43:17) Trevor Rhodes (44:50) Tim Barnett (50:12)  Gillian Jago (53:01) Vicky Cousins (54:07) Gemma Illingworth (54:12) Julie Steele (57:24) Sue Gregson (01:02:12) Lorraine McKnight (01:03:12) Gillian Browwn (01:04:25) Anne Blakey (01:11:29) Caroline Ward (01:11:39) and Linda Marshall (01:13:59) The half marathon Kyle Bethell posted (01:38:13) Garry Ellison (01:42:09) Ian Storey (01:44:38)  Simon Lacy (01:58:48) and Sarah Rawlings (02:00:32). Last but not least Vicki Lomas completed the 1 mile family run with daughter Samantha who earned herself a fabulous medal!   A massive thank you to all our fantastic supporters out there on the course and photographer Ian Watson. Congratulations everyone great running, well done !

HUBBLE BUBBLE – SATURDAY 28TH OCTOBER 2017

The weekend before Halloween saw brother and sister duo Annie Kisluk and David Goodyear take on yet another marathon. Hosted by It’s Grim Up North Running, Hubble Bubble offered a variety of distances from 5k up to 32 miles. The course, a scenic, fast and flat, out-and-back route along the beautiful Leeds/Liverpool canal tow path, great for achieving Personal Best times. Runners are invited to ‘pick their distance, from the ultimate challenge of the Ultra, the training distance of 20 miles to the sprint of the 5K with the chance to pit yourself against the Marathon, 20 miles,Half Marathon and 10K distances in between. Another great event by the hosts with the usual cake – fabulous medal and plenty of mirth to boot. Annie finished in a fabtastic time of 4:28:54, bagging 2nd female position  and David finished in an equally fabtastic time 4:47:21 Well done Guys!

THE CHESTERFIELD HALF MARATHON – SUNDAY 22ND OCTOBER 2017

Another half marathon and a chance to try out the new Hokas for Gillian Jago as the gun went off at the 2017 Redbrik Half. The all-new 13.1mile course taking in most of Chesterfield and the surrounding areas. Starting and finishing in Queen’s Park in the town centre. The route takes runners out of the Park before looping round the town’s iconic crooked spire and onto the A617 down towards Temple Normanton. From there, they came back up along Mansfield Road, through Corbriggs and Hasland and past Eastwood Park, then back into the town centre. The route then took in Rose Hill, Chatsworth Road, Barker Lane and Old Hall Road, and past the HQ of event charity partner, Ashgate Hospicecare. The final two miles went past the Old Road, before coming back onto Chatsworth Road, along the A619 and into Queen’s Park to the finish line. The undulating course had an entry limit of 5000 making this a significant event in the race calendar. The event has been rebranded to acknowledge new sponsorship and raise vital funds for Ashgate Hospice. Despite battling strong winds Gillian made it over the finish line posting a time of 1:55:20. Fantastic running, well done!

THE HOLMFIRTH 15 MILE ROAD RACE – SUNDAY 22ND OCTOBER 2017

No marathon this weekend for our Brother Sister duo instead it’s just a matter of a gruelling 15 mile up hill and down Dale. An undulating historic 2 lap course incorporating the Yorkshire Veterans AA 15 Mile Road Race Championships. This race is hosted by Holmfirth Harriers Athletic Club. The course has been changed a few times to suit ongoing requirements. First run in 1968, with an entry of about 150 runners, with the likes of Ron Hill and a chap called Colin Woodhouse, who set the course record, he wasn’t a household name but he was at his life time best and ready for international marathon selection. The course consists of 2 big laps of just over 7 miles with 1 small to make up the 15 miles at the end with the finish in the school car park start on the road at the highest point. So more down than up contributing to the reasonably hilly course being a fast course. Annie completed the race in 2:17:49 coming second in her age category and David finished 2:24:59 Awesome running guy’s well done!

THE ENNERDALE ULTRA SERIES – SATURDAY 21ST OCTOBER 2017

Four ERRs raised their game today and travelled to Gods own back garden to take part in the Ennerdale Ultra series. Ian Storey and Gareth Harland opted for the 50k (32+ miler) whilst Angela Storey and Sarah Jayne Robinson took on a gruelling 25k (16 miler) all this in awful weather conditions in the most challenging of environments. Set in this beautiful scenic part of the country around Ennerdale water.. 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. Describing the experience as brutal the ERRs nevertheless managed both distances posting very impressive times. Of 77 runners who ran the marathon Gareth finished 29th in a time of 6 hrs 10mins. Ian romped home in 31st place just 2 mins behind in 6 hrs 12 mins. Angie and Jayne finished their brilliant endeavour in the joint time of 4 hours 55 minutes. Gobsmacking achievement well done!

**MANCHESTER HALF MARATHON –  SUNDAY OCTOBER 15TH 2017**

Gillian Jago & Claire Hern opted to take a trip across to Manchester for the Asics Manchester Half Marathon. Organised by Xtra Mile events this race is billed as 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. Finishers earned themselves a huge medal and a technical tee shirt.

Sadly Claire took ill and had to drop out of the race after 3 miles but Gillian went on to smash her personal best in a time of 1:54:53.

Well done Gillian and get well soon Claire.

BRIDLINGTON HALF MARATHON –  SUNDAY OCTOBER 15TH 2017

Eccleshill’s annual club trip to Bridlington culminated in the wrapping up of the Summer Championships. The early misty morning start saw a bus of 35  arrive at the plush leisure centre for what turned out to be a mixed bag weather wise for the annual half marathon and fun run hosted by Bridlington Road Runners. As the gun fired the mist still hung low but less than half a mile into the race and the sun peered out from behind the clouds, intermittent breezes aided the runners around the course and as usual gale force winds hampered the runners tired legs getting to the finish line along the cliff tops and sea front. Some sterling performances earned our runners valuable points on the table. Leading the Men’s team home was Taylor Waddell in 1:36:14 closely followed by first time half marathoner Kyle Bethell 1:39:53 (PB), Rob Sutton 1:42:28, Ian Storey 1:46:31 (PB), Garry Ellison 1:55:32, Sam Robinson 1:55:38 (PB), Brian Perfitt 1:57:40, Richard Phelps 1:59:19, David Lamont 2:05:58, Marc Steele 2:12:39 & Martin Steele 2:12:39. For the Ladies Sarah Myers showed them the way home in 2:06:13, Cathryn Smith 2:09:44 (PB), Julie Steele 2:12:39, Debra Grant 2:16:30, Sophie Hargreaves 2:25:34 & Angela Storey 2:52:34.

Taking part in the Fun Run we had Katie Wrigglesworth 10:25 (PB) and Liz Robinson 10:26.

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

**THE NORTHERN JUMBLE RACE SERIES – SATURDAY OCTOBER 24TH 2017**

Five Eccleshill road runners fancied a taste of something a little different. Organised by Its Grim up North running, the series of events offered a distance for all tastes. Ranging from an Ultra, a marathon, a half marathon to a  1ok or a 5k. Our now regular 26.2 miler combo: Annie and David once again chose the full marathon. Whilst Gareth Harland and Sarah Jayne Robinson did the half marathon. Christopher Stanhope lined up for the 10k. The Northern Jumble- is a great opportunity to ‘build up the bling’ and take one of the bespoke medals designed for Its Grim up North Running. The lovely village of Slathwaite provided the perfect setting for this out and back along the canal. The lovely mill town captures the North in every sense, friendly folk, beautiful hillsides and plenty of tea shops, what more could anyone ask for. “Slaithwaite (pronounced ‘slawit’ or ‘slathwaite’ by locals) is a true “Yorkshire grit” mill town straddled by the viaduct and bisected by the canal. Slaithwaite retains its essential character, despite being used as the setting for the television series, “Where the Heart is” and for some of “Last of the Summer Wine”. A lovely church, the fine 17th Century Dartmouth Estate Manor House and other buildings dating from the 18th Century combine with large central mills to give quality to this industrial village that was once home to Luddites”. So at the end of this scenic out and back along the canal, Annie finished her full marathon in 04:48:37 and David finished his in 04:49:50. Gareth finished his half marathon in (02:16:08) Sarah Jayne finished her half marathon in (02:16:09) Christopher Stanhope finished his 10k in (58:14) Great running everybody and well done!

**THE PLUSNET YORKSHIRE MARATHON SERIES  –  SUNDAY OCTOBER 8TH 2017**

Eccleshill had 24 representatives out in York today, months of training resulted in 11 Road Runners taking on the marathon and 12 opting for the 10 mile race.  Cathryn Smith also joined a team to take on the marathon distance as a relay in aid of the fantastic charity Breast Cancer Care UK after battling the disease and bravely getting back to the sport she loved. 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 & 2016, the event was again a complete sell out, with all spots being taken within five hours, the fifth edition –  2017 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: Gillian Jago 1:26:52, Sarah Myers 1:33:16, Tricia Grant 1:39:06, Julie Steele 1:39:05, Rhea Sutcliffe 2:03:22 (pacer),  Angela Storey 2:10:20, Amy Wrigglesworth 1:59:30, Amanda Wrigglesworth 1:59:55, Jess Barrans 2:12:43, Christopher Stanhope 1:38:39, Gillian Brown 1:51:03 and taking on her longest distance to date Katie Wrigglesworth finished in 1:59:54 . Our Marathoners clocked some impressive times too – first timers Mark Sutherland 3:30:50 Steve Gledhill 4:32:48, Gemma Illingworth 4:49:29, Jen Briedis 5:35:26, Leona Manford 4:00:06 and Rosemary Beaumont 6:59:39 were joined by now seasoned marathoners Ian Storey 3:51:36 (PB). Gareth Harland 3:36:15 (PB), Sarah Rawlings 4:21:52, Julian Bailey 3:46:38 and Ian Dowsland 4:16:11 – A special mention to Leona’s husband Jordan who also completed his first marathon in an impressive time of 3:47:16 Job Well done everyone!

Massive thanks to our support crew around the course!

THE MBNA CHESTER MARATHON – SUNDAY 8TH OCTOBER 2017

A first time experience at this distance for Trevor Rhodes and another marathon notched up today for David and Annie with a 26.2 mile sightseeing trip around Chester. First run in 2010, the Chester Marathon has grown rapidly in popularity. It was voted the UK’s ‘Number 1 Marathon’ in 2012 – by Runners World readers. Apart from the city’s ancient architecture, the course is popular because it is very flat and therefore fast. A personal best is a real possibility! The race starts and finishes at Chester Racecourse. From the start line, runners head through the town centre, passing the Town Hall, Chester Cathedral, Middle Ages “Rows”, Eastgate Clock and Amphitheatre. They also run through the ancient Roman Walls four times before leaving the City and heading across the Old Dee Bridge. They then head out of Chester via Pulford before Crossing the border into the Welsh villages of Lavister and Rossett. The route then follows a small loop reaching the old village of Holt before crossing the ancient Roman bridge at Farndon which brings them back into England. At this point they pass through Churton, Aldford and Huntington before finishing back at the racecourse. Trevor ran a courageous race to finish his first ever 26.2 miler after succumbing to an injury in the later stages, despite this he posted a very respectable time of (04:30:41) and once again our brother/sister duo brought the medals home finishing in (Annie 04:20:20) and David (04:28:24) Amazing running, well done!

THE BOURNEMOUTH MARATHON – SUNDAY 8TH OCTOBER 2017

Robert Sutton Headed all the way down to the central southern coast of the UK to participate in this marathon festival. On offer was a full or half marathon as well as a 10k or 5k. Rob’s choice (Full marathon)  Now in its fifth year and recognised as a IAAF Bronze label road race, the Bournemouth Marathon Festival boasts beautiful coastal views and the opportunity to run the Boscombe and Bournemouth piers before a spectacular finish in Lower Gardens. Bournemouth is a seaside resort on the southern coast of England, it’s known for having 7 miles of beaches, Victorian architecture and buzzing nightlife in areas such as the Triangle. The resort is also home to Bournemouth Pier, an activity centre with an obstacle course, a climbing wall and a zip line. The marathon sets off from Kings Park, along the seafront and stunning cliff tops of Bournemouth, catching a glimpse of the famous Russell-Cotes Art Gallery Museum. Then it’s an easterly direction towards Hengistbury Head Which forms the main division between Poole and Christchurch bays. Runners then head to the breathtaking Boscombe Pier. As they hit the iconic Bournemouth Pier for the second time, they know they’re on the home stretch, running west towards Lower Gardens at Mile 18, they then head towards Poole’s Natural Harbour finishing in Lower Gardens. Robert managed to post a brilliant time of 4:02:20 Well done Rob!

THE MBNA METRIC MARATHON – SUNDAY 8TH OCTOBER 2017

Debbie Bland’s choice for this weekend was The MBNA Chester Metric Marathon. It sold out in record time this year. Race day also included the MBNA Chester Marathon (26.2 miles) and the MBNA Chester Mini Marathon (1 mile). The Metric marathon is such a popular fixture in the race calendar as it gives runners in the UK a chance to compete over this distance. This is a 26.2km (16.3mile) race which is the ideal stepping stone from a half marathon to a full marathon. The route is on closed roads and takes runners past all Chester’s iconic landmarks (Roman Walls, Cathedral, Medieval Rows,  Eastgate Clock, Amphitheatre) all this before heading out to the stunning Cheshire countryside and villages. After joining the marathon runners at Aldford they then begin the return journey, coming into Chester alongside the River Dee for a 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, as well as a long sleeved technical T-shirt and a bespoke medal. Debbie romped home in this event despite being under the weather in 2:26:00 (3rd FV60) Brilliant running well done!

YVAA GRAND PRIX RACE 5 – HORSFORTH – SUNDAY OCTOBER 1ST 2017

The penultimate race in this year’s YVAA Grand Prix of what is usually a 10 race competition, this year offers only six races due to difficulties in club’s being able to host races on viable dates or courses.  None the less, it has been another competitive season with all to play for for some clubs in the final race on Remembrance Sunday at Spenborough. Today’s race, hosted by Horsforth Harriers on yet another revised course (the third in about as many years!) was shorted than previous ones but no less challenging. Starting out at the bottom of a field at Horsforth Community Sports Association’s ground, runners were challenged from the outset as the boggy terrain made it difficult to reach the top, around and around twice more, the third successful scramble to the top brought momentary relief as a left turn into the woods was a welcome sight for most! A short paved section soon revealed the next turn into grassland, which again turned into muddy, bogland the more feet that pounded it. A welcome sight was the downhill finish back to where the race started. One saving grace was the early morning rain cleared and held off for the duration of the race. The Team today consisted of Debbie Bland, Garry Ellison, Martin Steele, Julie Steele & Debra Grant. Well done!

Big thanks to Maxine, Philip and Dolly for their support and photography skills. A big ‘HAPPY BIRTHDAY’ to Garry and thanks for the cake! (Times TBC)

KNARESBOROUGH CRAG RAT RUN  – SUNDAY OCTOBER 1ST 2017

Eccleshill’s Annie Kisluk & David Goodyear  this week opted for a shorter race ahead of their next marathon in Chester this coming weekend. This came in the shape of the Knareborough Crag Rat Run 5 mile race. Hosted by Knaresborough Striders , the annual ‘Knaresborough Crag Rat Run’ was first run in 2016, this being only the second edition. The race continues the legacy of the long-standing fun run series of races which were previously put on by King James’s school now no longer staged. Named the Crag Rat Run (a Crag Rat being a person born in Knaresborough), the race starts and ends at Knaresborough Cricket Club, Aspin Lane and is over a mixed terrain course along the river Nidd  which includes a jaunt down the crag on the way out and also on the way back up to the finish, also included are some of the best bits of previous King James School based runs. Well done Annie & David (both finished in 45:30)

THE LITTLEBOROUGH 10K – SUNDAY OCTOBER 1ST 2017

Three Eccleshill Road Runners hopped just over the Yorkshire/Lancashire border to Littleborough for a charming 10k race set in what is described as not only a new flatter and simpler route for 2017 but ‘a fast and picturesque course that is run on good (runnable?)! roads, paths and some country lanes. Hosted by Cannonball Events, the race takes place on a scenic and largely traffic free course.  It takes runners around the stunning Hollingworth Lake and utilises the cycle track networks within the area.  Out in the blue & white in Lancs were Gillian Jago who finished in 53:12 followed by Mick Hogan 56:21 & Dawn Hogan 63:10. Well done guys!

THE HOLLY HUSTLE 11/22K – SUNDAY OCTOBER 1ST 2017

Rachel Smith embarked on the inaugural Holly Hustle, drawn by the fact that it was being staged around her ‘walk’. A postie, Rachel’s regular regular route is in and around Meanwood! Hosted by Great Owl Running, the race is described as a ‘fast fun packed forest trail run with some challenging uphills and rewarding downhills’. The race offered a choice of 11 or 22k. Rachel opted for the 11k version. Starting at the Meanwood Tavern, Leeds, the race takes in some of the best trails that Leeds has to offer. Today’s edition was though, somewhat muddy due to the recent downpours we have been experiencing. After leaving the pub runners are treated to a combination of beautiful Meanwood Park and the Hollies, famous for well-kept paths through extensive woodlands, with a vast collection of different species of flowers. Then onto the marvellous Meanwood Valley Trail, past the Seven Arches viaduct and Adel Crag. Finishers are treated to hot soup and crusty bread Mmmmm! Well done Rachel finishing in a brilliant time of 68:41!

THE STAINLAND TRAIL RACE – SUNDAY SEPTEMBER 24TH 2017

Dawn & Mick Hogan tackled the Stainland Trail Race this weekend. Hosted by Stainland Lions Running Club this was the 5th Edition of the now annual race. Starting and finishing at the Stainland Recreation Ground, the race runs through woods and beautiful rural roads and trails around Stainland Dean. The 10km multi-terrain race takes runners through a roller coaster of mud and hills via the stunning West Yorkshire countryside. With an entry limit of just 250 runners this undulating event is a tester for any seasoned runner with 291 metres of ascent. There are many seriously steep hills to negotiate, so much so the Stainland Lions enlist the help of the local Mountain rescue team. For the successful a goody bag awaits all finishers. Mick finished in 76:55 and Dawn 82:44 Well Done you two!

THE HAVERAH 10 MILE TRAIL RACE – SUNDAY SEPTEMBER 24TH 2017

Debbie Bland took a trip to ‘Harrrrogate’ to take part in the The Harrogate Haverah Trail Race. Hosted by Harrogate Harriers, the race comprises approximately 10 miles of trails and designated pathways, wonderfully situated in the scenic Yorkshire setting of Haverah Park and within easy reach of the famous spa town of Harrogate. The course follows a circular route from Beckwithshaw that takes runners down Pot Bank and into Haverah Park, then around Beaver’s Dyke and John O’Gaunts reservoirs, including the castle remains.  The well marshalled and flagged course eliminated the need for navigational skills which are usually needed on technical trail courses like this one. On what turned out to be a pleasant day this was a tough hilly run. Not phased at all by this Debbie brought home the bacon (wine) clocking in as first FV60 in a time of 01:43:02 Fantastic running well done Debbie! Not forgetting team Bland for support and photography

THE ROBIN HOOD MARATHON – SUNDAY SEPTEMBER  24TH 2017

Annie and David joined thousands of other runners for the Ikano Bank Robin Hood Marathon today which was part of a series that also included the half marathon and the mini marathon. The route winds through some of Nottingham’s most important buildings and historic monuments (such as the statue of Robin Hood himself) the race passes through Wollaton Park, next to Nottingham University and takes in the sight of the Trent building. Participants run alongside the River Trent and pass both of Nottingham’s famous football clubs (Nottingham Forest & Notts County). Then there’s Trent Bridge’s famous Cricket Ground as well as the National Water Sports Centre and Holme Pierrepoint Hall which come towards the end of the route and finally a rousing finish at the Victoria Embankment. David finished in 4:45:25 and Annie in 4:43:09 Excellent running once again you two, well done!

THE BARNSTAPLE HALF MARATHON – SUNDAY SEPTEMBER 24TH 2017

Sue Gregson laced up her trainers and headed south to the wonderful town of Barnstaple in North Devon. Her mission the Barnstaple half marathon.The Jewson Barnstaple Marathon and Half marathon has rapidly established itself as one of the south west’s premier running events. With a large (but not too large!) field and loads of support; it is a perfect marathon for first timers and experienced runners alike. Returning for a fourth year. The organisers have made several changes to the race for 2017 to offer a better; more well supported experience for all runners. The course is almost entirely flat; the route starts and finishes at Rock Park in Barnstaple and head down Ladies mile, the runners then pass down one of the most scenic roads in the town. Down onto the main square and over the old bridge. From there it’s the Tarka trail all the way to Fremington. The route follows the main road all the way to Yelland, here the half marathoners turn left just before the old fountain and left again to go under the under pass and head back to the park to the finish. Describing the conditions as very wet Sue nevertheless managed to post a time of 02:21:52. Great effort Sue well done!

**LADYBOWER ULTRA SERIES  –  SUNDAY SEPTEMBER 17TH 2017**

Hat’s off to Eccleshill’s Rhea Sutcliffe & Ian Dowsland who elected to take on the challenge of the 20 mile option of the Ladybower Ultra Series for a second consecutive year. Billed as ‘the most beautiful race you will ever run’, held in the Peak District this is the 4th staging of the event. The route, a looped circuit of the Ladybower and Derwent reservoirs, takes in a mixture of trail, track and small sections of country roads. Although the elevation is quite flat there are some tough undulations throughut the course. The race is billed as 20 miles but in actual fact measures 20.7, similarly the 50 mile option is 50.9! We’re sure the extra .7 on the end makes a world of difference when you’re tired!

Ian finished in 3:19:10 & Rhea 3:36:10. Really well done both of you!

**KIRKSTALL 7 MILE RACE  –  SUNDAY SEPTEMBER 17TH 2017**

The penultimate race in the cub’s Summer Championship came in the shape of the Kirkstall 7 Mile race, valuable points were on offer today as we are left with only the Bridlington Half Marathon to earn any remaining points on offer before the totting up process begins! Bring on the Winter competition. Although always billed as a 7 mile race previous years have seen the course to be short of 7 mile, this year the organisers made sure of the distance making sure it was exact and also introduced chip timing. Hosted by Kirkstall Harriers, this undulating, largely off road race starts from the picturesque grounds of the historic Kirkstall Abbey, following a lap of the grounds chasing the ‘Mad Monk’ runners exit the grounds onto the busy A65 before a left turn requires them to negotiate their first off road, steep downhill section. Woodland, canal fields, river bank, cobbles and tarmac awaited the runners who this year, vied to stay on their feet as the previous days wet conditions made it challenging under foot. Tackling this challenging race were 6 blue & whites: Marc Steele 61:47, Vicky Cousins 66:06, Brian Perfitt 59:02, Martin Steele 64:55, Stuart Wagstaff 61:19 & Garry Ellison 66:11

Well done all, Enjoy the beer and sorry no bling this year – even though you earned it!

SPEN GREENWAY 10K  –  SUNDAY SEPTEMBER 17TH 2017

A logistics hiccup meant Annie Kisluk and David Goodyear had a last minute change of plan and instead of the Big Stockport 10k run they had to settle for the Spen Greenway 10k, a 6 mile race on tarmac from the Princess Mary Athletics Track at Spenborugh near Cleckheaton. All won’t have been lost though as the scenery had to be slightly more easy on the eye than the town centre sights of Stockport!  Joined by Mick & Dawn Hogan who already had the race in their sights, the quadruplet of blue & whites were blessed with near perfect conditions for running as the drizzle cleared giving way to a rather pleasant morning. Starting on the Greeway by Primrose Lane, the race is an out and back course on the disused railway line to Low Moor. Traffic free, the fast course means there is real potential for setting a PB. A pair of socks was the reward for this one, always good to receive a useful momento! Times are: Annie 52:37, David 53:31, Mick 55:08 & Dawn 61:44

Well Done Guys!

**THE ENGLISH  HALF MARATHON  –  SUNDAY SEPTEMBER 17TH 2017**

A busy weekend of racing saw a team of Six blue and whites travel to Warrington, Cheshire to take part in the English Half Marathon which also offers a 10k which runs simultaneously and the Wire FM mile run for everyone too! Growing in populartity this year saw the 9th Edition of the event which was once again a sell-out. Hosted By Contest Sports Events The English Half Marathon’s official charity is the NSPCC. The course is generally flat with several undulations for added interest. The full field is sent on it’s way from the Town Hall in Warrington Town Centre before crossing Bridgefoot and heading South. Runners are then able to enjoy the sights the town has to offer the Guardians at Market Gate, The Riverof Life on Bridge Street, The Cultural Quarter and Halliwell Jones Stadium, home of Warrington Wolves. The best is saved til last though as runners take in Warrington’s spectacular Golden Gate finish, there they receive a medal, tee shirt and other goodies. Finishers for Eccleshill today were: Gillian Jago 2:02:48, Ian Storey 1:47:03 (PB), Lorraine McKnight  2:33:26,  Sarah Myers 2:08:24, David Lamont 1:57:27 (PB), Jen Briedis 2:14:42 (PB).

If a half marathon wasn’t enough to run, the team then went on to take part in the Wire FM 1 mile race earning themselves even more bling!

Well Done Everyone!

THE GREAT NORTH RUN HALF MARATHON  – SUNDAY SEPTEMBER 10TH 2017

Ten Blue & Whites were today proud and privileged to take part in the Simply Health Great North Run, the world’s most iconic half marathon which starts on the A167 in Newcastle and takes runners on an undulating route heading east and south down the motorway section, around the eastern side of the city centre, then crossing the Tyne Bridge into Gateshead. Runners then head around the eastern side of Gateshead town centre, where at the roundabout they turn east and head down the A184 in the direction of Sunderland. After 3.5 miles, the route turns off the A184 and heads north-east towards South Shields. 2.5 miles later, they reach the southern side of Jarrow turning east down the A1300.  Passing through South Shields they finally reach the seafront up the and the last mile of the route runs along the breathtaking seafront road to the finishing line. .a undulating course through the support lined streets to the breathtaking finish along the sea front of South Shields. Some of our runners were regular participants and some first timers, some took part for the buzz and some to raise vital funds for fantastic charities. Each having their own reasons. Their finishing times were Taylor Waddell  1:35:51, Ian Dowsland 1:46:16, Leona Yarwood 1:48:09, Robert Stark 1:50:28, Tricia Grant 2:17:58, Richard Phelps 2:05:20, Gillian Brown 2:33:27, Amy Wrigglesworth 2:52:20, Sophie Hargreaves 2:17:07 &  Dan Kirkham 1:43:55

 Well done to everyone!

THE VALE OF YORK HALF MARATHON  – SUNDAY SEPTEMBER 10TH 2017

A merry band of Five Eccleshill Road Runners paid a visit to the historic walled city of York for the Vale of York Half Marathon. Cool, bordering chilly conditions were the order of the day as runners arrived for the start at Mintex Race Track, Sherburn-in-Elmet. Organised in aid of Sue Ryder Charity the fast, flat course finishes at Sherburn Aero Club on a runway, taking in scenic closed roads along the way. For the novice runner this fast and flat half marathon is a perfect introduction to a longer distance. For the more seasoned racer it is a genuine opportunity to break that PB, and for those training for an autumn marathon it fits perfectly into the training schedule. Storming home in first place for Eccleshill was Claire Hern 1:31:14  closely followed by  Mark Sutherland  in a fantastic 1:34:10, Robert Sutton 1:42:58, Gillian Jago 1:58:02 & Cathryn Smith 2:13:12.

Well done everyone!

THE SHEPLEY 10K – SUNDAY SEPTEMBER 10th 2017

Annie Kisluk & David Goodyear visited the town of Huddersfield to take part in the Shepley 10k. Part of the South Huddersfield Trail & Road Series, the race is hosted by Huddersfield Cricket Club, the race is billed as a hilly road race with a fast start and fast finish but a killer middle section  The route is an anti-clockwise one which runners have to work hard to conquer the picturesque hills.   Annie finished in 55:59  & claimed 1st FV50 & David 56:19.

Well done!

THE MAIDENHEAD HALF MARATHON – SUNDAY SEPTEMBER 3RD 2017

Gyorgy Imris took a last minute punt and just managed to squeeze into the entry for the Maiden head half marathon today. Now in its 7th year, the Maidenhead Half Marathon is an established favourite in the local race calendar: it is known for its enthusiastic spectator support, impeccable organisation, and most of all its undisputed PB-potential. Held on closed roads around urban Maidenhead and scenic Cookham, this is a fast race on a flat course, and delights everyone whether they want to improve their race times or embark on their very first half marathon. The route started and finished in Maidenhead town centre and took a scenic route through the surrounding areas, showcasing the glorious scenery around Maidenhead and rivalling all other local half marathons. With a town centre start and a two-lap course, this was a great spectator-friendly course. The race was first run in 2011 and has grown in popularity ever since. Gyorgy had a fabulous run saying it was his best half marathon performance ever, that’s a PB then! His time 1:58:22. Great stuff Gyorgy and well done!

THE GOLDEN BALL 20 MILE ROAD RACE – SUNDAY SEPTEMBER 3RD 2017

Gareth Harland travelled to Lancaster today and proudly wore the blue and whites in this 20 mile road race which was part of the Lancaster race series also staging a fun run on the day. The Golden Ball 20 aims to be a friendly race organised by runners who are dedicated to delivering a superb event for every type of runner as well as supporting local charities. It is an ideal race before your chosen Marathon. The terrain is mostly flat but has a three mile hilly section. It is a looped configuration which is mostly tarmac cycle paths with the rest on the road. It’s a friendly race organised by runners who are dedicated to delivering a superb event for every type of runner as well as supporting local charities. The route was new for this year and Gareth only went with the idea of getting some miles in the bag but was feeling ok so pushed himself and ended up smashing his 20 mile PB in 2:39:54. Excellent effort Gareth well done!

THE FILEY BEACH 10K – SUNDAY SEPTEMBER 3RD 2017

Eccleshill’s Martin & Julie Steele made the Filey Beach 10k part of a weekend away at the East Coast. Staying in Hunmanby the race start at Filey Country Park was just a 10 minute drive away. Setting off from the country park on the cliff tops, runners descend down The Ravine to the beach. The race continues along the windy beach towards Flamborough Head before taking a u-turn at Hunmanby Gap and running back along the beach to the sailing club where a sting in the tail, steep uphill finish awaits. On reaching the top runners are then sent on an anti-clockwise lap of the park before reaching the finish!  Hosted by Filey Lions, the race now in it’s 9th year offered the reward of a bottle of beer and a beanie hat to all finishers. Martin finished in 56:58 & Julie 59:38. Well done!

THE WETHERBY 10K – SUNDAY SEPTEMBER 3RD 2017

A team of eleven Eccleshill Road Runners lined up for the start of the Wetherby 10k today putting in a great all round performance. The Wetherby Run has a relatively short history and in 2017 they were proud to host the race for the twelfth year. Since its inception it has become a firm favourite with runners from around the region and beyond. The date of the race suits those training for The Yorkshire Marathon in October or with the Great North Run in mind as it offers a fast course as a tapering run the week before the big day. It is enjoyed equally by Club Runners & Social Runners alike and it gives runners the chance to run in one of the faster and friendliest 10k’s in the country. It’s an anticlockwise loop starting outside the racecourse and running North towards Ingmanthorpe where it turns West and crosses the A1M and heads out to Kirk Deighton. From there it’s a South Easterly route to cross the A1M again onto York Road before looping back to the finish line. The runners were Sarah Myers 62:09, Kath Lucas 74:55, Rachel Smith 49:34, Gillian Jago 56:18, Angela Storey 80:35, Ian Storey 49:20, Jayne Robinson 59:17, Christopher Stanhope 57:30, Richard Phelps 51:18, Sarah Rawlings 53:06  and Sophie Hargreaves 59:58  (running her very first 10k race).  Great running, well done everyone!

THE WOLVERHAMPTON MARATHON – SUNDAY SEPTEMBER 3RD 2017

This weekend saw Annie Kisluk and David Goodyear clocking up yet another 26.2 miles in the shape of the Carver Wolverhampton City Marathon. This race is accompanied by a half marathon, 10K, fun run and a 15k cycle event. The marathon route is an undulating, two lap course taking runners around the town of Wolverhampton and marks the 20th Anniversary of the event. Over the past 20 years they have raised over £350,000 for local charities. The full marathon is actually two laps of the half marathon. For those that don’t fancy taking on the 26-mile marathon, there are a range of events to sign up to. 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 events programme. This was joined in the events programme by a half-marathon and a relay challenge. In 2013 the organisers decided to remove the relay challenge and replace it with a 10k. In subsequent years the 20k cycle ride was added and last year, the events saw the addition of the 3k walk to take part in West Park. This year, Compton Hospice, Wolverhampton Rheumatology Support Group, The Haven and The Mayoral Charity Fund will receive a share of the proceeds. David’s chip time was 04:44:51 and Annies  was 04:28:00 Brilliant running again guy’s , well done!

THE GARSTANG HALF MARATHON – SUNDAY SEPTEMBER 3RD 2017

Debbie Philip and Dolly crossed the border this Sunday and headed into red rose territory in Preston. Their agenda the Garstang half marathon.The route is described as undulating but with a few steep surprises. Good organisation ensured that runners made their way safely around a very scenic course on country roads. A well marshalled, not a PB course but a great race through some beautiful Lancashire countryside, with a nice start on the high street in historic Garstang. It’s basically an anticlockwise loop heading south from the High Street towards Catterall looping round and over the M6 towards Cloughton. From there the next five miles take the runners in a Northerly direction to mile 10 and a belter of a hill. From here they take a westerly line crossing the M6 again following a Southerly direction back to Garstang and to the finish line. Debbie wearing the blue and whites took this one in her stride finishing strongly in 01:54:55 and 1stFV60 Brilliant effort Debbie and team Bland. Well done!

THE ARTHUR JAMES MEMORIAL RELAY – SUNDAY AUGUST 27TH 2017

Amidst a weekend of hearty celebrations, a warm sunny morning greeted Eccleshill Road Runners for the 2017 staging of the Arthur James memorial Relay. With 15 bright and bushy tailed runners (slight exaggeration) and a merry band of volunteers all eager to do their bit the event kicked off at 9:30am. The route an approximately 3 mile clockwise loop took runners uphill through Calverley woods via Thornhill Drive, up towards the local parish church for a right turn, then after a final short incline into the village, it was a downhill dash along Carr Road to a marshalled right turn down through the woods again along Eleanor Drive and back over the canal bridge on Parkin Lane and a sprint section back to the finish line. Team spirit was there in abundance and friendly rivalry added a little spice to the occasion. The memorial shield was presented to the winning team by Arthur’s daughter-in-law Kim concluding a great finish to a perfect morning. The Teams and finishing times were as follows…

Debra Grant 29:29 Kyle Bethell 21:02 Trevor Rhodes 20:40                Total = 01:11:11  (Team 1)

Chris Stanhope 26:49 Lorraine McKnight 30:33 Julie Steele 27:01      Total  01:24:23  (Team 2)

Rachel Smith 22:57 Gyorgy Imris 23:59 Garry Ellison 21:51                Total 01:08:47   (Team 3)

Cathryn Smith 29:22 Dawn Hogan 30:22 Marc Steele 23:36               Total  01:23:20   (Team 4)

Ian Storey 23:37 Kath Lucas 35:03 Sarah Myers 27:39                       Total 01:26:19   (Team 5)

Congratulations to team 3 who won the shield.

A special mention to Gillian Jago, Ian Stow, Paul Stanhope, Tricia and Neil Grant, Alison Hartley, Kim James and Linda Bussey for your help. Also Martin Steele who ran with Julie. And Maxine and John for support. Brilliant all round effort, well done!

THE TOUR OF NORLAND MOOR –  SUNDAY AUGUST 27TH 2017

Team Bland favoured a Sunday morning jaunt to Norland Moor situated in the West Riding of Yorkshire. Debbie lined up for this 7.5 miler which is seen as a great introduction to fell running. This race was cancelled in 2016 due to flood damage but its back for 2017 with a lovely new start to the route. It has a BM class as a fell race with 800 feet of climbing but is more like a trail race. The route does not have any technical ascents or descents, but does have some rough ground on the moor. The ‘Tour of Norland Moor’ started from the excellent new facilities of Copley Cricket Club and finished in front of the Cricket Club. The start was a flat section on the road and dirt tracks, before a lovely flagged steady climb over fields up to North Dean Road. Then a marshalled right turn and approximately half a mile of road lead runners to a 3 mile clockwise loop of Norland Moor, where there were great views to be taken in. Upon leaving the moor they retraced their steps before taking a left turn through some fields and through a stile, this followed a path through the woods. Finally after making it back towards the start point, runners turned right and followed the river bank before passing under a railway viaduct and back to the finish line. Debbie finished this one bagging 1st FV60 and a box of chocolates, great effort once again. Well done! Time 01:18:46.

SESSAY SWIFT 6 – WEDNESDAY 23RD AUGUST 2017

Debbie Bland opted for a swift midweek 6k race and a second visit in the YO, York postcode area in a few days – the sixth edition of this popular race hosted by Thirsk & Sowerby Harriers. The course is a flat, fast one lap course of the  picturesque village of Sessay near Thirsk in North Yorkshire. Hence the tag ‘swift’! Debbie once again claimed first FV55 in a brilliant time of 28:45 (unofficial) and was rewarded with a lovely box of Thornton’s chocolates (other chocolates are available!).

Fantastic running! Well done Debbie!

ESCRICK 10K  – SUNDAY 20TH AUGUST 2017

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 starts and finishes 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 fabulous catering facilities was a welcome sight as the sun made for a hot second half of the race. Storming home in first place for Eccleshill was Marc Steele in 48:25, followed by Rachel Smith 50:40; Debbie Bland  51:14; Stuart Wagstaff 51:26; Gillian Jago 53:55; Martin Steele 57:06 & Julie Steele 58:39. Just two races remain before the trophy winners are decided and the Winter championship commences.

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

THE FLEETWOOD HALF MARATHON – SUNDAY 20TH AUGUST 2017

David Dowthwaite followed the road to the west coast yesterday to take part in the Fleetwood half marathon. The Fleetwood Half marathon is a popular race organised by the Flyde Coast running company.  It is described as a course that’s perfect for runners of all abilities with a fun and friendly atmosphere flat and accurately measured. The event was well organized, the marshals were excellent. The race starts behind the marine hall gardens and runs along Fleetwood’s outer promenade and esplanade offering great views over Morecambe bay. One of the main charities that the event raises money for is C.R.Y. (cardiac risk in the young) All runners passing the finish line receive a commemorative medal and a well-stocked goody bag. There were prizes for the first male and female over the line as well as all the veterans’ categories. David did us proud finishing in a time of 02:31:51 (That is in the top 10% of his age category) A great effort today David, well done!

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HELL ON THE HUMBER – SATURDAY-SUNDAY 19TH/20TH AUGUST 2017

This year a team of Eccleshill road runners set out to push the boundaries of their personal running endurance and take on a challenge with a difference by running for twelve hours through the night from 7pm to 7am the following morning to complete as many return crossings of the Humber Bridge as possible in that given time. Their main objective, to raise vital funds for the Yorkshire Air Ambulance (an extremely worthy cause) 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 long standing and pretty impressive course records, some of which have proved just too tough to break over the last 5 years. All we ask is that participants complete a minimum of one 4 mile lap every 3 hours.  How hard could it be???You don’t have to be an Ultra runner to take part in the HOTH Event Series, though many experienced long distance runners from across the country do return to the event year after year and rack up some impressive distances. You don’t even have to be a runner to take part, walkers are always welcome.  All they ask is that you complete the minimum number of laps, you’re 18 or over for the 12 or 24 hour races.  Every finisher receives the coveted finisher’s shirt, and has their mileage added to the HOTH Leader board. There’s also a very blingy finisher’s medal! All in all this is a credit to our team who planned and executed this fete of running endeavour, also a big thank you to anyone who went along to support them (who will be named in due course. The fantastic team consisted of Angela Storey, Lorraine McKnight, Kath Lucas, Catherine Smith, Alison Hartley, Sarah Rawlins, Jayne Robinson, Ian Storey and Gareth Harland. Results TBC. Awesome well done!

THE BURNSALL 10 MILE ROAD RACE – SATURDAY 19TH AUGUST 2017

Team Bland ever keen to spot a lovely scenic race on their radar, popped over to Burnsall in Wharfedale  where an annual sports feast continues to attract crowds from afar.It is impossible to reliably trace Burnsall Feast Sports back to their origin, for the history of such events is invariably dependent on hearsay. But it is known that, even prior to the Elizabethan period, celebrations of some kind occurred on the Village Green to mark the beginning of preparations for the Feast of St Wilfred.This falls on the first Sunday after October the 12th and preparations began three months beforehand. Up to the latter part of the last century, the following week was recognised as the Burnsall Feast week. Since that time the Sports have been held on the first Saturday after the first Sunday after the 12th of August. As a spectacle, the scene has no equal. The bridge parapet is thronged with spectators: The Green a hive of activity; children’s and ladies races; various children’s rides; game birds and vintage cars on show; tombola; raffles; guessing the weight of a sheep; pet show; children’s fancy dress and Punch and Judy. All staffed with volunteers who have two aims in mind – to preserve our heritage and, to raise funds for the upkeep of The Village Green, and local charities that require support.The Road Race is a recent innovation, and recognised as a challenging and scenic fixture in many prominent runners’ calendars, covering an undulating course through Hartlington, Hebden, Grassington, Linton and Thorpe, starting and finishing on the Burnsall Village Green. Debbie finished this in 01:26:42 supported and photographed by Husband Philip and the ever faithful Dolly. Well done!

**THE ASKERN 1O MILE  – SUNDAY 13TH AUGUST 2017**

Robert Sutton and Claire Herne represented Eccleshill road runners in this 10 mile scenic race. Organised by Askern district running club this event has been going for over thirty years. Billed as undulating, but is far better deserving of the tough category and is seen as a very useful (re) introduction to the autumn half marathon season. Claire stormed home in 01:10:23 finishing as the fourth lady on the day and 2nd in her age category. Robert finished 13th in his age category in a very respectable time of 01:17:24 Great running both. Well done!

FIREFIGHTER 5 MILE ROAD RACE – SUNDAY AUGUST 13TH 2017

Eccleshill Road Runners had 10 runners out this morning to take in the Firefighter 5 mile road race, formerly West Yorkshire 5 mile road race this year although the name has changed, the course remained the same.  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. The 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 a circular, undulating 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 the grounds to the finish line. The race was also race 12 of the club’s summer championships and earned runners valuable points on the table. Leading the team home was Garry Ellison 38:14, closely followed by Ian Storey 39:09, Rachel Smith 40:54, Debbie Bland 41:17, Tim Wrigglesworth 45:17, Steve Gledhill 45:48, Julie Steele 47:06, Debra Grant 49:09, Tricia Grant 49:31 & Angela Storey 62:53.

Brilliant running everyone well done! Thanks to our support & photography crew, Alison, Martin, Marc, Mark, Philip & Dolly.

THE ULVERSTON MARATHON – SUNDAY 13TH AUGUST 2017

Our brother and sister duo David Goodyear and Annie Kisluk have notched up another marathon today at Ulverston in Cumbria. This one runs back to back with last week’s marathon in Gloucester. Organised by Pure Outdoor Events the Hoad Hill marathon follows a mixture of trail, coastal path, canal towpath and quiet country lanes giving stunning views of the South Lakes and Morecambe Bay. The route starts and finishes at Ford Park, Ulverston with an inevitable climb to the iconic Sir John Barrow monument at the top of Hoad Hill. The monument was transformed into a water station for participants and was one of the highlights of the route that takes in some of the areas favourite beauty spots. Runners started at Ford Park before heading out to Birkrigg common, along the Cumbria Coastal Way and Ulverston canal towpath. Then after returning to Ford Park participants took the gruelling climb up Hoad Hill before heading back to Lowick high common and back to Ford Park and the finish line. Another amazing achievement by both with David finishing in 05:46:15 and Annie in 05:46:14  Well done !

THE “ROCK N ROLL” DUBLIN HALF MARATHON – SUNDAY 13TH AUGUST 2017

Today Gillian Jago took on the half marathon donning the blue and whites. The Affidea Rock ‘n’ Roll Dublin Half Marathon is a point to point course that starts in Dublin’s Docklands area, runs along the north side of the Liffey River, and passes all fan favorites!  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 (Áras an Uachtaráin) and the famous Dublin Zoo. There course also featured live local bands along the route and all finishers received a technical T-shirt and a fantastic finishers medal. Gillian finished this one in 01:58:50 supported by her daughter Katie. Brilliant effort well done!

THE ARNCLIFFE FETE 4 MILE – SATURDAY 12TH AUGUST 2017

Debbie Bland returned to North Yorkshire today to run this little gem. The Littondale Fete 4 mile road race takes place in the picturesque village of Arncliffe. The village was the original setting for the fictional village of Beckindale in the ITV soap opera Emmerdale Farm. The event is part of the local Littondale fete which also offers a brutal fell race and a tug of war, and many other attractions. With an entry limit of just 150, the 5K  attracts all grades of runner with many unattached locals lining up with top class club runners. The route is an undulating out and back circuit through beautiful Dale’s scenery following the right bank of the river Skirfare down to Hawswick where it crosses the bridge and returns to Arncliffe via the opposite bank. The overall ascent is about 140ft which is negligible spread out over the 4 miles. Debbie thundered around this one finishing in 32:49 and bagging 1st FV60 which isn’t bad considering that she ran a Park run this morning. Well done Team Bland!

THE “ROCK N ROLL” SERIES DUBLIN 5K – SATURDAY 12TH AUGUST 2017

The Dublin 5k is part of the Affidea “Rock and Roll series” Over two days it offers a family fun run a 5K a 10K and a half marathon. Gillian Jago and her daughter Katie entered the 5K today.  It’s a kind of clockwise loop that starts and finishes at the side of Phoenix Park. It’s all about the bling, the 5k medals are sure to be a crowd favourite. The 5k is also a qualifying event for a third remix medal when you run a second distance on Sunday. Gillian finished this in 25:53 and Katie in 43:43 Great effort girls well done!

YVAA GRAND PRIX HALIFAX – WEDNESDAY 9TH AUGUST 2017

Four Eccleshill Road Runners took a punt on the 4th monthly Grand Prix of this year’s YVAA series. Starting out at the Spring Hall athletics track in Halifax and hosted by Halifax Harriers. This race is mostly flat on river side paths and canal towpaths. The start/finish is a 5 minute walk from the track. Runners were walked down to the start where the race began with a slight descent down the Hebble Trail (Tarmac path) before joining the canal tow path. Just before the 3 mile point the route turned left over a bridge and then follows a river side path in for about 1.5 miles. Then it’s back onto the canal and back up the Hebble Trail. The route was well marshalled and part flagged on the river side path. Gillian Jago 50:40;  Julie Steele 54:58; Debbie Bland 48:12 and Garry Ellison 46:24, all completed this one on what was a very warm and sunny evening.  Big thanks to Maxine, Helen, Dolly and Philip for support and photography.

GLOUCESTER CITY MARATHON – SUNDAY 6TH AUGUST 2017

The latest challenge for Eccleshill’s brother and sister duo Annie Kisluk & David Goodyear was the Gloucester City marathon. Hosted by Trimax events the day also offers a half marathon. Only the second edition of the race, the half was introduced this year. The race begins and ends at Gloucester Quays, this is a highly scenic marathon taking in sights of the historic city of Gloucester such as the quays, cathedral and rugby stadium and following a course out of town and onto largely flat country lanes making it an ideal race to try for a personal best whilst enjoying the scenery. The finish includes a breathtaking run along the tranquil river Severn as participants follow the river’s course back into the city centre where there is a red carpet, Gloucester Quays finish. The goody bag includes a bespoke medal and a race vest. Well done Annie finishing in 4:30:33 & David 4:37:37.

BRIGHOUSE PARKRUN – SATURDAY 5TH AUGUST 2017

The first of the club’s monthly parkrun ‘tours’ came in the shape of Brighouse parkrun. Lots of members were otherwise engaged but a group of 8 blue & whites joined in. Run in the beautiful Wellholme Park, the course is a largely off road, multi terrain/gravel pathed 5k. A friendly bunch of marshals encouraged runners around the three lap, flat but challenging course on what turned out to be a beautiful morning. A slight breeze kept the sunny conditions tolerable. Runners and times were: Sarah Rawlings 26:15, Gillian Jago 26:31, Christopher Stanhope 26:23, Julie Steele 27:5; Jayne Robinson 29:00, Angela Cunningham 32:42, Kathryn Lucas 36:02 & Gillian Jones who it is great to see coming back from injury 40:34.

Well done Team! Watch out for the next ‘tour’!

THE DORSET INVADER HALF MARATHON – SUNDAY JULY 30TH 2017

It takes a special kind of runner/athlete (mad springs to mind) to complete a 27 mile trail marathon on one day, then after camping out in miserable wet conditions, drag your sorry aching body out of the tent and take on a half marathon of similar hardship. Well with no time to feel sorry for herself, that is exactly what Sue Gregson did. The Dorset half marathon was set up by White Star Running Events. Once again the Roman theme was the order of the day, there were people in fancy dress, there was also a roman bath for runners to have a dunk in if they so desired at the end. The half marathon route itself which is a big loop is described as very nice with lots of rolling hills (not too tough) and plenty of woodland tracks. Once again the start and finish was at East Farm Blanford, a market town in North Dorset. In-between the start and finish is 13 plus miles of beautiful Dorset countryside for the runners to negotiate, this included several fields of corn with only enough room between the corn and the hedges for a single file procession but everyone wanting to squeeze through! There were also styles to contend with which gives you a mental picture of just how challenging races like this can be. The run in to the finish line was flanked either side by hay bales with people sat on top of them clapping and cheering and making friendly noises. Once over the finish line runners were presented with the chunkiest medal they have ever seen and a customary goody bag. What an amazing weekend for Sue she finished this one in 03:47:32 coming 45th in her age category. An outstanding effort, well done!

THE RYEDALE HALF MARATHON – SUNDAY JULY 30TH 2017

The Ryedale half marathon is part of the “Run Yorkshire Ryedale running festival” On the day there is a series of three races with options of 5K, 10K, or the half marathon. Leona Shannon and Ian Dowsland, wearing the blue and whites went for the half marathon. With an entry limit of 1000 runners and an undulating trail profile, this chip timed route is situated in Ampleforth. This lovely village and civil parish nestles on the edge of the North Yorkshire Moors National Park. The festival is aimed at runners of all abilities offering races to people who want to push and test themselves. It’s a lovely scenic route which is a great alternative from city running. The route started out at Ampleforth College then headed on towards the village of Gilling before making its way back via picturesque scenery to the finish line at the college. All finishers received a t-shirt and a medal. Leona finished in  01:48:15   and Ian in  01:50:50   Great running, well done!

THE DORSET INVADER MARATHON – SATURDAY JULY 29TH 2017

Sue Gregson is back on the race radar this weekend with a double bill on her agenda. The “Dorset Invader” full marathon on the Saturday followed by the Dorset half marathon on Sunday. Billed as an off road roman themed running romp around the rather attractive Dorset countryside between Bere Regis and Dorchester. This pair of events is brought together by White Star Running organisation, the same people that organised the Giants tooth Marathon. The marathon today is an out and back course which is 95% trail and it’s hilly. The half marathon tomorrow is a big loop. The race starts from East Farm Winterbourne, Whitechurch in Dorset. White Star Running are big on organisation and planning, everything is clearly signposted and well laid out. There is an organised camp/village with not only porta loos but porta showers (with hot water) Post race there is also a fully stocked bar, a hog roast a merchandise shop a massage tent and even a chiropodist on site. The aid stations on route are manned by people dressed in togas and other Roman regalia like centurions.  The theme of the race is taken from the Roman invasion of 43AD. Runners got to run through corn fields and along forest tracks. Sue battled on to complete this tough event on what was a wet windswept day with oodles of rain and mud to contend with. Sue’s time was 07:20:27 with an amazing category position, 16th. So it’s back to camp and get refueled with beer and some scrumptious food, then some shut eye before tomorrow’s shenanigans, the Roman themed half marathon. Wow well done Sue! And good luck tomorrow.

THE ARTHUR JAMES shakERR – SUNDAY JULY 23RD 2017

The culmination of months of hard work and preparation, coupled with a resounding team effort has resulted in the Arthur James shakERR being a roaring success in 2017. The event is hosted by our very own club the MIGHTY Eccleshill road runners and sponsored by Yorkshire runner. Now in its second year the race is well and truly established as our very own and is dedicated to the memory of our late running buddy Arthur James, who’s now legendary slogan “ run because you can” will remain with us throughout time. A massive response from our membership has ensured great organisation and brilliant marshalling. To top this we managed to field a team of no less than 13 members who ran the race, making this a year to remember. The course is a multi-terrain undulating route of approximately 8 miles. Starting out from the field behind the cricket pavilion in Roberts Park and running out and left on to the canal heading towards Shipley. It’s a right turn over the swing bridge and a short run on the opposite side of the canal before crossing a railway bridge, then an incline up to the first water station. From here begins an anticlockwise loop through Buck Wood at Thackley before emerging back out onto the swing bridge and all the way back on the canal to the finish line. A massive big thank you to everybody who has played a part in this whether it be organising, running, marshalling, timing, first aiding, spectating or taking photographs. You are the people who have made this happen and as a result have raised the profile of our great club. On what was a hot day for racing a great turnout ensured a massive success. Our road runners today were:  Sam Robinson 01:09:24  Trevor Rhodes 01:00:13  Jacqueline Bywater 01:18:43  Simon Lacy 01:21:55  Vicky Cousins 01:17:55   Cathryn Smith (DNF)   Mick Hogan 01:17:17 Dawn Hogan 01:25:51 David Goodyear 01:13:30  Lorraine McKnight 01:38:02 Sarah Myers 01:22:46  Kim James 02:04:29  and Vikki Lomas 02:04:29

Our Best Wishes go to Cathryn Smith who took a tumble on the canal and was bitterly disappointed not to be able to finish the race as she was carted off to A & E, thankfully after a check over she was allowed home with her arm in a sling and strong pain relief. Wishing you a speedy recovery Cathryn – hope to see you back running soon!

Well done to our brilliant club!

THUNDER RUN 24 –  SATURDAY & SUNDAY JULY 22ND/23RD 2017

Eccleshill’s Sue Gregson’s latest challenge was none other than TR24 or 24 hour Conti Thunder Run as it is more affectionately known. Sponsored by Continental Tyres who have a partnership deal with Adidas, the run is now in it’s 9th year. Held at at its regular venue Catton Park, Walton on Trent, the race is a non stop relay. The course is made up of a 10k cross-country circuit set in the picturesque Staffordshire countryside. The track twists and turns across varied terrain so runners find themselves running from woodlands and trails to steep hills and open fields. There’s always a change of scenery to keep entrants on their toes. Teams of 5 complete 10k each repeatedly over a 24 hour period. The tradional British weather meant plenty of rain and subsequently plenty of mud as the down poor lasted for the duration.

Well done on your latest challenge Sue, we look forward to hearing about your next adventure!

THE BINGLEY SHOW 10K – SATURDAY JULY 22ND 2017

It was a big well done again this year to Brian Perfitt for flying our colours at the 2017 Bingley show 10k.It’s a brand new course for 2017 taking runners 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. It’s a little bit dirty and lumpy but the views and atmosphere are fantastic. The race starts and finishes in the show ring with thousands of spectators looking on, creating  a fantastic atmosphere The bargain priced advance entry also includes free admission into the show itself!  Brian found this one to be really challenging after a deluge of rain created tough muddy conditions. Despite this Brian posted a brilliant time of 1:06:25 taking 96th position Well done !

ROUNDHAY RAMPAGE – WEDNESDAY 19TH JULY 2017

Hosted by Urban Trail Runner, the third edition of The Roundhay Rampage was a challenging, mainly off road 10k set in North Leeds’ finest of parks, as the name suggests, Roundhay Park.. Despite and over cast evening it was, at times, akin to being in a sauna, very muggy, hot and humid conditions made for a very tough run. The race tackles Hill 60, Roundhay Castle and surrounding woods with stunning views across the lake. The downhills though were just as challenging as the uphills! At times it was extremely difficult to stay upright! After tackling Hill 60 back to the top of the park a welcome sight greeted finishers – an ice cream van dishing out free ice cream cones! This though, rather disappointingly turned out to be the only reward for your efforts as athletes scanned around to see where their tee shirt or medal was! Alas they had to make do with the ice cream cone! Four Eccleshill runners earned themselves valuable points on the championship table and ticked off race 11. Representing the blue and whites were: Stuart Wagstaff 1:03:14 Rachel Smith 59:00 Gillian Jago 1:04:41 and Julie Steele 1:07:04

Well done Team!

WINDMILL HALF MARATHON – SUNDAY 16TH JULY 2017

Hosted by Fylde Coast Runners the Windmill Half Marathon is billed as a fast, flat course around Lytham St Annes and Fairhaven Lake with great potential for a personal best. It’s traffic free and great for runners of all abilities. The race has grown in popularity in recent years, so much so that the organisers this year increased the race limit from 600 to 750. Earning himself a fabulous bespoke medal David Dowthwaite completed the race in 2:13:39. Well done David!

THE BRAMHAM 10K – SUNDAY 16TH JULY 2017

After a very successful inaugural event in 2016 Bramham Pavilion Committee decided to run the event again this year. And that was enough to attract theattention of Christopher Stanhope, Sarah Rawlings and Debbie Bland who saw it as  an opportunity to take part in this fabulous course around the trails and lovely surroundings of Bramham village. It’s a multi terrain course of approximately 10k. Most of the route is off road and on tracks and bridleways in pleasant countryside. It is an undulating course and the last section brings you to the top of Windmill Hill before descending through the lovely village of Bramham then up Almshouse Hill, fondly known as the Bramham Beast (short but steep) to the playing field on Freely Lane. And for those returning to race again this year it was a chance to make it a PB. Proceeds raised go to maintaining Bramham Pavilion as a village facility. The event is organised by Bramham Parish Council. Well done to our trio of blue and whites who completed this race on what was a very warm sunny day. Christopher finished in 59:04, Sarah in 55:22 and Debbie in 53:02 1st FV60 Thanks to Philip and Dolly for support and photography. Well Done!

BLACK SHEEP BREWERY 6 HOUR CHALLENGE   – SUNDAY 16TH JULY 2017

Yet another fantastic ‘Grim Up North’ running event, the Black Sheep Brewery 6 hour challenge is  an event which offers a rare opportunity to do as little or much as you like, the only stipulation if that you do it within the 6 hour time limit. Billed as an undulating, trail event, it is held in the quaint village of Masham, North Yorkshire home to the Black Sheep Brewery, this race consists of one lap of just over 3 miles which runners repeat to achieve their desired distance. Runners completing just one complete loop were awarded a medal. Also on offer was a post race barbeque and a bottle of beer to enjoy following the race. Rhea Sutcliffe and Ian Dowsland took on the challenge with the hope of completing at least a marathon. The results, once published will reveal all! Really well done to both Rhea and Ian for taking on something completely different!! Results are out and both completed the marathon distance, no mean feat on this challenging off road course. Times were Ian 6:03:51 and Rhea 6:03:57

RUN YORKSHIRE ROUNDHAY 10K  – SUNDAY 16TH JULY 2017

Hosted by Run Nation, the  Roundhay Leeds 10k set in Roundhay Park – Leeds’ premier park spanning 700 acres of rolling parkland, lakes, woodland, specialist gardens and a mansion house and home to the ever popular Tropical World. Annie Kisluk and David Goodyear this weekend raced a little closer to home choosing the Roundhay 10k which is a largely off road, challenging run, also on offer is a 5k version. Times were Annie 53:21 and David 53:22. Well done Guys!

THE ROYTON TRAIL RACE – WEDNESDAY 12TH JULY 2017

This year the Royton Trail multi-terrain race saw the 10th edition of the race, it was first held on 18th July 2007, with a field of just 72 runners.
The first race winner that first year was David Lockett of Salford Harriers. The race has grown in popularity over subsequent years, culminating in a record 322 finishers this year.

Eccleshill’s newest member Tim Barnett completed the race in a fantastic time of 44:49 Well done Tim!

GOLDEN ACRE PARK RELAY – WEDNESDAY 12TH JULY 2017

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 near 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 relay racing. It was great to see Cathryn Smith and Stuart Wagstaff joining our teams.  Finishing the night with a picnic including cake, flapjack and other goodies we all agree they were more than ‘well earned’ – our teams are sadly not taking part in the Washburn Relays this year but next up is our very own Arthur James Memorial Relay on August Bank Holiday Sunday.

The teams & results:

Eccleshill Falcons: Cathryn Smith 24:49, Ian Stow 20:10 & Gareth Harland 18:39 = Team Total 1:03:38

Eccleshill Merlins: Jayne Robinson 25:00, Garry Ellison 20:44 & Gavin Waddell 19:06 =Team Total 1:04:50

Eccleshill Eagles: Sarah Rawlings 23:51, Stuart Wagstaff 22:07 & Gary Popple 22:20 = Team Total 1:08:18

Eccleshill Ospreys: Martin Steele 23:28, Julie Steel 25:40 & Marc Steele 21:09 =Team Total = 1:10:17

Eccleshill Hawks: Debra Grant 26:41, Sarah Myers 25:53 & Taylor Waddell 17:46 = Team Total = 1:10:26

Eccleshill Kestrels: Brian Perfitt 21:15, Tricia Grant 27:14 & Tim Wrigglesworth 21:15 = Team Total = 1:10:44

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

SCARFELL PIKE MARATHON – SUNDAY JULY 9TH 2017

Mark Hayward raised his endurance running to another level by taking part in the 5th edition of the Scafell Pike Trail Marathon today. Climbing to the summit of England’s highest peak, this is arguably one of the toughest trail marathons in the country, through some of the most dramatic mountain scenery in the Lake District. Although the route incorporates over 6,000‘of ascent this isn’t the only challenging factor. The sheer variety of terrain in this route makes it a real classic, from gentle lakeshore paths to rock slabs and boulder fields; it takes a good all-rounder to do this event. It’s a real test of endurance and skill to prevail. Based from Keswick, the initial opening kilometres follow the wooded lakeshore trails on the shoreline of Derwentwater, climbing past Castle Crag, before reaching the hamlet of Seathwaite at the head of the Borrowdale valley. The next section involves the ascent of the infamous Corridor Route. This is a testing rocky trail that makes a spectacular rising traverse across some of the most rugged yet spectacular rock scenery in England. With Wasdale far below, it traverses under the dramatic crags of Great End and Broad Crag, crossing a number of deep ravines, climbing up a series of rock slabs and paths, eventually leading up to the summit of Scafell Pike. Section 3: Seathwaite to Keswick…Refuel at the feed station at Seathwaite then cross the valley floor, rejoining the marked route to reach the village of Rosthwaite. A testing final ascent from Rosthwaite leads to the beautiful isolated hamlet of Watendlath. The route followed the trail alongside Watendlath Beck to reach CP 5 & the final feed station. A minor road section descends past Suprprise View & Ashness Bridge, then picking up the singletrack trail below Falcon Crag & into Great Wood. The last section follows the lakeshore trails to the finish in Crow Park. In hot conditions this is an amazing achievement, very well done Mark. 27.35 miles, Time 8 hours 29 minutes. Awesome!

RUN FOR ALL LEEDS 10K – SUNDAY 9TH JULY 2017

A hearty bunch of Eccleshill road runners lined up at the start for this prestigious event which increases in popularity every year. 2017 is the 11th year for the Asda foundation Leeds 10k. Run for All is part of the lasting legacy of the late amateur athlete and fundraiser Jane Tomlinson CBE. Jane, from Leeds, made headlines around the world by taking part in a series of incredible endurance events – despite being diagnosed with an incurable cancer. The mum-of-three defied her devastating diagnosis to complete challenge after challenge – from marathons and triathlons to ironman contests and cross-Europe cycle rides. Her final – and toughest – endeavour was a 4,200-mile bike ride across the breadth of America in 2006. It was a gruelling challenge that even an athlete in the peak of fitness would find daunting, let alone someone fighting cancer. As ever, though, Jane battled on to somehow realise her goal. By 2007 her declining health meant she was unable to take part in any more extraordinary undertakings. However, using the money she raised on her epic American adventure, Jane was able to sow the seeds for the Run for All Leeds 10K – the cornerstone of what would become her continuing legacy. It’s a super event which enjoys a fantastic reputation for the quality of its course, vibrant atmosphere and supportive spectators, who all play their part in helping runners achieve their 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 passes 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. Finishing for the blue and whites was Cathryn Smith 58:13 Rosemary Beaumont 1:29:34 Gillian Richardson 1:32:43 Rebecca Richardson 1:32:43 Amanda Wrigglesworth 1:18:11 Katie Wrigglesworth 1:29:34 Amy Wrigglesworth 1:18:10 Sharon Popple 1:18:11 Jennifer Briedis 1:02:46 Gavin Waddell 44:58 Stuart Wagstaff 52:58 Mark Jackson 42:49 and Richard Phelps 52:29

A fantastic team effort well done & big thanks to our Team of supporters & photographers around the course!!

THE BURN VALLEY HALF MARATHON – SUNDAY 9TH JULY 2017

Off to the beautiful North Yorkshire Town of Ripon today for Debbie Philip and Dolly with the Burn Valley half marathon on their radar. The course is run entirely on minor roads. Starting in Masham market square and taking you through the grounds of Swinton Castle, one of the main sponsors, the course then follows the picturesque Burn Valley. It rises to the Leeds Pals war memorial near the top of Breary Banks. From there it drops down past Spout House Farm and returns via Colsterdale and the villages of Healey and Fearby. Turning right at Fearby Cross there is a fast downhill section before climbing back to Swinton Castle, just 1.5 miles from the finish at Masham School. It is billed as one the most scenic and demanding races in England. After a break of four years the race is now being organised by Ripon Runners and, as in previous years, it starts and finishes in the market town of Masham – the gateway to Wensleydale. Debbie finished this seriously hilly race in 2:02:56 earning 2nd FV60.  Thanks to team Bland for representing our great club at this venue. Well done!

THE MANCHESTER 10K – SUNDAY JULY 9TH 2017

Gillian Jago went back to the great city of Manchester today. The UK Fast We Love Manchester 10k is known for its fast route and friendly atmosphere as well as its popularity in the region – commonly known as ‘the people’s race’. They welcome runners of all abilities. It’s a perfect 10k event to beat your personal best, meet other runners and to raise money for charity,
The race started and finished at the impressive Etihad Stadium, with hundreds of well-wishers cheering runners  on as they ran out from the Regional Athletics Track and out onto closed roads in the area. The 10k route then brought them back into the complex before finishing back on the track. All finishers received a commemorative medal, goody bag and technical t-shirt. The well marshalled race was run on closed roads. We Love MCR Charity improves the lives and life chances of Manchester people, supporting the residents of Manchester who are in the greatest need to reach their full potential. Gillians time (53:45 tbc) Superb effort well done!

THE GREAT NORTH 10K GATESHEAD – SUNDAY 9TH JULY 2017

In lovely sunny conditions our intrepid brother sister team travelled North this weekend to line up for this great event. The North East’s biggest 10k returned today in Gateshead. Where the course finished on the track inside the iconic Gateshead International Stadium. It’s also seen as the perfect training run for the world’s biggest half marathon, the Simplyhealth Great North Run. Thousands of runners took part in the scenic Quayside course. Which Passed under the iconic Tyne Bridge and headed along to the Sage Gateshead and BALTIC before bending back along the Quayside for a triumphant lap of the Gateshead International Stadium track, cheered on by family and friends; Did you know that the Simplyhealth Great North 10k is the relation of Great Britain’s first ever Fun Run? – The ‘Gateshead Fun Run’, which was set up in 1977 by Brendan Foster! Another 13.2 miler in the bag for these guy’s. Annie finished in 53:10 and David in 51:42  great effort once again, well done!

EAST LEEDS 10K  – FRIDAY 7TH JULY 2017

Tonight saw race 10 in our summer championships and 8 Road Runners vied for valuable points on the table. Organised by even splits this chip timed trail race has an entry limit of just 400. Despite being over cast and a little breezy it was a very warm evening. The East Leeds 10k has sold out every year. This year was even better with a new Friday night “start- the-weekend” date, but this also meant a dash to the start line for many as the battle to get through rush hour traffic hampered the journey. The race is a scenic, trail race along public footpaths and bridleways in and around St Aidan’s Country Park. Now in its 11th year with a fast flat/ish course it’s the perfect place for a PB. Just a stone’s throw from the centre of Leeds St Aiden’s nature Park is a stunning place to explore. Whether you’re on foot or on a bike it’s a place to have your camera ready to take advantage of the amazing views and wonderful wildlife spectacles on offer. St Aidan was an open cast mine for many years and has now been restored to a wonderful nature park for everyone to enjoy. Our brilliant team of blue and whites were Ian Storey 48:49, Debbie Bland 50:09, Marc Steele 50:31, Rachel Smith 50:33 , Sarah Rawlings 53:14, Gillian Jago 55:27 , Julie Steele 58:31  & Martin Steele 58:33.

Well done Team & Thanks as usual to Philip & Dolly for their support & photography!

 SOUTHPORT HALF MARATHON  – SUNDAY 2ND JULY 2017

Another busy weekend of racing finishes off with a report on the Southport Half Marathon. David Dowthwaite visited the coast for the 5th edition of the race. Organisers – Epic Events – also offer a 1 mile and a 10k race. They also promised that this year they’ve increased the entertainment and music on the traffic free route. Alledgedly, the fast, flat, traffic free route is the only running event in the history of Southport to be permitted to close Lord Street to traffic and allow 1000s of participants to run through the heart of this famous seaside resort!   The route starts in Victoria Park and heads into town and along the famous Lord Street (a Victorian canopied boulevard edged in gardens). Runners then head North for a quick trip around Hesketh Park, past the Golf Club and return to the coast before heading south towards the Marine Lake, then along Promenade and under the Pier, through Kings Gardens, around the Marine Lake and back to the coast via the lakeside pathway before heading south again and returning for a Finish in Victoria Park. David Dowthwaite was the lone ERRer representing the blue and whites and did himself proud, well done David! (Time 02:10:14).

ECCUP 10 MILE RACE  – SUNDAY 2ND JULY 2017

Back for the 24th year, this popular 10 mile race hosted by Abbey Runners  sold over  800 of it’s 1000 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 in recent years!  The last couple of  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 their new charitable partner, the club’s Charity of the Year will also benefit from the proceeds as Abbey Runners will be making a donation to both charities. A bright and breezy morning met runners as they lined up for the start but Team ERR still posted some brilliant times , the killer hill up to the finish straight didn’t deter the blue and whites with Ian Storey leading them home in 1:22:46 (PB) and hot on his heels was Debbie Bland in 1:24:25, next Christopher Stanhope 1:31:52 and Gillian Jago completed the Eccleshill team in 1:33:31. Well done Team, fantastic running!

THE HALIFAX MARATHON – SUNDAY 2ND JULY 2017

Hosted by White rose Marathons this unique bespoke family event also offered the option of a half marathon and a fun run. But 26.2 miles was much more appealing to our gritty brother sister duo David and Annie, adding yet another marathon to their long list of races this year. The route described as “different” with a single lap for the half marathon and two laps for the full marathon. It’s a hilly opening few miles before a kinder run in to the finish line. It’s challenging with steep inclines and the course is designed to give runners a taste of Halifax, with urban upland and industrial heritage all mixed together. The well-marked course was supported by a whole host of people including local running clubs and charities. The drinks stations had snacks to offer as well. Each finisher received a bespoke medal and t-shirt for their well-earned efforts. The first clockwise 21km loop which forms the half marathon starts off in Dean Clough heads out towards Pellon, then it’s a long climb towards Ogden reservoir via Mixenden. There’s more hill work taking runners East towards the A644 Denholme Road. Then at last a steady but undulating descent passes Holmfield taking runners round Boothtown and back towards Dean Clough for it all to start over again with another loop. On what was a warm and windy day the 26.2 miles were once again in the bag. Annie finished in 04:43:32 and David in 04:52:10  Another fantastic effort well done guys!

HYDE PARK HARRIERS SUMMER MILE  – WEDNESDAY 28TH JUNE 2017

The rain didn’t stop play although quite a few entrants decided to give it a miss and there was a marked decrease overall in runners at this year’s ‘Summer’ Mile compared to previous years.  Hosted by Hyde Park Harriers this race gives participants a rare chance to see how fast they can race a mile! Divided into 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 unequal sized laps inside Hyde Park, Woodhouse Moor  ensued. Fast and furious, there’s no time to think about how to run other than, charge! Braving the down pour were Marc Steele 6:34, Ian Storey 6:48,  Brian Perfitt 6:55, Martin Steele 7:25  Sarita Whitley 7:10, Vicky Cousins 7:51, Gillian Jago 7:54, Tricia Grant 8:38, Gillian Brown 8:59 and Julie Steele DNF.  Well done Team, fantastic effort and Team Spirit!  Marc & Sarita were Eccleshill’s fastest male & female and will be presented with a trophy at a later date. Thanks to Neil & Debra for their support.

RUSH AROUND THE RHUBARB  –  TUESDAY 27TH JUNE 2017

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. Registration is at Priesthorpe School with the start and finish on a lane close by. Despite being rather short it is a challenging race which takes in part of Woodhall Lane and just when runners think it’s over the marshal turns them left and they have to carry on up through fields slipping and sliding on the wet grass to the next stile! Mud, stiles, woodland and a hop over a stream completed the myriad of challenges. Rushing around were Ian Storey 29:09, Marc Steele 29:49, Debbie Bland 31:19, Sarah Rawlings 33:21, Martin Steele 33:21, Julie Steele 36:32  and Angela Storey 46:23. Well done turning out on a rainy evening Team! Thanks to Philip & Dolly for support & photography.

GLORIOUS GARGRAVE – SUNDAY 25TH JUNE 2017

Rounding off an extremely busy weekend of races, hosted by ‘It’s Grim Up North Running’, Glorious Gargrave offers a choice of distance to be run as out and backs along the Leeds Liverpool Canal from Gargrave. Eccleshill’s Gareth Harland chose the full marathon, 26.2 lovely miles of glorious canal. Other distances on offer were a relatively easy 5K right up to the ultimate challenge of 32 miles. Gargrave is a beautiful village nestling in the Yorkshire Dales about 4 miles from the lovely market town of Skipton. It boasts amongst many things a fish and chip shop, a couple of very nice cafes, a couple of even nicer pubs, lots of accommodation and a Co-op, oh and a Premier Inn for anyone wishing to stay and rest their weary legs. Gargrave straddles the River Aire, and it has the Leeds and Liverpool Canal running through it. Gargrave is a popular tourist destination and is known as the gateway to the Yorkshire Dales. It is also part of the Pennine Way. The course is an out and back course, firstly going towards Skipton and then back to Gargrave and out towards the Dales and back (dependant on the distance being run). Underfoot is made up of some towpath and lots of grass, quite traily but very picturesque.Gareth finished the marathon in a very respectable 4:00:36. Really well done Gareth!

HUMBER BRIDGE HALF MARATHON – SUNDAY 25TH JUNE 2017

Another trio of blue and white travelled further afield today – this time to Humberside. The Humber Bridge Half Marathon in Hull to be precise. Organised by the Hull Rotary Club the race attracts a large field as more than 2000 runners turned out today for the 2017 Humber Bridge half marathon which organisers were expecting to be the best in its 18 year history. On the start line for Eccleshill Road Runners were Rachel Smith, Ian Storey and Brian Perfitt, all gaining themselves valuable points on the club’s championship table. The route starts on the approach to the bridge where runners then follow an undulating loop which is run entirely on road, crossing the Humber Bridge in both directions. The course also passes through nearby villages on the way. Incidentally the bridge is not flat as you may think, 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. Following a few days of extremely hot weather, participants must have been relieved that the weather was quite a few degrees cooler making for almost perfect running conditions.  Ian Storey led the team home in 1:50:23 followed by Brian Perfitt 1:55:01 and Rachel Smith 1:55:03.

Well done team ERR!

ROUND SHEFFIELD RUN – SUNDAY 25TH JUNE 2017

Now for something different! Rosemary Beaumont visited the home of steel manufacturing, Sheffield, for what was described as ‘an epic multi stage trail race’. Held in Endcliffe Park, this unique, innovative race consisted of 11 timed stages, ultimately adding up to 20k of parkland and trails with more kilometres added on  as participants travelled between the stages: Endcliffe Park -Ringinglow – Limb Valley – Ecclesall  Woods – Beauchief GC – Chancet Woods – Graves Park – Lees Hall GC – Meersbrook Park – Brincliffe Edge – Chelsea Park – Endcliffe Park, to complete a total of 24.5k in total. The unique style of the race being broken down into stages means that competitors can rest, regroup etc between stages before the next stage begins. Each stage is raced and competitors can walk, jog inbetween receiving a time for each stage as well as an overall time. Rosemary chose to complete the race as a pair with her significant other and finished the 25k/15.22 mile race in 2:52:50. Well done Rosemary!

STAVELEY STAMPEDE 10K – SUNDAY 25TH JUNE 2017

Debbie Bland travelled to this lovely part of Yorkshire to do us proud in the blue and white. The Staveley Stampede is a lovely 10k multi terrain run in Staveley Village which is a civil parish set in the Harrogate district of North Yorkshire. The area is renowned for its beauty, one of its main features being a nature reserve which the route takes in. The reserve has many rare species of wildlife and flowers. A free children’s fun run also takes place on the day which is run on the Village Green. With an entry limit of just 200 runners this cosy little jaunt with a relatively flat profile takes participants through the beautiful North Yorkshire countryside via the Yorkshire Wildlife Trust Nature Reserve, country trails and bridal paths to Copgrove and then by road back to Staveley. The race starts and finishes in the village Hall in Staveley half way between Boroughbridge and Knaresborough. All finishers receive a memento. Debbie finished 1st FV60 in 51:29  (unofficial). Well done Debbie!. Big thanks as usual to Dolly for support and Philip for photography.

PENISTONE 10K – SUNDAY 25TH JUNE 2017

A Trio of Eccleshill runners took to the beautiful market town of Penistone, officially in the borough of Barnsley, for a challenging hilly 10k in very hot conditions. Hosted by the Penistone Footpath Runners, The Penistone 10K (formerly the Penistone Show 10K) was established over 30 years ago. It is run under UK Athletics rules of competition on roads and the Trans-Pennine Trail around Penistone and starts and finishes at the Penistone Church Football Club.  Annie Kisluk lead the boys home in 52:51 followed by  David Goodyear 56:23 and David Lamont 56:55.  Well done all!

MORECAMBE HALF MARATHON – SUNDAY 25TH JUNE 2017

The Morecambe half marathon and unique 2 mile fun run took place today. Eccleshill Road Runners Simon Lacy, Christopher Stanhope, Jayne Robinson and Sarah Rawlings were on the start line for this the fourth edition. The race takes in some scenic coastal views across the bay and Hest Bank and is an extremely friendly half marathon for first time runners and experienced runners alike. Due to a Kite Festival in Morecambe this year’s route has had to be changed, organisers  had a new course measured. The route is certified accurate. The start and finish line were moved to a new area.  As a result the race is now 3 laps rather than being a double out & back. All runners received a cracking medal for their efforts. Well done Team ERR. Times: Simon 1:53:58, Christopher 2:07:39, Jayne 2:07:55 and Sarah  2:05:36.

GIANTS HEAD MARATHON – SATURDAY 24TH JUNE 2017

It was down South this Saturday for Sue Gregson, in fact all the way to Dorset for the fifth staging of this race, The Giants Head marathon. Billed as a challenging hilly off road 26.2 miler, it starts and finishes in Sydling St Nicholas. The route goes through the breath taking scenery of Sydling and Cerne valleys and runs around the famous Cerne Giant. Despite its tender years this event Organised by White Star running has already earned a reputation as an iconic and superbly run event. There is a great t-shirt and unique medal for all finishers. This race is not for the faint hearted it is very very challenging, in fact one review described it as “A whimsically tortuous, brutal carnival of an event which will punish your body, test your mettle and restore your faith in humanity”.  The event attracts campers to the venue and features a pre-race pasta party followed by post-race facilities which include a beer tent and a hog roast. And to anyone who finishes this gruelling course and distance it is well deserved. Sue is our Eccleshill Road Warrior – and finished the extremely challenging race in 7:09:57 – well done Sue!

CHAOS IN KASSIOPI, CORFU – THURSDAY 22ND JUNE 2017

Eccleshill’s Katie Wrigglesworth took part in her first race abroad whilst the family are holidaying in Corfu, Mum Amanda also ran with her in beautful but very hot conditions.  The race follows a demanding trail of approximately 1000m, of positive differential altitude aimed at experienced runners and takes place in along technical paths, old forest roads and a little tarmac thrown in. Both ladies finished the 2.11 mile race in 25:35. Well done and enjoy the rest of your holiday!

THE SOLSTICE SAUNTER – WEDNESDAY 21ST JUNE 2017

Twelve Eccleshill road runners braved the extreme muggy temperatures (with just the odd short but welcome shower) on what has been another scorcher of a day, to wear the ERR vest in this great race. After raising £10,000 pounds with the inaugural run, The Airedale Dodgers were pleased to announce that the Solstice Saunter was back again this year. It’s the same stunning five mile course in the grounds of Bolton Abbey on the longest day of the year. The race sold out as expected. Sponsored by Airedale shopping centre and CHN Financial consultancy, the event is tailored to raise vital funds for the Sue Ryder charity that provide incredible palliative care and complementary therapy services to support people with life-limiting conditions. The circular route of five miles starts from the Cavendish Pavilion car park and follows a clockwise loop up through the Strid Wood to Barden Bridge, then back through the grounds to the pavilion. All participants received a complementary goody bag and high quality bespoke Solstice Saunter medal. The event was once again a roaring success. Hearty congratulations to our brave runners who took on and completed this challenge. The runners were Brian Perfitt who finished in 46:50 Gillian Jago 48:12 Sarah Rawlings 48:42 Jennifer Briedis 55:31 Martin Steele 51:28 Julie Steele 52:16 Sue Gregson 1:01:50 Sarah Myers 52:10 Gillian Richardson ( 1:13:41 her first race) Linda Bussey 1:26:22 Gillian Brown 48:53 and Debbie Bland 45:39  Well done all!  A big shout out to the support and photography crew Philip Marc and Debra, Thanks guys. Times TBC.

FRECKLETON HALF MARATHON – SUNDAY 18th JUNE 2017

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  heading north into pretty hedgerow-lined country roads. One Eccleshill member made the journey over – Robert Sutton braved soaring temperatures to complete the race in 1:47:03.

Well done Rob!

THE PUDSEY 10K – SUNDAY 18th JUNE 2017

Two Eccleshill road runners Debbie Bland and Claire Hern opted for this local 10k.The Pudsey Legal 10k, Fun run and Park run series were held today. Events kicked off for the under eights at 9:30 with a Park run which was 1 lap around the perimeter of Pudsey Park (approximately 400mtrs) This was followed by a 2.75k Family fun run at 10:00 which started at the Cenotaph. Then from the same start line came the 10k. In ridiculously hot weather conditions this scenic hilly one lap course followed public roads and tracks through Pudsey Valley and Black Carr Woods offering open views across the valley itself. The 6.17 mile run has a total ascent of 648 feet and a maximum elevation of 625 feet. Participants commented on how well organised and marshalled this event was and the support along the route was especially welcomed. This was Debbie’s first time at this event which was a brutal test for any runner in the extreme temperatures that we saw today. Nevertheless that didn’t stop both our runners from bringing home the first female vet categories with Claire finishing 1st FV40 in 49:15 and Debbie 1st FV 60 in 61:45, on what can only be described as a very hot day run on a tough old course. Well done both and thanks to Philip for support and photography!

THE DARK PEAK TRAIL RUN – SUNDAY 18TH JUNE 2017

Something a little different today for three of our Road Runners, Angela and Ian Storey and Gareth Harland who nipped over to the Peak district to fly the blue and whites in the Dark Peak Trail run. This event offered two distances, the longer course of 25.1 kms/15.6 miles with 618 m/2027 ft of climb and a shorter course of 12kms/7.5 miles with 261m/856 feet of climb. A longer trail running event on the footpaths, tracks and trails within the ‘grittier/higher level’ surroundings of the Northern/Dark Peak District starting and finishing from Hayfield and including The Sett Valley Trail, The Pennine Bridleway, Lantern Pike and Chinley Churn. Ian and Gareth chose the longer route whilst Angie opted for the shorter. This was a hilly, moorland trail run in amongst stunning Northern Peak District scenery.  Both routes were fully signed/arrowed plus a bagged, colour route map was provided; there was also a marshalled feed station on the long route. However complications led to Ian and Gareth being sent the wrong way for part of the race which resulted in them covering a total of 18 miles. In Ian’s own words “Very tough terrain with some serious climbs” Still this was incredible in today’s hot conditions. They finished the race together in 03:38:46 and Angie finished in 02:12:21. Absolutely amazing effort. Very well done all!

OTLEY 10 MILE ROAD RACE  –  WEDNESDAY 7TH JUNE 2017

Eight Road Runners visited the market town of Otley for this year’s Otley 10 mile race hosted by Otley Athletic Club which was also Race 8 of the club’s Summer championship and the 28th edition of the race.  The challenging run begins on Mill Way a short walk from the registration point at Otley Cricket & RUF Club.  Starting out with a flat section along Pool Road before crossing Pool bridge to turn left towards Leathley runners then encounter the first uphill climb on the winding road from Leathley, heading to Beckwithshaw. The ascent made even more challenging by the warm, muggy conditions, it was never going to be a walk in the park.  Upon reaching the highest point the views over the Wharfe Valley are stunning, they then turned towards Lindley Reservoir, struggling up tough gradients so steep they merited gradient warning road signs!   As usual though what goes up, must come down and the fast descent is a highlight of this race, all the way back down before crossing the bridge over the river Ouse and a short run around the winding streets back to Pool Road for a fast, flat mile or so back to the club before a lap of the cricket pitch finally yields the finish line and the reward of a bottle of beer and a barbeque.

Leading the team home was Gareth Harland in 1:16:56 followed by Russell Naylor 1:21:37, Leona Shannon 1:23:09, Ian Storey 1:23:15, Debbie Bland (first FV60) 1:26:29, Brian Perfitt 1:27:43, Steve Gledhill 1:28:23, and Rachel Smith 1:30:00.

Well done team and big thanks to our support and photography crew around the course!

THE YVAA GRAND PRIX RACE 3, LYTHE – SUNDAY 4TH JUNE 2017

Debbie and team Bland ended a busy race week with this cracking little number in Lythe that attracts clubs from all over Yorkshire. Set amongst stunning scenery on the eastern edge of the North York Moors National Park. This is the 3rd year that the YVAA have had the use of this venue for their Grand Prix and its well worth the trip to the east coast. Hosted by Loftus and Whitby AC, the actual race takes place within the Mulgrave Castle Estate grounds where runners are escorted down to the start en mass. The course is undulating and on firm woodland tracks. If water levels are low then a splash through a shallow ford is also included in the race, there is even a small foot tunnel to run through. The course is approximately 10K and in fact the Mulgrave Castle 10k is held on the same course which started about 10 minutes before the YVAA race. The course takes in the ruins of the original Mulgrave Castle, it has a great variety of inclines and descents, twists and turns and finishes with a killer hill. Debbie finished 31st out of 60 ladies, first female vet 60 in 59:27.  Great running, well done!

THE RIVERBANK CHALLENGE – SUNDAY 4TH JUNE 2017

Seven 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 Striders also hosted a 2.5 mile fun run and there was a memento and a T-shirt for each finisher. Sarah Rawlings 1:20:37   Christopher Stanhope 1:27:03  Ian Storey 1:11:16  Angela Storey 1:56:19  Cathryn Smith 1:35:22  Gillian Brown 1:45:12  and Sarah Jayne 1:27:47  ran this one 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 “(Although a tad warm today a very enjoyable race, one for the diary)” excellent effort guys well done!

THE HUDDERSFIELD MARATHON – SUNDAY 4TH JUNE 2017

Annie and David have still got the pedal to the metal with regards to participating in long distance races. Today it’s the Huddersfield marathon. They chose this out of the three options that were on offer today, the full the half or a family fun run. Organisers have really promoted this year’s Huddersfield marathon– saying it will showcase the town “in all its various guises” And they say the hundreds of people taking part in the event this Sunday, June 4, will be able to take in “stunning scenery, Pennine villages, the area’s rich textile history, the beauty of the Narrow Canal and the iconic campus of Huddersfield University” It is billed as a gruelling test but it features some great views. The full marathon route starts at The YMCA in Outlane, runs out towards Scammonden Dam, sweeps down to Golcar, along the canal to Marsden, then back to Slaithwaite where you enter back onto the canal to Huddersfield. The route passes through the University and then finishes with a 3 mile finish, uphill! This full marathon is not for the faint-hearted.  Annie finished in 4:44:59 and David 5:11:37. Whatever will these two Road Runners get up to next? Well done guys, great running!

APPERLEY BRIDGE CANTER   – THURSDAY JUNE 1ST 2017

The Apperley Bridge Canter (more colloquially known as the ‘ABC’) is a challenging race of approximately 10km, largely off-road along woodland tracks in a rural part of the Aire Valley. It attracts runners from clubs across Yorkshire, as well as increasing numbers of unattached runners. The race is organised annually by Horsforth Harriers from its established base at Woodhouse Grove School, Apperley Bridge. An extremely warm, muggy evening beckoned the runners to the start line of this tough multi terrain, popular 6 miler. After being walked up through the grounds of Woodhouse Grove School to the start line at Woodlands Drive, runners set off on an uphill jaunt before turning right down through rough ground making the downhills as challenging as the uphills! The course continued to undulate offering runners a variety of terrain before a fast descent through a field back to the grounds of the school for a final lap of the sports field eventually yielded the finish line. No less than 19 Eccleshill Road Runners donned the blue and white, stepping up to the plate and completing this tough challenge. There was an air of great enthusiasm and team spirit as they poured in one by one over the finish line. Ian Stow was first home 47:34  followed by Russell Naylor 49:42, Ian Dowsland  50:40, Ian Storey 50:41, Marc Steele 50:52, Brian Perfitt 51:36, Debbie Bland 53:, Steve Gledhill 53:53, Richard Phelps 55:16, Gillian Jago 55:55, Martin Steele 60:07, Julie Steele 60:51, Vicky Cousins 60:58, Tricia Grant 62:04, Gillian Brown 67:07, Sue Gregson 68:52, Anne Blakey 75:00, Caroline Ward 75:52, and Angela Storey 82:24. A great race over a great course, a definite team builder.

Big thanks to our support and photography crew.  Well done all!

YVAA GRAND PRIX RACE 2, KIRKSTALL  – TUESDAY MAY 30TH 2017

Race 2 of this year’s YVAA Grand Prix was hosted by Kirkstall Harriers who are to be applauded for their fantastic organisation, brilliant marshals and all round welcoming atmosphere. A cool evening met runners at the picturesque Kirkstall Abbey for the start of this multi terrain, undulating course. Runners complete a lap of the Abbey before leaving the grounds to dash along the A65  before descending into the woods to eventually reach Bramley Fall Park and turning around to return to a rousing welcome, finishing amidst a golden sunset back in the grounds of the Abbey.

Well done to our small but perfectly formed Team: Debbie Bland 51:37 , Sarah Rawlings 55:41, Tricia Grant 60:14, Jayne Robinson 59:51, Julie Steele 57:42, Brian Perfitt 52:54, Steve Gledhill 51:10 & Martin Steele 57:22

THE ILKLEY TRAIL RACE – MONDAY MAY 29TH 2017

Wet and hilly was the only way to describe this race which Debbie Bland Ian Dowsland and Leona Shannon selected as their race fix for this Bank Holiday. Hosted by Ilkley Harriers, this trail race which is run under FRA rules is classed as a category C (Medium fell race). It involves over 700 feet of climb. The event made its inaugural appearance on the race calendar in 2008, so it is now in its tenth year. The 6.9 mile out-and-back route took in tracks through woodland, fields and moors, interspersed with some short road sections. Virtually all of the climb was on the way out, but runners then got the chance to be reinvigorated by the views over the Wharfe Valley and across to Ilkley Moor when they hit the moorland on the top. It was then all systems go for a very fast second half of the race back to the finish line. Debbie finished this one (her third event in three days) in 1:05:59. Ian and Leonas times TBC Fantastic achievement well done!

THE  LIVERPOOL ROCK ‘N’ ROLL MARATHON,  HALF MARATHON, 5k & MILE – SUNDAY MAY 28TH 2017

The Liverpool Rock ‘N’ Roll weekend festival of running allows runners to choose from a 5k on the Saturday, a half or full marathon on Sunday morning or a mile on Sunday afternoon, for some  it’s possible to complete the 5k, half marathon and the mile! The hub of the whole event is the Liverpool Echo Arena, hosting race registration, hospitality and the Expo. The weekend kicked off with the 5k in extremely hot conditions. Gillian Jago (26:05) Ian Storey (21:45 PB) Julie Steele (37:01) and Angela Storey (39:30) began their journey with the 5k. Sunday, thankfully,  brought much cooler conditions for the remaining races. Gary Popple (1:57:49) and David Lamont (2:05:01) took on the half marathon distance for the first time, joined by Tricia Grant (2:09:23 PB) Julie Steele (2:09:24) Gillian Jago (1:57:51) Tim Wrigglesworth (1:49:52) Debra Grant (2:09:23 PB) Sarita Whitley (1:54:25) Taylor Waddell (1:38:34) Rosemary Beaumont (2:45:29 PB) Amanda Wrigglesworth (2:32:25) Angela Storey (2:52:18 PB) Claire Tailford (2:03:20) Kim James (2:20:04) Lorraine McKnight (2:26:03) Alison Hartley (2:19:21) Martin Steele (2:09:06) Ian Stow (1:39:33) Marc Steele (1:48:46) and Barbara Stow (2:35:06)  Next up Gareth Harland (3:45:26 PB) Mark Hayward (4:44:39) Sarah Myers (4:35:19 PB) and Ian Storey (4:08 PB:56) experienced Liverpool’s unforgettable Marathon course featuring a scenic tour of city centre. Starting at the Albert Dock on Liverpool’s Waterfront – a UNESCO World Heritage Site – before heading towards the world famous home of The Beatles – The Cavern Club – and a new jaunt down Penny Lane. From here the route headed North of the city, with a run around Goodison Park, home stadium of Everton FC, through Stanley Park and the majestic Palm House, passed Anfield home to Liverpool FC then returning to the city with spectacular views of the Liverpool Skyline and the River Mersey. Runners then passed the Liver Buildings and proceeded towards Chinatown , running through the Chinese Arch and Princes Park, beautiful Sefton Park and Otterspool Park culminating in an electric finish on the Waterfront promenade alongside the Liverpool Echo Arena.

Fantastic effort by all – the team spirit was second to none from our runners and supporters well done!

THE  MANCHESTER HALF MARATHON – SUNDAY MAY 28TH 2017

Jennifer Briedis and Michelle Barstow wore the blue and whites for this inaugural event which incorporated a half marathon and a 10k in this magnificent city. Manchester’s newest half marathon took runners of all abilities on a 13.1 mile tour of the city. From the start line on Portland Street the route passed by two of the UK’s most iconic football grounds, the Etihad Stadium and Old Trafford, as well as the Imperial War Museum and Albert Square. Runners also passed the famous cobbles of Coronation Street’s new set, but perhaps the most significant landmark was Beetham Tower, a 47-storey skyscraper which almost marks the finish line. The course provided runners with plenty of atmosphere to keep them going. With bands on the run, charity cheer points, musical entertainment and thousands of spectators shouting their names to keep them motivated all the way to the finish line! Michelle finished in 02:04:28 and Jennifer finished her first half marathon in 02:35:43 Fantastic running well done both!

THE NORTH ALLERTON 10K – SUNDAY 28TH MAY 2017

David and Annie flew the blue and whites for ERRs again today in this relatively new race. This county town in North Yorkshire hosted its 10km run for its second year and organisers were overwhelmed by the response. The North Allerton 10k has grown from 500 Runners last year to 2000 this year exceeding the organiser’s expectations by far. This scenic yet challenging course takes runners out of the town centre, into the countryside and then back for a big finish on the high street. All monies raised from the event go to Pendragon Community Trust which has a centre in Northallerton that provides support to people with physical, mental and emotional difficulties and their families and carers. Annie finished in 0:52:16 and David in 0:53:07 great running guys well done!

THE MELMERBY 10K – SUNDAY 28TH MAY 2017

After her 150th park run at fountains abbey yesterday, and the start of a packed race agenda, Debbie’s Bland chose this cracking little event in North Yorkshire. The 33rd Melmerby 10k road race; it’s a scenic event with a limit of just 350 runners. There was also a 2.25 mile kid’s fun run which generates funds for the local village hall. The 10k is also part of the Yorkshire Dales race series. The route which was hot and hilly is an undulating one lap course which passes through the picturesque surroundings of Melmerby Village just north of Ripon, the race started and finished at the village hall. It’s a popular event in which many competitors have achieved either a season’s best or a personal best in the previous years. Run on quiet narrow country lanes the route starts with a climb out of the village following an out and back format. There was a bit of a loop at the turning point which directed runners back along the way to a nice fast descent towards the village hall and the finish line. Debbie finished in 52:51 Great running, well done!

THE MERIDIAN ULTRA – SUNDAY MAY 21ST 2017

Organised by cannonball events this ultra-race offers two distances 50k and 100k. Sarah Rawlings and Gareth Harland took on the 50k along with a first timer at this awesome level Ian Storey. 50K is a staggering endurance of 31.6 miles. This ultra-race starts less than 2k from the Greenwich Meridian Line by the picturesque lake on Partington Haven Leisure Park which is in East Hull near the mouth of the Humber estuary. Runners head out through the village, into the wide open countryside and on towards Sunk Island, aptly named because at this point they are running less than one metre above sea level. From here runners head straight across towards Stone Creek and the turn point, then it’s back along the same route to the park where you finish with a pop around the lake to complete the first 25k. No guessing what happens next its back off again to repeat the same loop. A well marshalled course with very helpful staff and a fabulous medal and t-shirt for all finishers. Ian finished in an amazing 5:28:10  sarah and Gareth finished in 5:37:17. Hats off to our threesome for this demonstration of tenacity and stamina needed to achieve this type of discipline. Brilliant running well done!

THE BRATHAY WINDERMERE MARATHON –  SUNDAY MAY 21ST 2017

The Windermere marathon beckoned David Goodyear and Annie Kisluk this weekend to add to their growing list of long distance races this year. Voted the UK’s most scenic marathon by readers of Runners World, it’s bigger, better and as beautiful as ever. Runners from far afield compete to finish this breathtakingly beautiful course, amidst a carnival atmosphere, in the grounds of Brathay Hall with its stunning views over England’s largest lake. The route is a 26.2 mile anti-clockwise circuit of Windermere, taking in Hawkshead, Newby Bridge, Bowness-on-Windermere and Ambleside along the way. Over half the course is run on partially traffic-free roads or roads with a dedicated running lane. The local support was outstanding. And to top it all participants got to see the inspirational men and women who were completing their final marathon of their Brathay 10 in 10. Brathay Hall provided a stunning event centre for the event. This Georgian country house overlooks the northern shore of Windermere with a backdrop of Lake District fells. Runners often comment that the lawn at the Hall provides the most memorable marathon finish line experience anywhere. Annie finished in 4:09:12 and David in 4:23:55  Yet another brilliant effort, well done guys!

OUTLAW HALF IRONMAN  – SUNDAY MAY 21ST 2017

The grit and determination of fellow Eccleshill Road Runner Sue Gregson knows no bounds. Sue recently set herself the challenge of completing a half Ironman for the fantastic charity, Cancer Research UK. The Outlaw Triathlon was established in 2010 and then the Outlaw Half burst onto the scene for 2013 selling out in record speed. So popular is this Middle Distance event that the 2016 edition sold out in not much more than 60 seconds. The half features exactly the same high quality organisation as the Outlaw full Ironman but covers half the distance, namely: 1.2 mile Swim, 56 mile Bike, 13.1 mile Run, alas no mean feat.  As the name might suggest the challenge is held in the county of Nottinghamshire. Sue’s fundraising story will strike a chord for many of us :

“Most of us know someone, family, friends or themselves, who have been  visited by cancer. Some have survived for longer than others, some are still with us and some of us have the visit ahead of us. My story is like that of many, both sad and not sad for me. I lost my dad to cancer. It stole him from us much sooner than we wanted. He was a funny, friendly man who was larger than life, loved his family and was always there for me. I miss him very much. Research had a more positive outcome for my childrens’ other grandad David. He has recovered very successfully from lymphoma thanks to the great work at the Sheffield hospital he was treated by. So it doesn’t always have a sad outcome.”

Take a bow Sue Gregson – mission accomplished both in the challenge and the fundraising! Congratulations from your fellow Blue & Whites – Eccleshill Road Runners!

OAKWELL HALL PARKRUN  – SATURDAY MAY 20TH 2017

The latest member of the parkrun family to grace the club’s championship was Oakwell Hall being race 7 of  15. Oakwell Hall was furnished as a family home in the 1690s and offers visitors a real insight into a post-English Civil War household. The site also includes over 100 acres of country park, a visitor centre, gift shop, nature trail, picnic sites playground, cafe and of a course a free, timed 5k every Saturday. How many more reasons does one need for a visit? Several ERR members  ventured over to Birstall near Batley to the park for their favourite Saturday morning pastime and earn themselves some points on the table to boot! Posting a brilliant time of 21:13 to finish 6th overall was Taylor Waddell, closely followed by Russell Naylor in 22:51,  Ian Storey earned himself his 7th successive personal best in recent races clocking 24:14, next came Brian Perfitt 25:39, Rachel Rostron 32:19, Tricia Grant 36:19 and Kathryn Lucas 36:40.

Well done Team ERR!  \*\*\*Next race in the championship is the Otley 10 mile on Weds 7th June so if you haven’t yet entered – entry closes on 31st May – limited entries on the night will be available for an extra charge.

JOHN CARR 5K SERIES RACE 3 – WEDNESDAY MAY 17TH 2017

The third and final John Carr 5k  Series Race was once again a sell out as runners vied to earn their reward of a bottle of beer. Saltaire Blonde was the memento earned by those who completed all three races of the series. Much cooler conditions this week mirrored race one and perhaps gave some the opportunity of running their best time of the series.  Sixteen Road Runners lined up for the start of the final fast and furious battle.  Leading the team home this week was Taylor Waddell in an impressive 19:24  closely followed by Dan Mackenzie in 20:31, then three Ian’s, Ian Stow 21:15, Ian Dowsland 22:14, Ian Storey 23:02 (PB), Rachel Smith 24:10, Gillian Jago 26:05, Debra Grant 26:07 (PB), Brian Perfitt 26:42, Vicky Cousins 27:16, Tricia Grant 27:16, Martin Steele 27:46, Julie Steele 27:56, Lorraine Mcknight 30:42, Caroline Ward 33:21 and Kathryn Lucas 34:19.

A Special mention to new member Vicky Cousins pulling on the blue and white for the first time.

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

THE PLUSNET LEEDS HALF MARATHON – SUNDAY MAY 14TH 2017

The Plusnet Leeds Half Marathon – which this year celebrates its 32nd anniversary – is firmly established as one of the highlights on Leeds’s sporting calendar thanks to its challenging course, enthusiastic crowds and fantastic atmosphere. Around 9,000 signed up for year’s event raising hundreds of thousands of pounds for charities and good causes across Yorkshire and beyond. 12 Eccleshill Road Runners took to the start line for this challenge which is race 6 in the club’s Summer championship. The sunny weather made for another warm race although there was some breeze to offer a little comfort and keep the temperatures a tad more tolerable than previous years. The route started on The Headrow alongside Victoria Gardens, headed out of the city centre, took in a section of the Ring Road and returned via Abbey Road and Kirkstall Road before finishing in Cookridge Street alongside Millennium Square. The event is staged in partnership with Leeds City Council and forms part of the Plusnet Marathon Series that also features the Yorkshire Half Marathon-Sheffield and the Yorkshire Marathon. A brilliant effort was put in by all our runners. Those runners were Gyorgy Imris 1:52:32, Ian Dowsland 1:44:01,  Russell Naylor 2:00:13,  Gillian Jago 2:02:54, Ian Storey 1:48:43 (PB), Lee Mathews 2:19:25,  Brian Perfitt 1:51:43,  Simon Lacy 1:51:13, Sarita Whitley 1:53:54, James Kilkenny 1:49:41,  Richard Phelps 2:02:22 and Sarah Myers 2:04:06 (PB)   Another brilliant team effort from the mighty ERRs. Great running everybody very well done! And thanks to the support crew who turned out at various points around the course.

WORDEN PARK 10K AND FUN RUN – SUNDAY MAY 14TH 2017

They’ve been at it again, only one week after their marathon in Geneva the brother sister duo Annie and David crossed the border into red rose territory to line up for the Worden Park 10k. Organised by Red Rose Road Runners (Try saying that after a few beers) and with an entry limit of just 400 racers. The route is an accurately measured 6.1 miler over relatively flat terrain. It is a scenic two lap course in and around parkland and country roads starting and finishing in Worden Park Leyland in Lancashire. There was also a 1 mile fun run on offer to runners of all ages. All finishers received a commemorative t-shirt. What a great way to spend a Sunday amongst some lovely scenery whilst keeping up the mileage and representing our great club. Well done again both of you, brilliant! Times are David 53:23 Annie 53:25.

JOHN CARR 5K SERIES RACE 2 – WEDNESDAY MAY 10TH 2017

A sell out John Carr 5k  Series Race 2 this week attracted a fantastic 18 Road Runners. This week runners were met by extremely warm conditions which in turn brought out the biting flies! Many suffered an array of red blotches. A second chance to run the new, slightly revised course proved equally as fast and furious as the previous week as runners vied for a personal best. Roles were reversed this week as Dan Mackenzie came in first for Team ERR (once again 2nd in his age category) closely followed by Russell Naylor in 21:13, Ian Stow 21:29, Ian Dowsland 21:49, Brian Perfitt 23:00, Ian Storey 23:13 (PB), Marc Steele 23:46, Rachel Smith 24:03, Martin Steele 25:55, Gillian Jago 26:05, Debra Grant 26:17 (PB), Jackie Bywater 26:37 (PB), Julie Steele 27:56, Sue Gregson 28:09, Angela Cunningham 31:48, Caroline Ward 32:21, Lorraine Mcknight 32:33 and Kathryn Lucas 36:12.

Well done Team ERR! Bring on the final week! Big thanks to our support and photography crew!

BLUEBELL 10 MILE TRAIL RACE  – SUNDAY MAY 7TH 2017

Hosted by Stainland Lions Running Club, the Bluebell Trail race is billed as a hilly 10 miler which is a mixture of trails, footpaths, towpaths and roads. A slight route change put in place last year following the severe floods remains in place although Elland Bridge is now open. The course change does though, cause the route to be slightly increased to 10.3 miles. The infamous Trooper Lane and the river crossing just before the finish remain   in place to the delight of many of the runners. Definitely not a PB course the Bluebell offers runners a challenging but immensely picturesque run in a beautiful part of Yorkshire. Russell Naylor was the first of eight back for Eccleshill in 1:32:36, next was Georgy Imris in 1:34:00 then Ian Storey in 1:40:35 followed by Rhea Sutcliffe 1:47:50, Mark Hayward 1:48:55, Gillian Jago 1:49:02, Richard Phelps 1:52:16, Sarah Myers 1:57:21.

Well done Team!

CANCER RESEARCH RACE FOR LIFE  – SUNDAY MAY 7TH 2017

This year the Race for life has taken on a slightly different persona. Now incorporating a junior boys & girls race in addition to the usual Women’s race. Renamed the Bradford 5k, the race takes a route around Lister Park and past Cartwright Hal,l following the paths and roads within the park.  The course has a few inclines and hills, and has an amazing atmosphere like no other as like minded people unite to raise vital funds for a fantastic cause. Harjyot Hayer, Sarita Whitley and Claire Tailford all took part in what will be just one of over 150 events around the couty.

Well done Ladies!

THE GENEVA HARMONY MARATHON – SUNDAY MAY 7TH 2017

The Geneva Harmony race series for Unicef offered distances for one and all. Set in one of the most beautiful towns in Switzerland. The weekend series offered a choice of 8 races. They were spread over the weekend and the Sunday menu was a choice between the marathon, the marathon relay, the half marathon and wheelchair race. Our very own jet setting brother sister duo David Goodyear and Annie Kisluk (who is celebrating her 50th birthday) opted for the marathon. The Harmony Geneva marathon is arguably one of the most picturesque city marathons in Europe and unquestionably the fastest. In 2015, 50 % of the runners achieved a personal best. There is a total ascent of just 150 metres and a total descent of 200 metres (the finish being 50 metres lower than the start. It was 26.2 miles of glorious scenery as runners streamed through the countryside, following a route renowned for its beauty, nestled between the shores of Lake Geneva and the snow-capped peaks of the Alps and the Jura mountains. The closing stretch took them through the heart of Geneva before crossing the finish line on the Pont du Mont-Blanc with a stunning view of the famous Jet d’Eau in the distance. A great way for Annie to finish her birthday celebrations, and for both runners to celebrate clocking up yet another full marathon. This proves exactly why they deserve to be joint road runners of the month. The official times are Annie 3:59:20 and David 4:22:06  Fantastic effort well done both!

THE BLACKSTICKS BLUE 10K – SUNDAY MAY 7TH 2017

Debbie and team Bland crossed over the border to Lancashire for this tough little 10k. Described as an undulating scenic route with a fast downhill finish through the beautiful Lune Valley. Starting and finishing at Whitechapel Village Hall, near Inglewhite, Preston, this road race offers stunning views overlooking the Bowland Fells. Whitechapel PTFA along with members of the local community have the organisation down to a fine art now the race is in its sixth year, with continued support from sponsors, Butler’s Farmhouse Cheeses and the Running Centre in Lancaster. Approximately 300 runners followed the route which gradually climbs 300 feet to mile three where it undulates for three quarters of a mile before starting a fast steep descent to mile 5 and undulating back to the finish line. All runners received a commemorative Blacksticks Blue cheese for finishing. Proceeds from the event went to the aid of Whitechaple Primary School. Debbie bagged 1st FV60 finishing in a  time of 52:24  Another great performance. Well done!

THE NORTH LINCOLNSHIRE HALF MARATHON – SUNDAY MAY 7TH 2017

Gareth Harland and Christopher Stanhope took on a half marathon in Scunthorpe today. Now in its sixth year, the ever popular North Lincolnshire half marathon is flat, fast and very friendly. There is a total climb of only 53 metres with a climb rate of 4 metres per mile. It’s well organised and provides a great atmosphere. Many runners turn up and achieve either a personal or a season’s best on this fabulous course. Runners start from Scotter Road in Scunthorpe. From there the route takes them into the rural parts of Messingham, East Butterwick and Burringham before finishing with a lap at Glanford Park stadium round the running track. The weather was quite warm but the breeze compensated a little making conditions more tolerable. All finishers were given a t-shirt and a medal with their goody bags. Christopher and Gareth ran the distance together and finished in 02:07:57  a great effort on this busy race weekend. Well done both!

JOHN CARR 5K SERIES RACE 1 – WEDNESDAY MAY 3RD 2017

Race 5 of the Club’s Summer championship was the ever popular John Carr 5k  Series Race 1 which attracted no less than 20 Road Runners. A cool, cloudy evening greeted runners making for perfect running conditions. A slightly revised course proved equally as fast and furious as previous years giving perfect opportunities for a personal best setting time. Many acheived this but have further two races in which to better it! A new start and finish area meant the course began and ended in the grounds of Esholt Hall where facilities were much improved with luxurious bathroom areas and a baggage drop being provided. Romping home in first pace for Eccleshill’s men was Russell Naylor in 20:15 closely followed by Dan Mackenzie 20:30 (2nd in his age category), Ian Stow 21:33, Ian Dowsland 21:37, Brian Perfitt 22:51, Marc Steele 23:36, Ian Storey 23:42, Steve Gledhill 23:43 and Martin Steele 27:25. For the Ladies Rachel Smith put in a sterling performance leading them home in 24:01, hot on her heels were Gillian Jago 25:47, Debra Grant 26:33, Tricia Grant 26:55 (2nd in her age category), Jackie Bywater 27:14, Julie Steele 27:25, Sue Gregson 27:51, Gillian Brown 29:19, Lorraine Mcknight 31:02, Caroline Ward 34:55 and Kathryn Lucas 35:38.

Well done Team ERR! Bring on next week! Big thanks to our support and photography crew!

THE  METRO MARATHON DUSSELDORF SUNDAY APRIL 30TH 2017

Robert Sutton’s race radar knows no boundaries, this weekend he jetted off to West Germany to take part in the Metro Dusseldorf marathon. This marathon race takes place on a tour of Dusseldorf, a prosperous city of over 600,000 residents situated in the Rhine-Rhur metropolitan region in the far west of Germany. The route consists of four different loops, starting at the Ehrenhof cultural centre on the right bank of the mighty River Rhine. At first competitors run along the river to the northern part of Düsseldorf, then it’s on to the western part of the city, then to the east, and finally to the south. The finish line is about one kilometre south of the start area, also on the right bank of the Rhine, on the edge of the Altstadt which is lined with bars, restaurants and beer halls. The course is mostly flat. You  have to run twice up and down the impressive Oberkasseler Brücke but the views from this 614-metre-long bridge more than compensate for the extra effort. Last year, 2,865 marathon runners and 2,695 relay teams took part in the event. The Metro marathon Dusseldorf is also an official Boston Marathon qualifier, thanks to the fast and flat course it’s the ideal race to qualify. Rob finished in (4:02:53) congratulations and well done!

KIRKBYMOORSIDE 10K – SUNDAY APRIL 30TH 2017

Debbie Bland travelled to North Yorkshire today to take part in this popular event. The annual run takes place every May Bank holiday in Kirkbymoorside. It leaves the town with a tough incline up the Gillamoor Road and out into open countryside. Runners pass through the nearby villages of Gillamoor and Fadmoor before heading back to Kirkbymoorside. A challenging but beautiful circular route which is popular with runners who return every year to enjoy not just the run but the great atmosphere created by locals who pack out the High Street for the start and finish. Three runs for children of all ages precede the adult event. Part of the tradition of the day is the Beadlam tractor run which passes through the town during the morning – hundreds of tractors take part and again this draws a great crowd. It’s always a day to remember in the town. Runners come from far and wide and one of the comments people hear regularly is how friendly and welcoming Kirkbymoorside is and what a fantastic atmosphere there is on Race Day. Debbie finished the race in 51:30 a great effort , well done!

IT’S A PIECE OF CAKE 10K – SATURDAY 29TH APRIL 2017

Eccleshill’s Annie Kisluk and David Goodyear travelled over the Pennines to Manchester for a 10k and the promise of cake! The relatively new race was originally thought up to celebrate the 10th birthday of Manchester Frontrunners and is now in it’s third year. It is an undulating, 3 lap course around Boggart Hole Clough, one of the prettiest urban parks in a wooded valley in North Manchester which starts and finishes on the athletics track. The remainder of the course is on good paths around the park. The signature of the course  is Angel Hill, a very steep but thankfully short hill that apparently brings people back to the race year after year! Annie completed the race in 52:10 closely followed by David in 52:49. Following the race runners are encourage to by cakes to raise funds for charity.

Well done you two!

THE VIRGIN LONDON MARATHON – SUNDAY 23RD APRIL 2017

It’s finally here for four Eccleshill Road Runners, the culmination of months of hard work, upping the mileage, the frequency and the distance of the training runs, and all for the privilege of crossing the finishing line of the most renowned marathon in the UK. Hearty congratulations to our running buddies Harjyot Hayer  Gillian Jago, Debbie Bland and Mark Hayward who have done us all proud today, and a special mention to Cathryn Smith and Lee Mathews who so much wanted to be on that start line with them. (We wish them both the best for a fast recovery). Whether you’re sweating it out on the 26.2 mile route or supporting from the side-lines, the winners really are the charities. The London marathon holds the Guinness world record as the largest fundraising event in the world. It has realised over £840 million pounds since its inauguration. The first London marathon was held on the 29th of March 1981 when more than 20,000 people applied to run, 6,747 were accepted and 6,255 made it over the finish line on Constitution Hill. Nowadays the first half of the route runs just south of the Thames starting at Greenwich and Blackheath, progressing to Cutty Sark just before the seven mile mark. Crossing the river on Tower Bridge marks just over 12 miles, onwards to the Isle of Dogs and also then taking in the prestigious area around Canary Wharf at 18 miles. Throughout the race runners pass some of the capital’s most iconic landmarks, including The Tower of London, The Embankmen and Big Ben before a final dash down The Mall to the finish in front of Buckingham Palace. With over 40,000 registered runners for this 37th edition of the race the weather conditions were just about perfect if not a tad warm for the runners. Debbie finished in 4:16:04 then Gillian Jago in 4:35:28, Harjyot Hayer in 4:41:52 and Mark Hayward in 5:00:40. A magnificent endurance effort by all four runners. Also a massive shout out to the fantastic support and photography crew for their invaluable presence, encouragement and brilliant camaraderie.

Well done again the MIGHTY ERRs!

THE YVAA RACE 1, HONLEY – SUNDAY APRIL 23RD 2017

Race one of the Yorkshire Veterans Athletic Association Grand Prix got under way today with the venue being hosted at Honley and promoted by Holmfirth Harriers. Brian Perfitt and Mick Hogan lined up for Eccleshill Road Runners which saw this start to the series greeted by completely dry woodland paths and trails (no mud to be seen). The race started  off around the track before ascending upwards and across the tops offering lovely scenic views across the valley and surrounding countryside. The route progresses with undulations around fields with various styles and even an electric fence to hurdle. Eventually the course which is just less than 6 miles (approximately 9.75k) finishes with a steep descent and a final sprint around the track to the finish line. Brian finished in (1:01:44) Mick finished in (1:03:24).  A great way to start this popular series, well done guys!

THE LONGHORN HALF MARATHON –  SUNDAY APRIL 23RD 2017

The Longhorn race event offers 5 different distances on the day, 5k, 10k, half marathon, full marathon or 60k ultra. Sue Gregson chose the half marathon which is organised by the Trail Running Association. This race is set in the private areas of Sherwood Forest and the beautiful grounds of Thoresby Hall; a Grade 1 listed 19th century country house in Nottinghamshire. Running over old military roads, cleared tracks, and through ancient woodland with grassed paths around the country estate. The route includes a few hills to offer a small challenge around the course in the most scenic countryside and forest. The race has been devised to take runners into Nottinghamshire’s National Nature Reserve (The site of Europe’s oldest oak tree woodland) which is dominated by over a thousand native oaks, most of which are over 500 years old! It is here that the Longhorn cattle of Thoresby estate now roam freely, although being a very docile breed they were tucked away for today’s proceedings. Sue finished the race in a time of (2:24:13) another one in the bag, well done!

HOLLINGWORTH LAKE 5K – MONDAY 17TH APRIL 2017

Eccleshill’s brother and sister duo, Annie Kisluk and David Goodyear have been on their travels again! Finishing off their Easter with a bank holiday 5k in Littlebrough, Lancashire. Hosted by Cannon Ball events the Hollingworth Lake 5k race is billed as a fast, flat race in stunning scenic surroundings, runnable by all abilities and perfect for the pb seeker! Starting out from the Littleborough Rugby Club car park, a short downhill section sets runners off on their way for what is reputedly the fastest mile in  a 5k – taking in a full lap of the lake before exiting to complete the remainder of the race on good paths and tarmac heading for a small hill to the finish back at the car park. Annie finished in a brilliant time of 25:04 and David 25:33.

Fantastic effort you two! Well done!

GUISELEY GALLOP 10K – SUNDAY 16TH APRIL 2017

The 22nd edition of the Guiseley Gallop hosted by Skyrac AC kicked off a chilly Easter Sunday for two Eccleshill runners. Dawn & Mick Hogan took on the multi terrain, two lap 10k race held on tracks and trails in and around Guiseley. The challenging course, made even more treacherous with the recent spate of bad weather proved a challenge for most and runners regularly battled to stay upright with quite a number sporting wounds after taking a tumble.  Dawn galloped home in 69:01 and Mick in 60:39.

Well done Team Hogan!

THE CALDERVALE COUNTRY 10 MILER – FRIDAY 14TH APRIL 2017

Debbie Bland kicked off the Easter holiday weekend travelling to Caldervale  near Garstang in Preston. The 10 mile road race is one undulating lap with challenging hills which is run on quiet country roads in Preston Lancashire.  The race is described as a toughie with some long hills and sharp declines making it a great challenge which offers some rewarding scenery. Caldervale is a lovely isolated village setting for this testing Lancashire treat. There is also a four mile fun run on the day to compliment the Good Friday race calendar. Debbie bagged the first FV60 category winning her a nice bottle of wine and a complementary Easter egg as well as a lovely piece of bling. Another brilliant effort with just rewards, keep up the good work Debbie, well done! Official time ( 1:24:11 )

THE SALFORD 10K – FRIDAY 14TH APRIL 2017

Annie Kisluk and David Goodyear travelled to Salford in Manchester to wear the blue and whites in this event. Hosted by Salford Harriers this race is a measured two lap course which is run on the roads around Salford sports village. The 10k is an undulating course which consists of two anti-clockwise loops and it is run on roads that are open to traffic. There is a race limit of 700 entrants and each finisher received a commemorative gift. Starting on Littleton Road the route travels North before crossing the river Irwell and circling the Agecroft cemetery on Langley road from there it goes Southwards towards the A576 on Broughton road for a short spell before turning left at Cromwell Bridge roundabout and after crossing the river again heads back to Littleton road to complete the first of the two circuits. Another one in the bag for our two running buddies. Anne finished in 50:33 and David in 50:54, great running guys and well done!

THE SKIPTON TRIATHLON – SUNDAY 9TH APRIL 2017

Four blue and whites got a taste of something a little different in the gorgeous sunshine in this beautiful part of Yorkshire. The Skipton Triathlon tempted four Eccleshill road runners to try out this discipline which involves a 400 m swim followed by a 22km bike ride and finishes with a 5km run. The swim took place in Craven swimming pool and fitness centre. Then it was a transition onto the bikes for a single lap circuit of some of the stunning countryside around Skipton and finally a two-lap 5km run around the glorious Aireville Park. This event attracts many first timers and it is a perfect introduction to the sport made famous by the Brownlee brothers. It is now in its 12th year and there was a well-earned medal for everyone who completed this challenge. Trevor and Christine Rhodes, Helen Freeman and Sue Gregson stepped up to the plate for this in the true style of ERRs. They all completed the event in fine style with some amazing times to be proud of. Another excellent effort by our club runners, well done! Overall times are as follows Christine Rhodes 2:39:03 Helen Freeman 1:58:39 Trevor Rhodes 1:31:40 Well done all!

THE VALE OF YORK 10 MILE RACE – SUNDAY 9TH APRIL 2017

23 Eccleshill Road Runners took on race 4 of the club;s Summer championship in the shape of the Vale of York 10 mile race in the beautiful, if at times little warm, Spring sunshine. The sibling race to the Vale of York half marathon is billed as being perfect for personal best seekers as runners are invited to glide around the fast, flat, traffic free course which is run on closed roads and country lanes to and from Rufforth Airfield. Runners complete a mile up the runway before even exiting the airfield! The charity partners of the event are Epilepsy Action who benefit from 30% of the profits from the race, with their help and marshals from St Theresa’s Athletic Club the race organisation was impeccable. Drama unfolded as the Yorkshire Air Ambulance had to visit the area to attend an unwell runner but despite this the marshals acted in a professional manner dealing with the situation and keeping the runners safe. Big thanks to them. Leading the team home was Claire Hern in 73:30, followed by Taylor Waddell 74:21, Ian Stow 76:35, Gareth Harland 77:10, Rob Sutton 79:51, Sarita Whitle 81:19, Russell Naylor 82:39, Ian Storey 84:09, Marc Steele 87:49, Gillian Jago 88:32, Sarah Rawlings 89:43, Rachel Smith 92:59, Christopher Stanhope 95:02, Sarah Myers 95:54, Tricia Grant 96:25, Debra Grant 99:18, Alison Hartley 103:57, Jennifer Briedis 104:50, Gillian Brown 105:.38, Julie Steele 105:51, Lorraine McKnight 110:38, Barbara Stow 114.33 & Angela Storey 141:11.

Well done everyone in those testing conditions and big thanks to our support crew!

THE PLUSNET SHEFFIELD HALF MARATHON – SUNDAY 9TH APRIL 2017

Congratulations to Rosemary Beaumont and Ian Dowsland who represented the blue and whites in Sheffield today. The soaring temperatures made this tough race even harder. But the phenomenal support and atmosphere took some of the sting out of it. The Sheffield half marathon is a major event in the UK’s running calendar. The Sheffield Half Marathon attracts thousands of runners of all abilities and spectators to the city’s streets and raises many thousands of pounds for good causes. With a city centre start and finish, the event boasts a super scenic route – with stunning views of the Peak District for those who conquer the climb to Ringinglow. Not the easiest of races the route gradually climbs out of the city centre to offer magnificent views from the top of the hill. And as the saying goes “what goes up must come down” so the last 10k does exactly that giving runners the rare chance to get negative splits as they speed back to the finish line. Finishers even had a free cold cup of Erdinger (alcohol-free) handed to them as they collected their goody bags at the finish line as well as free medal engraving thanks to Plusnet  the race sponsors. The route starts in the heart of the city. Runners then journey along Ecclesall Road before taking a right turn up towards Ringinglow. Then they run along country roads and on to the famous Norfolk Arms, where the route takes a left turn and offers superb views of the city of Sheffield and the Peak District. Those views are then left behind as the course heads downhill to the outskirts of Dore, back to Ecclesall Road and on to the grand finish at the Town Hall. Congratulations to both of you your times are Rosemary 2:54:17 and Ian 1:51:32  Well done!

THE HORNSEA ONE THIRD MARATHON – SUNDAY 9TH APRIL 2017

Debbie and team Bland travelled east today to the lovely coastal town of Hornsea to take part in the  Hornsea One Third Marathon. The race is now recognised as the National One Third Championship Marathon. It has a 50/50 ratio of club and non-club runners and raises vital funds for the Marie Curie cancer charity. This will be the ninth year that the event has taken place and the number of entries increases every time. The organisers the rotary club of Hornsea and East Riding are going all out to try and make this one of the most popular shorter runs in the North of England. The 8.74 mile route is from Densholme farm in Hatfield and follows an undulating route along country lanes on the outskirts of Hornsea. There course is a certified distance and is well marshalled by members of the rotary club and supported by the police. It’s a left handed loop on country bye roads with a 5oo yard slightly downhill start / finishing straight. Debbie finished this one in (1:14:31) 2nd FV60  great effort and well done!

THE HERITAGE DARWEN HALF MARATHON – SUNDAY 2ND APRIL 2017

Debbie Bland crossed the border into Lancashire to run this new half marathon hosted by the Darwen Dashers. It’s a rollercoaster of a route which follows the scenic undulating roads south of Darwen in Lancashire. Described in Debbie’s own words as “one of the toughest races that she has ever run” It kicks off with a 2 mile uphill start and continues for a further 7 miles with  steep uphill climbs. There is also a steep 2 mile downhill section. Debbie was one of only 2 FV60s who both ran equally well staying neck and neck until the last quarter of a mile, before being pipped at the post by a mere 12 seconds. Debbie finished in 31st position out of 311 runners in a brilliant time of 1:56:41 a sterling effort. Well done team Bland!

ASICS MANCHESTER MARATHON – SUNDAY 2ND APRIL 2017

It’s billed as the UKs flattest fastest friendliest marathon and its back for the 7th year in Trafford. And five Eccleshill road runners got themselves a piece of the action. This super- fast course offered great entertainment, outstanding crowd support and a glorious finish at the Emirates Old Trafford ( home of the Lancashire Cricket club)  The start line was just a short walk away from the Emirates on the A56 White City roundabout and the race followed a loop that finished in Talbot road back outside the stadium. This year there was an 8m wide finish area which provided a spectacular finale to the great day. The route is held entirely on closed main roads and is well marshalled. The first Manchester Marathon took place in 1908. It was back in 2012 after a 10 year absence and has re-established itself as a popular race. The event draws up to 15000 runners of all abilities who lap up the marvellous atmosphere. All finishers picked up a huge medal and a technical t-shirt for their efforts. First over the line for the mighty ERRs was Julian Bailey in a staggering time of 3:25:59 second was Anne Kisluk in 3:59:59 David Goodyear crossed the line in 04:13:25 Mark Hayward in 04:34:48  Sue Gregson (04:28:09 and a massive PB)  A brilliant effort by everyone once again, well done!

WAKEFIELD HOSPICE 10K – SUNDAY 2ND APRIL 2017

Six Eccleshill Road Runners travelled to Clarence Park Arena, Thornes Park, Wakefield for the 22nd Edition of the Wakefield Hospice 10k. Organised for and by Wakefield Hospice. Race 3 of the club’s Summer championship proved to be perfect conditions for running if not a little chilly at the start, the undulating course starts from the road outside the park and takes runners on an out and back completely road course. Some 2000 runners signed up for the race this year raising vital funds for the Hospice which needs £4M  per year to carry on their fantastic work caring for those with advanced active, progressive and life threatening illness. Leading the team home was Sarita Whitley in 46:27 closely followed Gyorgy Imris 48:39, Ian Storey 49:49, Gillian Jago 53:44, Tricia Grant 57:02 and Julie Steele 57:15.

Well done Team and thanks to our support crew!

THE MONSAL TRAIL HALF MARATHON – SUNDAY 26TH MARCH 2017

Debbie Bland crossed the border into Derbyshire today to up her London marathon training by running this inaugural event. This brand new half marathon took place along the stunning traffic-free Monsal Trail, one of the most iconic of Peak District trails. It had a flattish good surface throughout. The Monsal Trail is a former Midland railway line and the route took runners through four railway tunnels and along the spectacular Monsal Viaduct. Surrounded by beautiful countryside this half marathon is ideal for spring marathon training. Organised by the same team who managed the Tissington Trail Half the route was an out and back from the former Bakewell Station. Debbie recorded a season’s best time of 1:48:33 amazing work and a brilliant lead up to the big one. Well done Debbie and Team Bland!

THE KEIGHLEY BIG 10K – SUNDAY 26TH MARCH 2017

The Keighley big 10k takes place on Mother’s day annually and is the second race in our summer championships. Four Eccleshill road runners took to the start line for this popular race which is now celebrating its tenth year, in that time it has raised more than £270,000 for the Sue Ryder Manorlands hospice in Oxenhope. The route starts and finishes in Victoria Park and leads participants in and around the streets of Keighley. All finishers who crossed the line received a Big 10K T-shirt and all mothers who finished got a red carnation as a mother’s day gift. Rachel Smith blasted home in 53:21 followed by Ian Storey in 53:30 hot on his heels was Mick Hogan in 55:53 and a great performance by Dawn Hogan in 1:03:26. A good effort by all four runners and lovely weather for it too, well done!

EDP LISBON HALF MARATHON  – SUNDAY 19TH MARCH 2017

What has now become an annual event, the Eccleshill trip abroad saw in excess of forty people travel to the warmer climes of Portugal to run in what turned out to be the other end of the weather scale or thermometer from our counterparts here in Yorkshire! Soaring temperatures made running the Lisbon half marathon a challenge to say the least! Based in the city of Anjos the group travelled by metro to Almada for the start on the 25th April Bridge. Over two miles long, the bridge made for a congested and slow start as runners vied for space. After exiting the bridge the race took runners on loops around the streets of Lisbon before finishing in front of the “Mosteiro dos Jerónimos” Monument. An impressive 30 Eccleshill runners took part in the race and here are their finishing times Gareth Harland 1:44:12, Taylor Waddell 1:45:48, Dan Kirkham 1:49:41 (PB), Ian Stow 1:50:25, Robert Sutton 1:51:37, Debbie Bland 1:59:33, Gyorgy Imris 1:59:37, Gillian Jago 2:03:59, Marc Steele 2:05:11, Sarah Rawlings 2:05:59, Ian Storey 2:06:52, Sarah Myers 2:09:45 (PB), Jayne Robinson 2:12:40, Janice Magennis 2:15:01, Sue Gregson 2:16:03, Richard Phelps 2:17:01, Don Hannant 2:20:54, Garry Ellison 2:22:42, Tricia Grant 2:22:51, Helen Freeman 2:25:14, Alison Hartley 2:27:29, Julie Steele 2:27:41, Martin Steele 2:27:41, Christopher Stanhope 2:37:55, Lorraine McKnight 2:37:56, Tim Wrigglesworth 2:42:22, Amanda Wrigglesworth 2:42:23, Kim James 2:44:24, Barbara Stow 2:45:01, Angela Storey 2:59:24.

A massive well done to all our runners completing the race in extremely challenging conditions but a special mention to Angela Storey completing her first half marathon and Dan Kirkham & Sarah Myers who both achieved a personal best and  last but not least big thanks to our support and photography crew around the course.

THIRSK 10 MILE – SUNDAY MARCH 19TH 2017

Massive congratulations to Leona Shannon who smashed her way home to a PB in the Thirsk 10 miler on Sunday. Starting and finishing at the main grandstand of the racecourse in Thirsk. The race has been run now for over 30 years. The route has had to be changed over the passage of time due to road closures and traffic congestion.  Now it’s a fast flat, course and ideal territory for the PB seekers. Well done Leona your PB time was 1:18:03, brilliant effort you certainly earned your finishers T-shirt, well done!

TRIMPELL 20 MILE RACE  – SUNDAY 19TH MARCH 2017

A trio of Eccleshill runners braved the elements to complete the challenging distance of 20 miles. Lancaster Castle is now the starting venue for the Trimpell 20 mile race. A 99%  traffic free course takes runners through the historic city of Lancaster and the stunning Lancashire Lune Valley countryside.  This race is billed as an ideal training run for the Virgin Money London Marathon or indeed any other Spring marathon. Rhea Sutcliffe was the first Eccleshill runner home in 2:50:30, Annie Kisluk 2:59:49 and David Goodyear 3:08:52.

WILMSLOW HALF MARATHON  – SUNDAY 19TH MARCH 2017

Nearly 4000 runners braved the wind and rain to take part in the 33rd edition of the Wilsmlow half marathon, a flat, one lap course on mainly flat rural roads which starts on King’s Road, runners are then directed towards Burleyhurst Lane, they are then sent on a counter-clockwise loop along surrounding roads before returning along Burleyhurst Lane to the finish line at Mobberley Road. Eccleshill’s Harjyot Hayer was one of the 4,000 braving the inclement weather and despite the conditions finished the race in a personal best time of 2:04:32.

Well done Harjyot!

EPILEPSY ACTION BRADFORD 10K – SUNDAY 19TH MARCH 2017

Hosted by Epilepsy Action – their very own Bradford 10k is billed as a very fast, flat city centre 10k. Starting and finishing in Centenary Square the race is ideal for beginners and personal best seekers alike and takes runners through the heart of our city via Frizinghall. Seven Eccleshill runners had to battle with typical Yorkshire weather, a mixture of wind, rain & sunshine on what was a busy weekend of racing.  The seven blue & whites were Mark Hayward 51:45, Mick Hogan 53:07, David Lamont 53:43, Jennifer Briedis 59:28 (PB), Dawn Hogan 59:52, Anne Blakey 75:52 & Linda Marshall 76:48

Well done all and massive thanks to our fabulous marshals around the course!

THE BARCELONA MARATHON – SUNDAY 12TH MARCH 2017

Congratulations are in order for Victoria Hudson and Simon Lacy  who flew the blue and white ERR flag today in Barcelona taking part in the city’s well renowned marathon. The 2017 Marathon is the 25th one after the Olympic Games in Barcelona in 1992. Incidentally this is the fourth largest marathon in Europe.  The race is flat, with very few hills, making it ideal for achieving a good time. Runners over 17000 of them start and finish below the green hills of Montjuic Park in front of the Magic Fountain. They then race thorough the city enjoying many of the sites of the Catalan capital. Along the way they will see Camp Nou (home to FC Barcelona), Gaudi’s magnificent La Pedrera and his cathedral masterpiece Sagrada Familia as well as the Hospital de la Santa Creu i Sant Pau, a UNESCO World Heritage Site. What a brilliant city to represent your running club in. Excellent effort Victoria finished in  (4:14:49)  Simon you finished in ( 4:08:36 ) Great effort well done!

SPEN 20 MILE RACE – SUNDAY 12TH MARCH 2017

Hosted by Spenborough and District Athletics Club this challenging 20 miler is not to be taken lightly. Cool but sometimes sunny weather made for ideal and pleasant conditions for the runners tackling the hilly course around the Hartshead, Clifton and Robertown areas and an early climb out of Cleckheaton up to Scholes certainly sets the tone of the race. Spring marathon training continues for many and the Spen 20 miler is an ideal opportunity to ramp up the mileage before beginning to think about the ‘taper’. Doing just that was Mark Hayward, Gillian Jago and Debbie Bland, all taking on the Virgin Money London Marathon in just a few weeks time. Taking on the distance for the challenge of it were another two Eccleshill Road Runners, brother and sister duo David Goodyear and Annie Kisluk. All five heroes bagged the distance on this tough, undulating course which started out at the Princess Mary Stadium. The results were Annie Kisluk ( 3:01:31 ) David Goodyear (  3:11:19) Debbie Bland ( 3:15:12 ) Gillian Jago ( 3:36:25 ) and Mark Hayward ( 3:36:25 )

Well done everyone!

LEEDS LIVERPOOL CANAL CANTER – SATURDAY 11TH MARCH 2017

It’s Grim up north organised this event which offered four disciplines a 10k, half and full marathon or the ultra. As the route suggests the Leeds Liverpool canal canter is an out and back course which starts and finishes at Kirkstall, about 2.5 miles outside the centre of Leeds. Whilst not particularly technical it’s a great opportunity for runners to improve their PBs. The Leeds Liverpool canal is over 127 miles in length stretching between the two busy cities. It is in fact the longest canal in the north of England and passes through 91 locks. Four Eccleshill Road Runners entered different distances in this, Ian Storey and Gareth Harland took on the full marathon, whilst Sarah Rawlings did the half marathon and Rachel Smith tackled the 10k (the first race in our summer championships).  The weather conditions were ideal for this and some great times were recorded. Unfortunately for Ian the cramp set in after a staggering 20 miles forcing him to pull up and abandon the full distance (hard Luck Mate) On the flip side Gareth went on to record a PB at this distance. Sarah Rawlings was the lone ERR in the 13.2 miles distance as was Rachel Smith in the 10k. Congratulations to all the runners today for an outstanding effort, well done! Times were Gareth Harland (3:50:55 – new marathon PB)  Ian Storey (3:35:37 for the 20 miles completed- before pulling up)  Sarah Rawlings (1:59:40 – half marathon) Rachel Smith (53:06 – 10k)

PECO CROSS COUNTRY RACE 5, ROUNDHAY PARK – SUNDAY MARCH  5TH 2017

The final race of the 2016/17 Peco Cross Country season took place in the beautiful surroundings of Rounday Park, Leeds. Hosted by Chapel Allerton Runners assisted by Roundhay Runners the 4.8 mile race took place entirely in the grounds of the park. A cold and at times rainy morning met runners as they flocked for the final race. A downhill start enticed runners into a mud bath immediately followed by a steep climb. The undulations continued as clubs wound their way around an array of terrain which included, fields, woodland and bogs! Eccleshill had 15 participants in the race which doubled as the final race in the club’s Winter championship and so had members vying for valuable points on the table as the top spots have been a close fought battle this year! Leading the mud splattered Men’s team home was Trevor Rhodes 36:19, Closely followed by Dan Mackenzie 38:05, Gyorgy Imris 39:50, Marc Steele 41:37, Rob Sutton 42:15, Steve Gledhill 42:30, Gary Popple 43:37, Brian Perfitt 44:26 & Ian Storey 68:58. The leading lady was Gillian Jago 46:29, Debbie Bland 46:50, Angela Storey 68:57, Debra Grant 68:58, Sarah Myers 68:58 & Julie Steele 68:58.

Well done Team Eccleshill and a special mention for the  amazing team effort put in by the ladies who rallied round to support Angela! Once again thanks to our fabulous support, photography & catering crew!

THE BIDEFORD HALF MARATHON SUNDAY MARCH  5TH 2017

Sue Gregson travelled all the way down to Devon in her blue and whites for this scenic half marathon. Race entries were limited to 1500 and the course was well marshalled. Talk about a swift half! The route takes in magnificent countryside alongside the river Torridge between Bideford and Great Torrington. The terrain undulates on the way out with a flat return. There is good road surface on the town and country roads, plus just over 5 miles of good tarmac on the Tarka trail which is a cycle track on a converted railway line. The configuration consists of a short loop at the start, then basically a single lap out on one side of the river then back to the finish line. Oh and you even get to run through a tunnel. All finishers received a bespoke medal and a race memento for their efforts. Another brilliant effort Sue finishing in a personal best time of 2:00:56 and thanks for representing the blue and whites in this race, well done!

THE VODAFONE MALTA HALF MARATHON SUNDAY MARCH 5TH 2017

Congratulations are in order to Tricia Grant who jetted off to the island of Malta to fly the flag for the mighty ERRs in the half marathon over there. The event has over 4000 participants and the route has been changed over the years to suit the tiny island’s geographical layout and size. The route starts in Rabat and finishes in Sliema with a drop of 200 metres from start to finish. This proved to be just the ticket for Tricia who walloped home with a personal best finishing in 2:12:15 what a fantastic time! The race brings in vital funds for charities, especially the inspire foundation which is the official charity of the Vodafone Malta half marathon, they work  with children and adults with various disabilities such as Down Syndrome, Cerebral Palsy and Autism, to help them achieve the highest levels of independence. Another brilliant race and another brilliant result, well done Tricia, keep up the great work!

BEAUTIFUL BOLTON HALF & FULL MARATHONS – SUNDAY FEBRUARY 26TH 2017

It was a cold and windy morning when ERR descended up on Bolton Abbey estate to take part in day two of the Bolton Abbey Trail Running Festival. The‘Beautiful Bolton half 2017’, hosted by It’s Grim Up North Running was the penultimate race in the club’s Winter championship. The 12th Century ruin was the setting for multiple distances across the weekend of 25th and 26th February. On offer was an Ultra Marathon, Marathon, Half-Marathon, 10k, and 5k. Each were variations on an undulating multi-terrain lap of approximately 9 miles. ERR had 11 runners donning the blue and white on Sunday, with four runners in the Marathon and seven runners in the Half-Marathon. Leading the way in the Marathon was Ian Storey in 5:08:05, followed by the trio of Gareth Harland 5:33:53, Sarah Rawlings 5:33:54, and Marathon debutant Sarah Jayne Robinson 5:33:53. The half-marathon was part of the Eccleshill Road Runners winter championship series, and storming home first for ERR was Gyorgy Imris who put in a sterling performance for his first half marathon finishing in 2:04:36, he was closely followed by Steve Gledhill 2:08:03, Marc Steele 2:14:43, Gillian Jago 2:15:50, Tim Wrigglesworth 2:21:20, Brian Perfitt 2:29:12 and Christopher Stanhope 2:31:38.

A big well done and thank you to our supporters around the course.

LEE VALLEY HALF MARATHON – SATURDAY FEBRUARY 25TH 2017

Eccleshill’s Harjyot Hayer travelled to the big smoke to take part in the Lee Valley Half Marathon. Part of the ‘ Velo Park Run Through’ series which offers races of 1 mile, 5k, 10k, 10 mile and half marathon, so something for absolutely everyone! Run at the Queen Elizabeth Olympic Park the race consists of laps of one mile so, one for the mile, 3 for the 5k, 6 for the 10k and so on – 13 laps for the half marathon!! Harjyot finished in a brilliant time of 2:05:32 – really well done!

BEAUTIFUL BOLTON ULTRA MARATHON – SATURDAY FEBRUARY 25TH 2017

Part of a running festival with two days of trail races in the beautiful surroundings of Bolton Abbey hosted by It’s Grim Up North Running included, amongst a whole host of distances, an ultra race of 32 miles on the Saturday. Gareth Harland decided to take up the challenge as a lone Eccleshill runner and completed the race despite the challenging conditions of constant drizzle and a cold biting wind. The wet conditions made the course even more muddy than usual as each race consisted of the appropriate number of around 9 mile multi terrain laps until the desired race distance was achieved. Gareth completed the challenge showing immense grit and determination and a trick up his sleeve to boot. A big well done to him c0mpleting the course in 5:48:46!

HUDDERSFIELD 10K – SUNDAY FEBRUARY 26TH 2017

The 2017 Huddersfield 10k was this weeks race selection for Debbie Bland. This popular event was a sell-out. A scenic one lap undulating course (what else would you expect out in the Pennines) offering a good prize list for the top runners and a T shirt for all finishers. Once again the main obstacle was the very windy conditions which impacted especially on the higher ground. This also made the downhill sections very tricky. Starting out at Huddersfield rugby union club at Lockwood Park, the route took in Armytage Bridge progressing on through South Crossland, then through the outskirts of Honley before bearing back towards Netherton then onto Berry Brow and finally back to Lockwood. Held on the last Sunday of February annually and hosted by Huddersfield Road Runner’s athletic club it’s a tough race but the rewards of the scenery and the quality performance t shirt for all finishers made it worth the while. Debbie’s performance earned her the 2nd FV60 in a brilliant time of 55:49 (chip) a brilliant effort in those tough conditions. Excellent running well done Debbie!

OULTON PARK HALF MARATHON – SUNDAY FEBRUARY 26TH 2017

Sue Gregson flew the blue and whites in this event that grows in popularity every year. The fourth edition of the event was held again on the famous motor racing circuit Cheshire, culminating in an impressive finish straight in the pit lane in front of the spectators. The end of winter timing makes it a great event to kick off the road running season. It is also a perfect training race for spring marathons. Each year the Oulton Park Half Marathon & 10K is seen as a key event for club runners from the surrounding areas, who enjoy celebrating the start of the season at an iconic venue. Not only does the circuit provide a smooth, traffic-free surface for runners, it also offers plenty of vantage points for family and friends to watch and cheer, resulting in a fantastic atmosphere. With both the 10K and the Half Marathon taking place on the same day, the event is ideal for runners of all levels, from those taking on their first 10K to seasoned half marathon runners. Built into the natural contours of the Cheshire countryside, the Oulton Park race track is one of the country’s finest and most picturesque motor racing circuits. The Oulton Park Half Marathon consists of 6 laps of the circuit. All finishers received a t-shirt and a medal. Sue’s time was 2:01:45 – well done girl Brrrrrrrriilliant!

HAREWOOD HOUSE HALF MARATHON – SUNDAY 26TH FEBRUARY 2017

Five Eccleshill road runners turned out for this race in the grand picturesque settings of this stately home. The wet weather held off but the wind had the upper hand making conditions very tough with mud and hills to contend with as well. 2017 marks the third year for this event which is growing in popularity. And new for this one the organisers also added the option of a 10 K as well. The 13.1 mile half marathon route took runners across tough terrain with muddy off road tracks and steep forest inclines, all set within the stunning grounds of Yorkshire’ historic Harewood House. This chip timed race was sponsored by The British heart foundation and it raised vital funds for its fight back against coronary heart disease. There was a technical t-shirt and a medal for all finishers. Harewood House and its grounds were closed to the public during this event, so spectators could only watch from the start and finish line. The famous five were… Russell Naylor (1:49:50) Ian Stow  (1:54:58)   Rhea Sutcliffe (1:56:06)  Ian Dowsland (1:56:06) and Leona Shannon (1:56:06) Fantastic effort guys well done!

PECO CROSS COUNTRY LEAGUE RACE 4 – SUNDAY 19TH FEBRUARY 2017

Eccleshill’s Winter championship race number 10 was the fourth race in the 2016/17 Peco Cross Country League at Crossgates hosted by St Theresa’s AC assisted by Saltaire Striders. A sunny, spring morning clouded over to leave chilly and somewhat perfect conditions for running. Starting out from Penda’s Fields the gents were once again set off 10 minutes ahead of the ladies and both were immediately faced with an uphill battle with boggy, muddy conditions under foot.  After doubling back towards the start, runners took a left turn to begin what became a gruelling battle to stay upright as recent rain left copious amounts of bogs, mud, and sticky clay. The undulating, just over 5 mile course tested the field to the max. Storming home in first place for the gents was Gyorgy Imris in 44:25, followed by Garry Ellison 45:37, Rob Sutton 47:20, Steve Gledhill 48:10, Marc Steele 48:51, Sam Robinson 50:36, Gary Popple 50:41 and Noel Akers 53:49.For the ladies Sarita Whitley 49:27, Debbie Bland 51:09, Cathryn Smith 53:12, Claire Tailfor 54:30, Julie Steele 57:58 and Anne Akers 68:42.

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

THE PIERREPONT SIX HOUR CHALLENGE – SUNDAY 12TH FEBRUARY 2017

A very big well done to two of our members Richard Phelps and Mark Hayward who took on a run with a difference. The Holme Pierrepont six Hour challenge. Held in the fabulous Pierrepont country park in Nottingham the course is a 3 mile loop around a lake. The idea is to run as far as you like for as long as you like providing it’s within a 6hour cut off. With a race entry limit of just 110 runners the profile is flat and the surface is trail so how many laps do you do? Well Richard completed 7  covering a staggering 21 miles in 5:10:15 and Mark managed 10 laps in 5:48:17 Both earned a Medal for their endeavours, well done guy’s brilliant effort !

LIVERSEDGE HALF MARATHON – SUNDAY 12TH FEBRUARY 2017

Four brave Eccleshill runners took part in the Liversedge half marathon after waking up to sleet and snow showers on a cold and bleak morning which could well have tempted some to close the curtains and climb back into bed! However, the 11 am start probably meant the weather was a little less inclement when they had to line up for the start! Hosted by Roberttown Road Runners the course is a challenging, hilly but well organised and friendly 13.1 miles. Leading the pack home for Eccleshill was Debbie Bland in 1:56:51, followed by Annie Kisluk 1:59:22, David Goodyear 1:59:28 and Brian Perfitt 2:02:18.

Well done Team!

CANCER RESEARCH 10K WINTER RUN – SUNDAY 5TH FEBRUARY 2017

Eccleshill’s Harjyot Hayer travelled to London to take part in the Cancer Research 10k Winter Run along with another 16,500 participants, making it a record attendance for this popular race returning for it’s third year and just one of a series of Winter runs hosted by Cancer Research around the country raising vital funds. Polar Bear hugs and an intricately designed medal were the order of the day for the finishers of this fantastic fun race.  The London Winter Run is fast becoming one of the most eagerly anticipated events on the running calendar, combining closed roads with stunning scenery in London, the route also includes a Switzerland Ski themed water station a penguin party & husky high five zones! If that isn’t enough a podium in Trafalgar Square allows finishers a photo opportunity with their medal and cuddly St Bernard dogs! How much fun can you fit into a 10k race?! Harjyot finished the race in 58:01.

Well done Harjyot!

DEWSBURY 10K – SUNDAY 5TH FEBRUARY 2017

Eccleshill had three representatives at the Dewsbury 10k. In stark contrast to the spring-like day before, a chilly morning (reportedly) down to -1 degree C greeted runners for this fast, mainly flat PB setting course hosted by Dewsbury Road Runners. However, it has transpired that there was a discrepancy in the length of the course. The race director has since issued an apology to those who were denied a personal best time due to the course being 200 metres longer than it should have been stating that the error was down to the setting up of the course and not the course measurer as the turn around point was in the incorrect place.  Despite the extra distance our runners posted fantastic times. Reah Sutcliffe finished in 45:11, Gillian Brown 61:00 & Lorraine McKnight 64:20.

Well done all!

MAD DOG 10K SOUTHPORT – SUNDAY 5TH FEBRUARY 2017

Annie Kisluk and David Goodyear travelled to Southport today to represent our club in The Mad Dog 10k. This popular event has a canine themed sub title based on well-known films from the past, hence this year’s James bond theme was entitled “Live and let drool” Now in its 7th year the race was a sell-out. Organised by the local round table and with 2500 runners of all abilities taking part, the route takes place along the Southport shoreline. There was even a special guest to start the race in the shape of Liz Yelling, British Olympic athlete. The event has been named the best 10k in the UK by various running organisations including Runners World. The chip timed race offers a multitude of incentives with live bands every Kilometre as well as a technical T-shirt, a great medal; spot prizes and a brilliant goody bag. Annie finished in 51:47 and David in 49:56. Congratulations and well done!

WINTER HILL MAST AND BACK (BOLTON) SUNDAY JANUARY 29TH 2017

Congratulations to Noel and Anne Akers for taking their running to another level, literally an out and back 10k chip timed multi terrain run 60% road and 40% fell. (First 5k uphill last 5k downhill) Starting at Smithill’s school and ascending up to Winter Hill Mast and back. Winter Hill Mast is a transmitting station in Bolton Lancashire, standing 778.1 metres or (2553 feet) above sea level which makes it the highest television transmitting antenna in the United Kingdom. With a bespoke medal for every finisher and cake at the end what’s not to enjoy about this one. Well done Noel and Anne for doing this great race, fantastic effort as always! Your times are Noel 59:57 and Anne 1:21:34.

CROSS BORDER CHALLENGE (REVERSE) – SUNDAY 29TH JANUARY 2017

RUNNERS had perfect conditions for a cross-border challenge which saw more than 500 competitors weave their way from England to Scotland. A sea of brightly-coloured runners flocked to Kingmoor Park in Carlisle for the 9am start of the 10km event. It was the first time the X Border 10K Challenge event, now in its fifth year, had been held ‘in reverse’. Usually the race starts in Gretna but this time round the route left the business park and headed on the road which runs parallel to the M6, with runners crossing the finishing line at the Greens at Gretna Hotel. Runners were faced with a chilly, drizzly start which brought a smile to the face of organiser Mike James. “It’s in reverse and we’ve got 500 runners out on a winter’s day and to be honest they are perfect conditions for running” There was a great mix of people taking part too. Many were fun runners but probably about 20 per cent that are club runners and two of those were our very own David Goodyear and Annie Kisluk, they certainly get about, flying the blue and whites on a regular basis all over the place. This time earning themselves a lovely piece of bling for their hard effort. Well done again guys! your times are Annie 52:16 and David 52:24.

LYTHAM ST ANNE’S 10 MILER – SUNDAY JANUARY 29TH 2017

 A big shout out to Cathryn Smith who took on the Lytham St Annes 10 miler today and in the process came up with a shiny new PB, knocking 2 minutes off her 10 mile time at York, and all that after coming 2nd in her age category at the Park run yesterday . Is there no stopping this girl? Starting outside St Anne’s pool on the south promenade this officially measured 10 miler with an entry limit of just 500 runners is basically an out and back course run on flat straight roads along the promenade and around a local seaside lake. The route has a total ascent of about 40 metres and a maximum elevation of just short of 15 metres. Hosted by Lytham St Anne’s road runners the route turns back just after the 5 mile marker where Station road meets the central beach, then heads straight back on to the North promenade and to the finish line. Great effort Cathryn you finished in 1:29:46 well done!

MELTHAM 10K – SUNDAY  JANUARY 29TH 2017

Hosted by Meltham Athletic Club, the aptly named Meltham ‘tough’ 10k is described as a Winter road race with plenty of gruelling climbs, long fast descents and guaranteed challenging weather and did not disappoint as runners were treated to a gloriously sunny but extremely cold and frosty morning for the start of this popular 10k race at Meltham Community Sports Centre. Run on the challenging roads around Meltham, Huddersfield this year it proved to be a little tricky underfoot as it was icy in places. However, the well organised event offered runners a treat of tea and cake at the finish,  what’s not to like? Debbie Bland sported the blue and white to take second F60 in a brilliant time of 54:47.

Well done Debbie!

BRADFORD PARKRUN – SATURDAY  JANUARY 28TH 2017

Grey clouds and drizzle met runners at Bradford parkrun, Lister Park making for near perfect running conditions. Race 9 in the club’s Winter championship saw 19 Eccleshill runners vying for points on the table in what is turning out to be a close fought battle with only 3 races left before the start of the Summer Championship. The three lap course starts on the promenade, through Cartwright Hall, past Princes Gate before a welcome descent to the bottom of the park gives runners a pleasant view of the cafe and lake before encountering the ‘teeny tiny hill’ back to the start point for the next lap. After completing three laps, a sprint up past the band stand brings a welcome finish token which runners take to be scanned along with their bar code to provide them with their official time. Taylor Waddell led the team home in 20:55 followed by Dan Mackenzie 21:56, Trevor Rhodes 22:01, Ian Stow 22:14, Gyorgy Imris 22:49, Marc Steele 23:32, Steve Gledhill 24:24, Debbie Bland 25:08, Michelle Barstow 25:57, Cathryn Smith 26:03, Sarah Myers 27:54, Julie Steele 28:59, Tricia Grant 29:22, Jennifer Briedis 29:42, Debra Grant 30:15, Alison Hartley 32:57, Barbara Stow 34:56, Ann Blakey 40:16 & Linda Marshall 40:17.

Well done everyone!

INSKIP HALF MARATHON – SUNDAY  JANUARY 22ND 2017

Congratulations to Sue Gregson and Rob Sutton who took part in the Inskip half marathon today in Preston Lancashire. The Inskip half is a popular event with a race limit of 500 runners which sells out regularly. Described as an accurately measured mildly undulating fast course taking in the lanes of the Fylde and the Wyre countryside. It is an anti-clockwise loop starting in Inskip and  it passes several villages including Eaves, Great Eccleston, Elswick and Wharles. Well done to both runners for flying the blue and white flag at this popular race. Robert finished 225th in a time of 1:43:43  and Sue finished in position 340 in a time of 2:00:27. This was out of a field of nearly 500 runners. Brilliant effort well done both!

PECO CROSS COUNTRY RACE 3, WEST PARK – SUNDAY JANUARY 22ND 2017

Hosted by Kirkstall Harriers assisted by Horsforth Harriers Race 3 in the Peco Cross Country League at West Park proved to be challenging in more ways than one! Not least for those ERRers attending the previous night’s annual Christmas bash until the small hours! A chilly morning met runners arriving at the Dalesman Pub for registration. The event once again attracted a large field of both men and women eager to wallow in the mud! The 5.5 mile course was really well marked and marshalled by some extremely supportive marshals. A 1.5 mile lap of the field ensured runners were thinned out before leaving the park for a jaunt through the woods laced with slippy mud, tree roots and loose stones which made negotiating the slightly amended course quite tricky underfoot. Leading the men’s team home in style was Trevor Rhodes in 39:57 closely followed by Dan Mackenzie 42:28, Gyorgy Imris 42:43, Noel Akers 44:16, Marc Steele 45:30, Jon Robinson 45:39, Steve Gledhill 45:52, Garry Ellison 46:12, Sam Robinson 46:14 and Gary Popple 49:15. The ladies were shown the way home by Debbie Bland 47:57 and hot on her heels was Cathryn Smith 50:58, Janice Magennis 53:27, Sarah Myers 54:12, Julie Steele 56:11, Debra Grant 57:23, Anne Akers 62:02, Rosemary Beaumont 69:51 and Angela Storey 78:39. A special mention goes to Rosemary pulling on the blue and white for her first race as an Eccleshill member!

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

THE TEMPLE NEWSAM TEN –  SUNDAY JANUARY 8TH 2017

The first club championship race of 2017 came in the shape of the off road, multi terrain Temple Newsam Ten mile. Following a successful inaugural race in 2016 the second edition proved just as popular selling out long before the big day. The course takes in the beautiful and historical grounds of the 17th century Temple Newsam House Estate, a nearby nature reserve, lakes and canal which form  part of the surrounding Woodlesford navigation and the picturesque Bluebell Woods trail. The hilly course proved to be tricky underfoot demanding full concentration in order to stay upright! First home for the Eccleshill Gents was Gareth Harland in 1:20:09 closely followed by Ian Stow 1:22:32, Noel Akers 1:28:15, Marc Steele 1:28:47, Steve Gledhill 1:29:43, Ian Storey 1:34:44 & Mick Hogan 1:36:32. First home for the Ladies was Leona Yarwood in 1:28:47 followed by Gillian Jago 1:32:29, Cathryn Smith 1:33:50, Sarah Rawlings 1:34:15, Jayne Robinson 1:40:56, Sarah Myers 1:43:55, Dawn Hogan 1:45:57, Debra Grant 1:58:22,Gillian Brown 1:58:22 and Anne Akers 1:58:28.

Well done everyone and big thanks to our support crew!

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